Dietitian’s tips: for a healthy heart

Fruits & Vegetables
• Try to make ½ your plate fruits and veggies at most meals. Aim for 5 servings per day.
• These are low in saturated fats, and high in vitamins, minerals, water content, and heart-healthy fiber.
• Choose from fresh, frozen, or canned vegetables. When choosing canned vegetables, look for no-salt added or low-sodium. You can reduce sodium by up to 40% when you drain and rinse canned items for 3-4 minutes.
• Choose from fresh, frozen, or canned fruit. When choosing canned or frozen fruit, look for no-sugar added or 100% Juice.

Grains
• Look for a quarter of your plate to have grains. Try to make your daily intake at least 50% whole grains. Whole grains contain more heart-healthy fiber than more processed grains where the nutritious fiber is actually removed.
• Whole grains include whole wheat breads, tortillas, crackers, pasta, brown rice, quinoa, etc.

Protein
• Lean protein sources are lower in saturated fats. There are many sources of lean protein including skinless poultry, lean meats, fish, nuts and legumes, including nut and seed butters, and low-fat dairy products.
• Don’t forget serving sizes: 3-4 ounces for meat, poultry, and fish, and 2 tablespoons for nuts, seeds, and nut butters.

Dairy
• Low-fat dairy products are low in saturated fat and are great sources of protein and calcium.
• Mix up your dairy routine and get a variety of dairy products including low-fat milk and cheese, as well as, light yogurt!
• Shoot for three servings per day: 1 cup of milk, 2 ounces of cheese, and ½–¾ cup of yogurt.

Fats: the good, the bad, & the ugly
It seems the fear of fat has been instilled in our brains from an early age, for fear of clogging our arteries and making us gain weight. The truth of the matter is, not all fats are created equal.

The Good
• Incorporating mono- and polyunsaturated fats into your diet is a great way to improve satiety, provide you with healthy vitamins and minerals, and can help improve blood cholesterol when used in place of other fats.
• Monounsaturated fats include olive oil, canola oil, avocados, olives, and many nuts including almonds and peanuts. Polyunsaturated fats include fatty fish like salmon, mackerel, trout, and tuna. These fatty fish are also great sources of Omega-3 fatty acids that help with inflammation.

The Bad
• Saturated fats raise levels of cholesterol in the blood (not cholesterol in food). High LDL cholesterol levels increase risk of heart disease and stroke.
• Saturated fats include animal products such as beef, lamb, pork, poultry with skin, butter, cream, cheese made from whole or 2% milk, as well as, coconut, coconut oil, palm oil, and cocoa butter.

The Ugly
• Trans fats raises LDL (“bad”) and lowers HDL (“good”) cholesterol levels. This increases risk for heart disease.
• Trans fats are often found in ready-made baked goods, frostings, fried foods, refrigerator dough, etc. Look for “partially hydrogenated oil” on the ingredients list to help determine if a product has trans fats. By June 2018, all trans fats will be completely removed from food products.

Fiber & the benefits on heart health
• Fiber is a key nutrient for an overall heart healthy diet.
• Research has shown that fiber may reduce the risk of cardiovascular disease by improving blood cholesterol levels, lowering blood pressure and reducing inflammation in the body.
• Dietary fiber is the part of plants that our body is unable to digest.
• Fiber also helps keep you fuller long, therefore you may consume fewer calories, which may help with weight management among individuals.
• It’s important to have a wide variety of fiber-rich food sources in the diet. Fiber can be found in fruits, vegetables, whole grains (including whole wheat, rye, brown rice, and oats) beans, and legumes.
• The 2015 Dietary Guidelines for Americans recommends 38 grams per day of fiber for men and 25 grams of fiber per day for females.

Information adapted from www.heart.org
**Dietitian’s**  
**Heart friendly foods shopping list**

Here are some food items to add to your diet to make it more nutritious. This list includes items low in saturated fat, sources of lean protein, sources of heart healthy fats, low sodium foods, foods that offer a good source of fiber, those that have plant sterols, and foods that are whole grain.

### SOUPS/BROTH
- Health Valley No Salt Added Soups and Broths
- Full Circle Low Sodium Chicken Broth
- Campbell’s Low Sodium Soups  
  *(for sodium restricted diets)*
- Healthy Choice Soups
- Healthy Request Soups
- Swanson’s No Salt Added Broth
- Pacific Low Sodium Broths
- Kitchen Basic

### PASTA SAUCE
- Enrico’s No Salt Added Pasta Sauce
- Victoria Low Sodium Pasta Sauces
- Green Mill Pasta Sauce

### GRAINS
- Quinoa
- Lundberg’s Short Grain Brown Rice
- Whole Wheat Pasta Noodles
- Whole Grain Couscous
- Smart Taste Pasta Noodles with Added Fiber
- Kashi Whole Grain Waffles
- Boom Chica Popcorn  
  *(or buy kernels to make at home using canola oil)*

### SEEDS
- No Salted Added Sunflower Seeds
- Chia Seeds
- Ground Flax Seeds
- Nuts

### CRACKERS
- Triscuit Crackers—Hint of Salt
- Kashi Whole Grain Crackers
- Plain Wheat Thins—Hint of Salt
- Back To Nature Whole Grain Crackers

### CHIPS
- Xochitl No Salt Added Tortilla Chips
- Beanitos
- Way Better Snacks
- Food Should Taste Good Chips
- Low Sodium Dutch Potato Chips
- Lightly Salted Lays

### FROZEN MEALS
- Kashi Frozen Meals
- Healthy Choice
- Lean Cuisine
- Smart Ones

### LUNCHEON MEAT
- Oscar Mayer Turkey or Chopped Ham Lunch Meat  
  *(in round container with yellow on bottom of pkg.)*
- Kretchmar Master Cut at Deli

### BUTTER
- Land O’ Lakes Light Butter with Olive or Canola Oil
- Heart Wise Butter *(plant sterols)*
- Smart Balance Butter with Omega 3s or Olive Oil

### OILS
- Canola Oil
- Extra Virgin Olive Oil
- Smude’s Sunflower Oil

### SEASONINGS
- Mrs. Dash
- Spike
- Frontier—No Salt
- Chef Paul’s Seasonings
- Rumford Baking Powder
- Simply Organic Vegetable Seasoning
- Garlic Powder
- Onion Powder
- Fresh, Dried, and Freeze Dried Herbs and Spices

### CONDIMENTS/DRESSINGS
- Mayo with Olive Oil
- Salad Dressing—Olive Oil, Balsamic Vinegar and  
  Fresh Squeeze of Lemon with Dried Herbs
- No Salt Added Ketchup
- Mustard
- Ken Davis *(Original)*
- Guy Fieri BBQ Sauce *(Bourbon Brown Sugar)*
- Mrs. Dash Marinades
- Amino Acids instead of Soy Sauce
- Marzetti Simply Dressed
- Full Circle Ranch
- Botthouse Farms
- Panera Bread Sugar Free Poppyseed
- Opa Greek Yogurt Dressings
- Lifehouse Dressings

### BREAD
- Ozery One Buns
- Fiber One Bread
- Ezekiel Bread—Low Sodium
- 100% Whole Grain Sandwich Rounds
- Brownberry Breads
- Pepperidge Farms Breads
- Ancient Grains
- Double Fiber
- Extra Fiber
- Sara Lee 45 Calories Whole Grain Bread

### PRODUCE
- Avocados
- Fruits and Vegetables *(lots of fresh produce items,  
  frozen unseasoned, no salt/sugar added and canned)*

### CANNED FRUITS AND VEGETABLES
- No Salt Added Canned Vegetables
- 100% Juice or No Sugar Added Fruits  
  *(canned/packaged)*
- Unsweetened Applesauce

### CEREAL
- Fiber One Cereal
- Shredded Wheat Cereal
- Great Grains Cereal
- Oatmeal
- Cheerios
- Bob’s Red Mill Hot Cereals

### PROTEIN
- Tofu
- Boca
- Quorn
- Very Low Sodium Canned Tuna
- Canned Salmon
- Hormel No Salt Added Canned Chicken
- 93-95% Lean Beef
- Fresh Skinless, Boneless Chicken Breasts
- Unseasoned Ground Turkey and Chicken
- Grass Fed Beef
- Unbreadcred Fish
- Wild Caught Fresh or Frozen Salmon
- Eggs Including the Yolk
- Raw Almonds
- Raw Walnuts
- Emerald Dark Chocolate Almonds
- Variety of Beans - Black Beans, Kidney Beans,  
  Garbanzo Beans etc. *(make sure to buy reduced  
  sodium canned versions or no salt added versions  
  and rinse off excess sodium, or buy dried beans  
  and cook at home)*

### DAIRY
- Skim Milk
- 0% Fat Greek Yogurt—choose the one with the  
  highest NuVal score
- Light Yogurt
- Food Club Light String Cheese
- Reduced Fat Swiss Cheese
- Part Skim Mozzarella
- Laughing Cow Cheese for Crackers

### ICE CREAM
- Kefir
- Skinny Cow
- Kemps Vanilla Frozen Yogurt, No Added Sugar,  
  Fat Free