Choosing Heart-smart Foods

| Eat 2 servings or more a day. I all whole fruits (avocados for healthful fats) and 100 percent fruit juices I orange juice with plant stanols/sterols (can help to lower cholesterol levels) Vegetables Eat 3 servings or more a day. I all vegetables and low-sodium vegetable juices I all vegetables and low-sodium vegetable juices I breads: all kinds, low-fat English muffins, pitas and wraps I grains: barley, bulgur, quinoa make sure the first ingredient includes the word "whole." I pancakes, waffles, biscuits, and muffins made with recommended oils I snacks: choose baked or low-fat without hydrogenated oils (trans fat) I hot or cold cereals I pasta and rice I pasta and rice I products made with egg yolks, saturated oils or whole-milk products I products made with egg yolks, saturated oils or whole-milk products I pasta and rice I products made with egg yolks, saturated oils or whole-milk products I products made with egg yolks, saturated oils or whole-milk products I products made with egg yolks, saturated oils or whole-milk products I products made with egg yolks, saturated oils or whole-milk products I products made with egg bagels, cheese breads, croissants, scones I commercial doughnuts, muffins, sweet rolls, biscuits I egg substitutes I egg whites or low-cholesterol egg substitutes I hot or cold cereals I pasta and rice I all vegetables in cream, butter or high-fat cheese sauces I vegetables fried in shortening, lard or butter I products made with egg yolks, saturated oils or whole-milk products I products made with egg yolks, saturated oils or whole-milk products I products made with egg yolks, saturated oils or whole-milk products I products made with egg yolks, saturated oils or whole-milk products I products made with egg yolks, saturated oils or whole-milk products I products made with egg yolks, saturated oils or whole-milk products I products made with egg yolks, saturated oils or whole-milk products I products made with egg yolks, saturated oils or whole-milk products I products made with e | Food Group | Recommended | Avoid or Use Sparingly |
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| Stanols/sterols (can help to lower cholesterol levels) | | for healthful fats) and | ■ fruit in cream or custard |
| Eat 3 servings or more a day. low-sodium vegetable juices | | stanols/sterols (can help to | |
| Grains Eat 6 servings a day. Make at least half of these whole grain. Check the ingredient includes the word "whole." I breads: all kinds, low-fat English muffins, pitas and wraps I grains: barley, bulgur, quinoa pancakes, waffles, biscuits, and muffins made with recommended oils I snacks: choose baked or low-fat without hydrogenated oils (trans fat) I hot or cold cereals I pasta and rice I egg whites or low-cholesterol egg substitutes I milk, yogurt, cheese I fat-free or 1 percent milk I low-fat yogurt (soft, frozen) I whole milk, whole-milk products I whole milk, whole-milk products I egg yolks I egg yolks I whole milk, whole-milk products and 2 percent milk I low-fat yogurt (soft, frozen) I fat-free and low-fat cheese, sour cream and cottage every day. I whole milk, whole-milk I custard style yogurt I cream, half & half | | | |
| Eat 6 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." 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 Eggs egg whites or low-cholesterol egg substitutes Milk, yogurt, cheese fat-free or 1 percent milk low-fat yogurt (soft, frozen) fat-free and low-fat cheese sour cream and cottage every day. English muffins, pitas and wraps butter rolls, egg breads, egg bagels, cheese breads, croissants, scones commercial doughnuts, muffins, sweet rolls, biscuits whole-milk products butter rolls, egg breads, egg bagels, cheese breads, croissants, scones commercial doughnuts, muffins, sweet rolls, biscuits whole milk, whole-milk products and 2 percent milk cream, half & half | | | · · |
| Check the ingredients list to make sure the first ingredient includes the word "whole." pancakes, waffles, biscuits, and muffins made with recommended oils make sure the first ingredient includes the word "whole." pancakes, waffles, biscuits, and muffins made with recommended oils make sure the first ingredient includes the word "whole." pancakes, waffles, biscuits, and muffins made with recommended oils make sure the first ingredient includes the word "whole." pancakes, waffles, biscuits, and muffins made with recommended oils muffins, sweet rolls, biscuits muffins | Eat 6 servings a day. Make at least half of these whole grain. Check the ingredients list to make sure the first ingredient | English muffins, pitas and | yolks, saturated oils or |
| make sure the first ingredient includes the word "whole." 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 egg whites or low-cholesterol egg substitutes egg yolks egg bagels, cheese breads, croissants, scones egg bagels, cheese e | | grains: barley, bulgur, quinoa | ■ butter rolls, egg breads, |
| ■ snacks: choose baked or low-fat without hydrogenated oils (trans fat) ■ hot or cold cereals ■ pasta and rice ■ egg whites or low-cholesterol egg substitutes ■ fat-free or 1 percent milk ■ low-fat yogurt (soft, frozen) Eat 2 to 3 servings of nonfat or low-fat milk, yogurt or cheese every day. ■ fat-free and low-fat cheese, sour cream and cottage chapses | | | |
| Stacks. Choose baked of low-fat without hydrogenated oils (trans fat) hot or cold cereals pasta and rice Eggs egg whites or low-cholesterol egg substitutes egg yolks Milk, yogurt, cheese fat-free or 1 percent milk low-fat yogurt (soft, frozen) Eat 2 to 3 servings of nonfat or low-fat milk, yogurt or cheese every day. end of the serving of low-fat without hydrogenated oils (trans fat) egg whites or low-cholesterol egg yolks egg yolks ow-fat-free or 1 percent milk products and 2 percent milk custard style yogurt output | | recommended oils | |
| ■ pasta and rice ■ egg whites or low-cholesterol egg substitutes ■ egg yolks ■ fat-free or 1 percent milk ■ low-fat yogurt (soft, frozen) ■ fat-free and low-fat cheese sour cream and cottage ■ cream, half & half | | low-fat without | muffins, sweet rolls, biscuits |
| Eggs egg whites or low-cholesterol egg substitutes Milk, yogurt, cheese fat-free or 1 percent milk low-fat yogurt (soft, frozen) at 2 to 3 servings of nonfat or low-fat milk, yogurt or cheese every day. fat-free and low-fat cheese, sour cream and cottage cheese every day. egg whites or low-cholesterol egg yolks whole milk, whole-milk products and 2 percent milk custard style yogurt cream, half & half | | ■ hot or cold cereals | |
| egg substitutes Milk, yogurt, cheese fat-free or 1 percent milk low-fat yogurt (soft, frozen) Eat 2 to 3 servings of nonfat or low-fat milk, yogurt or cheese every day. fat-free and low-fat cheese, sour cream and cottage every day. ### whole milk, whole-milk products and 2 percent milk custard style yogurt cream, half & half | | ■ pasta and rice | |
| Eat 2 to 3 servings of nonfat or low-fat milk, yogurt or cheese every day. I low-fat yogurt (soft, frozen) fat-free and low-fat cheese, sour cream and cottage cheese | Eggs | | ■ egg yolks |
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| low-fat milk, yogurt or cheese every day. | low-fat milk, yogurt or cheese | ■ low-fat yogurt (soft, frozen) | - |
| every day. | | sour cream and cottage | , , 0 |
| whole-milk-type cheeses | | | · |
| sherbet, sorbet | | | ■ whole-milk-type cheeses |

| Food Group | Recommended | Avoid or Use Sparingly |
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| Meat, poultry, fish or meat substitutes 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, | 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 | prime grade or rib cuts of any meat domestic duck, goose venison sausage organ meats battered, breaded and fried foods processed meats: hot dogs, |
| poultry, fish or seafood to no more than 5 ounces a day. | lean lamb: chops, leg, roastchicken or turkey (no skin)wild game: venison, wild | sausage, bacon, salami, bologna |
| ■ Try to eat 2 servings of fish each week. | duck, rabbit, pheasant beans, lentils, peas, low-fat tofu, vegetable-based meat substitutes (read label) | Limit shellfish to no more than one serving each week. |
| Fats and oils Maximum of 6 to 8 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. | 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 stenols/sterols low- or fat-free salad dressing or mayonnaise unsalted nuts and seeds: almonds, peanuts, walnuts, ground flaxseeds, sunflower seeds, etc. | 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 |
| Salt (sodium) 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. | 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 | 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 |