

GUIDELINES FOR A HEART HEALTHY DIET



The American Heart Association Dietary Guidelines are recommended for prevention of heart disease. Follow these guidelines to make significant changes in your eating habits.

FOOD GROUP	SERVINGS PER DAY	SERVING SIZE	SUGGESTED FOODS
GRAINS	6 to 11	1 slice of bread 6 crackers 1/3 cup rice 1/2 cup pasta 1/2 cup cooked cereal 1 cup dry cereal	Whole grain breads, rolls, buns, corn and flour tortillas, English muffins, bagel, cornbread Low fat crackers Hot and cold cereals Rice, pasta, macaroni, tabbouleh Eggless noodles Baked goods or other grain recipes made with monounsaturated or polyunsaturated fats or oils
FRUITS AND VEGETABLES	2 to 3 Fruits and 3 to 5 Vegetables	1/2 cup cooked vegetables or canned fruits 1 cup fresh vegetables or melon 1 piece of fruit 3/4 cup juice	Fresh, frozen, canned or dried fruits and vegetables. Fruit and vegetable juices
DAIRY PRODUCTS	2 to 3	1 cup milk or yogurt 1/2 cup cottage or ricotta cheese 1 oz. hard cheese 1-1/2 oz. processed cheese	Skim 1/2 or 1% milk Non-fat or low fat yogurt Fat free or low fat cottage cheese or ricotta cheese Low fat or fat free sour cream or cream cheese Low fat or nonfat cheese (0-3 grams of fat/oz.)

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PROTEIN SOURCES	5 to 6 oz. lean meats or the equivalent as listed in the serving size.	1 oz. lean meats, 1 egg, 2 egg whites or 1/4 cup egg substitute, 1/2 cup cooked beans, legumes or peas	Lean and extra lean cuts of beef, veal, pork, lamb, fish and skinless poultry such as: sirloin, round steak, skinless chicken, and seafood Eggs, egg whites, egg substitutes Tofu, Soymilk and meat-substitute products such as: soy burgers, soy franks, soy cheese, soy sausage and ground beef crumbles.
FATS AND OILS	5 to 8 servings*	1 serving (1 tsp.) will contain 5 gm of total fat. Choose food products with less than 2 grams of saturated fat and with low amounts of trans fats.	Oils: Liquid olive, canola, peanut, corn, safflower, sesame, soybean, sunflower or cottonseed Low fat or fat free sour cream or cream cheese Low fat or fat free salad dressings or mayonnaise without saturated fat Fat free or low fat frozen whipped toppings without saturated fat Olives, nuts, seeds, flax seeds, peanut butter and other nut butters, avocado
SWEETS AND SNACKS	Small quantities		Cookies, fortune cookies, pudding, bread pudding, rice pudding, angel food cake, frozen yogurt, candy, punch, carbonated beverages, fat free or nonfat snacks, chips, and rice cakes

*Includes those used in preparation of foods.

For more information, contact the Health Promotion Department at (317) 338-6080 or visit us on the web at www.thecaregroup.com

