



CARDIOVASCULAR  
SOLUTIONS

## 6 Tips for a Heart Healthy Diet

This is a guide to help you become more educated as to what exactly are the foods and measurements for a heart healthy diet. It can be used for people who are health conscious as well as those who have had recent heart problems.

### **The two golden standards when talking about a heart healthy diet are:**

- Eat MORE low calorie, nutrient rich foods, i.e. fruits and vegetables. Eat LESS high calorie, high sodium foods, i.e. refined, processed, fast foods.
- Remember your portions size. Measure it with a spoon or scale at first so you start to get an idea of how big the sizes actually are.
  - i.e. 1 serving of pasta = 1/2 cup (the size of a hockey puck)
  - 1 serving of meat, fish, chicken = 2-3 oz.. (the size of a deck of playing cards)

#### **Interventional Cardiology**

Bldv. Puerta de Hierro 5150, Consultorio 308 Torre C. Colonia Puerta de Hierro  
45116 Zapopan, Jalisco. México **T** (33) 18163092 **C** 3315119690

For more information visit us at: [www.cardiovascularsolutions.com.mx](http://www.cardiovascularsolutions.com.mx)

# Index

<b>One</b>	<b>1</b>
FRUITS AND VEGGIES	1
<b>Two</b>	<b>2</b>
WHOLE GRAINS	2
<b>Three</b>	<b>3</b>
SATURATED AND TRANS FATS	3
<b>Four</b>	<b>5</b>
MEATS AND DAIRY PRODUCTS	5
<b>Five</b>	<b>6</b>
SODIUM	6
<b>Six</b>	<b>7</b>
PREPARE AHEAD OF TIME	7

# One

## Fruits and Veggies

Vegetables and fruits are good sources of vitamins and minerals and serve to fill you up. Keep them washed and easy to get at for a quick snack or in a bowl on the counter so you remember to eat them.

Not only are they low calorie and rich in fiber they also contain substances that help prevent heart disease. Eating more fruits and vegetables will also help you stay away or cut down on other fattier foods (i.e. meat, cheese, starchy snacks).



### Choose

- Fresh fruit or Frozen fruit.
- Canned fruit (in its own juice/water).
- Fresh veggies or Frozen veggies.
- Canned vegetables (low in sodium).

### Avoid

- Frozen fruit (with sugar added).
- Canned fruit (with heavy syrup).
- Vegetables in creamy sauces.
- Vegetables that are fried or breaded.
- Coconut.



## Two



### Whole Grains

Whole grains are good sources of fiber and help regulate blood pressure. By grinding them up you can add them to foods you already eat on a regular basis.

Always try to substitute a good whole grain product (whole grain couscous, quinoa, barley, flaxseed) for a refined one. If you grind them up you can add a teaspoon of them to your cereal, yogurt or applesauce.

### Choose

- 100% whole wheat bread.
- Whole wheat flour.
- Whole grain pasta.
- High fiber cereal/oatmeal (5g or more of fiber/serving).
- Brown rice, barley, buckwheat.
- Ground flaxseed.

### Avoid

- White bread, Corn bread.
- White flour, refined.
- Egg noodles.
- Frozen waffles.
- Donuts, biscuits, muffins.
- Granola bars.
- Buttered popcorn, snack crackers.
- Cakes, pies.

# Three

## Saturated and Trans Fats

Reducing your intake of saturated or trans fats will help you reduce your blood cholesterol. Therefore you must carefully check the food labels to see how much saturated fat is in your foods, cut out as much butter and margarine from your diet as possible and trim off the fat from your meats. Use low fat yogurt and low sugar jam.



### The American Heart Association suggests:

- For a 2,000 calorie diet, less than 14 g of sat fat should be consumed daily.
- For a 2,000 calorie diet, less than 2 g of trans fat should be consumed daily.
- If you are a healthy adult, less than 300 mg of cholesterol should be consumed daily.
- If you have high levels of LDL (bad cholesterol), less than 200 mg of cholesterol should be consumed daily.

Reduce saturated and trans-fats, i.e. butter, margarine. Trim the fat off your meat and choose lean meats (with less than 10% fat). Avoid foods that include “partially hydrogenated” ingredients. Use mono-unsaturated fats like olive and canola oils, or polyunsaturated fats found in nuts and seeds (moderation is important since all types of fat are high in calories).



**Choose**

Margarine (Trans fat free).

Olive oil.

Canola oil.

**Avoid**

Butter.

Lard.

Hydrogenated oils, margarine or shortening.

Cocoa butter (found in chocolate).

Coconut oil.

Palm oil.

Bacon fat.

Gravy, Creamy sauces.

Non-dairy creamers.

# Four

## Meats and Dairy Products

Lean meat and light dairy products are good sources of protein without all the fat. Choose skim milk, skinless chicken breasts, fish over other meat options when you can. Cold water fish (salmon, mackerel, herring) are preferable.



Beans, Peas and Lentils are also low in fat and cholesterol and high in protein. Substitute them for fattier meats when you can (i.e. bean burger instead of hamburger)



### Choose

- Skim milk.
- Low fat yogurt and cheese.
- Egg whites.
- Cold water fish (Salmon)
- Skinless chicken.
- Beans, peas, lentils.
- Soybean products.
- Lean ground meat.

### Avoid

- Whole milk.
- Regular yogurt, cheese.
- Egg yolks.
- Fatty marbled meats.
- Spareribs.
- Organs (liver).
- Cold cuts, hot dogs, sausages.
- Bacon.
- Fried, breaded meats.

# Five



## Sodium

The more sodium one eats the more likely it is that one will have high blood pressure. Try cutting out as many canned, processed, or precooked foods as possible and instead buy fresh foods and make dishes on your own. Salt substitutes can be used to add flavor and cut down on salt.

### The Department of Agriculture recommends:

- For a healthy adult, no more than 1 tsp of sodium daily (2,300 mg).
- For adults over 51years, African Americans, those with high BP/diabetes/kidney disease, no more that 1/2 tsp of sodium daily (1,500 mg).



### Choose

Salt substitutes.  
Herbs.  
Spices.  
Soup with reduced sodium.  
Condiments with reduced sodium (Soy sauce, ketchup...).

### Avoid

Table salt.  
Tomato juice.  
Regular canned soups.  
Frozen dinners.  
Regular ketchup.  
Soy sauce.



# Six

## Prepare Ahead of Time

Create daily menus based on the foods covered in this guide. Keep it high in fruits, veggies, whole grains and limit high fat meats, spreads, and salt. Keep the portion size in mind and add variety to make sure you don't get bored and that you get all the nutrients you need.

It's okay to indulge yourself every now and then, as long as it's the exception - not the rule!

