

Choosing Heart-smart Foods

Food Group	Recommended	Avoid or Use Sparingly
Fruits Eat two servings or more a day.	<ul style="list-style-type: none"> ■ all whole fruits (avocados for healthful fats) and 100 percent fruit juices ■ orange juice with plant stanols/sterols (can help to lower cholesterol levels) 	<ul style="list-style-type: none"> ■ fruit in cream or custard
Vegetables Eat three servings or more a day.	<ul style="list-style-type: none"> ■ all vegetables and low-sodium vegetable juices 	<ul style="list-style-type: none"> ■ vegetables in cream, butter or high-fat cheese sauces ■ vegetables fried in shortening, lard or butter
Grains Eat six servings a day. Make at least half of these whole grain. Check the ingredients list to make sure the first ingredient includes the word "whole."	<ul style="list-style-type: none"> ■ breads: all kinds, low-fat English muffins, pitas and wraps ■ grains: barley, bulgur, quinoa ■ pancakes, waffles, biscuits, and muffins made with recommended oils ■ snacks: choose baked or low-fat without hydrogenated oils (trans fat) ■ hot or cold cereals ■ pasta and rice 	<ul style="list-style-type: none"> ■ products made with egg yolks, saturated oils or whole-milk products ■ butter rolls, egg breads, egg bagels, cheese breads, croissants, scones ■ commercial doughnuts, muffins, sweet rolls, biscuits
Eggs	<ul style="list-style-type: none"> ■ egg whites or low-cholesterol egg substitutes 	<ul style="list-style-type: none"> ■ egg yolks
Milk, yogurt, cheese Eat two to three servings of nonfat or low-fat milk, yogurt or cheese every day.	<ul style="list-style-type: none"> ■ fat-free or 1 percent milk ■ low-fat yogurt (soft, frozen) ■ fat-free and low-fat cheese, sour cream and cottage cheese ■ sherbet, sorbet 	<ul style="list-style-type: none"> ■ whole milk, whole-milk products and 2 percent milk ■ custard style yogurt ■ cream, half & half ■ whole-milk-type cheeses

(over)

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<p>Meat, poultry, fish or meat substitutes</p> <ul style="list-style-type: none"> ■ The American Heart Association recommends no more than 6 ounces of cooked lean meat, poultry, fish or seafood a day. ■ Note: If you are on the TLC diet, limit cooked lean meat, poultry, fish or seafood to no more than 5 ounces a day. ■ Try to eat two servings of fish each week. 	<ul style="list-style-type: none"> ■ fish high in omega-3: salmon, mackerel, lake trout, herring, sardines, albacore tuna ■ lean beef: round, loin, tip, eye of round, flank ■ lean pork: loin chops, roasts, butterfly chops, sirloin chops, tenderloin ■ lean lamb: chops, leg, roast ■ chicken or turkey (no skin) ■ wild game: venison, wild duck, rabbit, pheasant ■ beans, lentils, peas, low-fat tofu, vegetable-based meat substitutes (read label) 	<ul style="list-style-type: none"> ■ prime grade or rib cuts of any meat ■ domestic duck, goose ■ venison sausage ■ organ meats ■ battered, breaded and fried foods ■ processed meats: hot dogs, sausage, bacon, salami, bologna ■ Limit shellfish to no more than one serving each week.
<p>Fats and oils</p> <p>Maximum of six to eight servings every day (varies with calories needed). This includes fats used in cooking, baking, salads and spreads on bread. Remember to read labels carefully to avoid trans fats.</p>	<ul style="list-style-type: none"> ■ vegetable oils: canola, olive, peanut, safflower, sunflower, corn, soybean, cottonseed, sesame and flaxseed oil ■ margarines: spray, tub, or squeeze, with one of above oils listed as a liquid as the first ingredient (no trans fat) ■ salad dressing or mayonnaise: made with recommended oil ■ spreads with plant sterols/sterols ■ low- or fat-free salad dressing or mayonnaise ■ unsalted nuts and seeds: almonds, peanuts, walnuts, ground flaxseeds, sunflower seeds, etc. 	<ul style="list-style-type: none"> ■ solid fats and shortenings: butter, lard, salt pork, bacon drippings ■ gravy containing meat fat, shortening or suet ■ margarines in which the first ingredient is not a liquid oil ■ chocolate, cocoa butter, coconut ■ coconut oil, palm oil or palm kernel oil (often used in bakery products) ■ nondairy creamers, whipped toppings, candy, fried foods ■ half & half, heavy or whipping cream
<p>Salt (sodium)</p> <p>The recommended amount of sodium is 2,000 mg or less a day. Do not add extra salt at the table. Omit or reduce the amount of salt used in cooking and baking.</p>	<ul style="list-style-type: none"> ■ fresh or frozen meats ■ fresh or frozen fruits and vegetables (no added salt) ■ unsalted crackers, pretzels or popcorn ■ low-sodium soups ■ oil, vinegar, lemon juice 	<ul style="list-style-type: none"> ■ processed cheese and meats, sardines, sauerkraut, pickles, olives, canned vegetables ■ canned soups, bouillon, soy sauce ■ ready-to-make foods ■ BBQ sauce, gravy mixes ■ salted nuts or seeds