



CARDIOVASCULAR
SOLUTIONS

Food Guide for Patients with Coronary Artery Disease and/or Hyperlipidemia

This guide has been designed and written for patients that have suffered from a heart attack or that have been diagnosed with hyperlipidemia (high cholesterol and or triglycerides). The latter being a disease characterized by the elevation of cholesterol and/or triglycerides in the blood.

The following chart is only a recommendation for a diet. Remember that the best diet for you will always be the one prepared according to your special needs by a professional nutritionist.

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Food Chart for Patients with Coronary Artery Disease and/or Hyperlipidemia

Food Groups	Allowed	Not Allowed
Dairy Products	Skim and 1% milk. Light natural yogurt. Cheese: panela, cottage, fresh, mozzarella.	Whole milk. Cheese: manchego, chihuahua, roquefort, camembert, brie, goat, parmesan, etc...
Bread, grain, rice and pasta	Tortillas: made from nopal rather than corn flour. Multigrain and whole grain bread. Whole grain cereal, no sugar added. Whole grain crackers. Corn.	Baked goods made with butter and/or egg. Refined flour (white bread, crackers, cookies). Cakes and pastries.
Legumes	Beans, lentils, garbanzos, lima beans, or green beans (cooked).	Refried or on creamy sauces.
Vegetables	All kinds.	Avoid creamy preparations, with butter or too much fat.
Fruit	All kinds.	Avoid using extra sugar, butter or cream.
Meat, chicken, fish, turkey	Lean red meat (filet, lean ground meat). Veal (any cut). Chicken without the skin. Turkey deli cuts. Turkey sausages.	Beef: sirloin, ribeye, t-bone, arrachera. Pork: meat or cold meats. Internal organs (i.e. liver, intestines, heart, kidney, etc...).
Fat	Vegetable oils (olive, canola, corn, sunflower, etc...) Margarine. Light mayonnaise.	Butter, creams. Chorizo, bacon, ham. Fried or breaded foods. Creamy salsas.. Creamy dressings.
Egg	Egg whites.	Yolk (you can have 1 a week).
Sugar	Splenda and similar. Minimize the use of marmalade, honey, and similar products.	Refined sugar. Powder sugar. Brown sugar.