

HEART HEALTHY NUTRITION

AND EXERCISE

Dietary changes may take several months to affect your cholesterol level. See a Registered Dietitian for individual advice on how you can best make changes in your habits.

REDUCE THE QUANTITY OF FAT IN YOUR DIET

Limit added fat to 1 or 2 tbsp per day.
Choose low-fat foods.
Trim fat from meats, remove skin from poultry.
Limit fried foods, pastries, cookies, and candies.
Use low fat cooking methods such as baking, grilling, broiling, boiling, poaching, steaming – avoid frying.
Your total fat goal is _____ grams daily or 25 to 35% of your calories.

REDUCE SATURATED FAT

Choose nonfat or low fat dairy products rather than whole milk, full fat cheese, cream cheese, ice cream, sour cream, and butter.
Avoid traditional cream sauces and cream soups.
Limit high fat meats such as hamburgers, hotdogs, sausage, cold cuts, bacon, ribs, salami, bologna, pastrami, and marbled cuts of beef and lamb.
Trim the visible fat off of meats. Avoid the skin on poultry.
Reduce intake of high fat breakfast breads such as scones, biscuits, commercial muffins, doughnuts, Danish pastries, and croissants.
Save cakes, pies, and cookies for special occasions.
Your saturated fat goal is _____ grams daily or less than 7% of your calories.

REDUCE DIETARY CHOLESTEROL

Limit whole eggs or egg yolks to 3 per week
Avoid liver and other organ meats.
Limit intake of high fat animal protein.
Your dietary cholesterol goal is less than 200 mg daily. You may choose up to _____ ounces of lean animal protein daily.

SUBSTITUTE MONOUNSATURATED FATS FOR SATURATED FATS

Choose olive oil and canola oil for cooking and flavoring.
Use natural nut butters instead of butter and cream cheese.
Snack on nuts rather than cookies or chips. You may have ¼ cup daily.
Use avocado as a sandwich trimming rather than cream cheese or butter.
Your monounsaturated fat goal is _____ grams daily or up to 20% of your calories.

REDUCE/AVOID TRANS FATS

Avoid stick margarine. Choose trans free tub, light, or diet margarine such as Promise Ultra, Brummelt Brown, Smart Balance, Fleischmann's light, and Parkay Squeeze.

Reduce intake of most commercial baked goods, snack foods, and fast food fries. Limit the use of these to twice a month.

Your trans fat goal is 0 grams daily.

INCREASE OMEGA 3 FATS

Fatty fish are highest in omega 3 fats. These include salmon, mackerel, anchovies, herring, blue fin tuna and sardines. Other fish such as halibut, orange roughy, sole, shellfish, snapper, trout, bass are healthy to eat too.

Include other sources of omega-3 fats such as ground flax seed, English walnuts, soybean products, and canola oil.

Eat fish at least twice a week.

EAT MORE HIGH FIBER FOODS, ESPECIALLY THOSE WITH SOLUBLE FIBER

If you are not used to high fiber foods, introduce them gradually to prevent gastrointestinal upset.

Eat a high fiber breakfast cereal such as All Bran, Fiber One, Kashi Go Lean, Optimum Slim, oatmeal or other cereal that has at least 5 grams of fiber per serving.

Choose whole grain products such as whole wheat bread and pasta, brown rice, polenta, millet, barley, amaranth, and quinoa.

Eat at least 1 cup of cooked dried beans or peas per week. Some examples include kidney beans, pinto beans, lentils, chick peas, black beans, etc.

Include oatmeal, oat bran and barley as good sources of soluble fiber.

Eat at least at least 5-7 servings a day of whole fruit and vegetables.

Eat the skin on your fruit and vegetables.

If you can't achieve 20-35 grams of fiber daily, try supplementing with Metamucil[®], psyllium, wheat bran or oat bran.

Drink at least 8 glasses of water daily.

Your total fiber goal is 20 to 35 grams daily; your soluble fiber goal in 10 to 25 grams daily.

INCREASE PLANT STANOLS , STEROLS, AND SOY

- Try Take Control or Benecol in place of butter, margarine, and oil. Try foods such as tofu, soy milk, soy yogurt, soy flour, tempeh, textured vegetable protein, soy nuts, soy nut butter, and edamame.
- **Your stanol/sterol goal is to obtain 2 grams daily**
- **25 grams of soy protein daily may reduce risk of heart disease.**

CHOOSE LEAN PROTEIN

Choose fish, seafood and light poultry meat as your primary sources of animal protein

Choose egg substitutes or egg white.

Choose cheese that has less than 3 grams of fat per ounce

Choose non-fat or 1% milk and yogurt products.

Use low fat and fat free fresh cheeses like: cottage cheese, farmer's cheese,

mozzarella, ricotta.

Substitute plant sources of protein for food proteins. These include beans, tofu, textured vegetable protein, seitan, and Qorn

Your protein goal is approximately _____ grams per day or _____% of calories.

CHOOSE LOW FAT HIGH FIBER CARBOHYDRATES

Choose 100% whole grain products.

Don't add butter and oil to rice, potatoes, and breads.

Avoid pastries, cookies, cakes, croissants, and muffins.

Eliminate fried snack foods such as potato and corn chips.

Choose low fat crackers such as Rye Krisp, Ak Mak, Flatbread or brown rice cakes rather than Ritz, club crackers, Triscuit, and Wheat Thins.

Try air popped popcorn.

Your carbohydrate goal is _____ grams or _____% of calories

BALANCE CALORIE INTAKE WITH EXPENDITURE TO ACHIEVE A HEALTHY WEIGHT GOAL

Reduce portions of foods.

Leave food on your plate.

Slow down your eating. Take 20 minutes to finish a meal before going back for seconds.

Eat 3 meals and have 2-3 snacks.

Maintain an active lifestyle and engage in regular exercise. See below.

Your calorie requirement for weight _____ is _____ calories per day.

ENGAGE IN AEROBIC EXERCISE

If you are not currently exercising, start with 10 minutes 1-2 times a day and work up to your goal.

Alternately increase intensity and duration.

Your exercise goal is to engage in at least 30 minutes of aerobic exercise 5 days a week.