

EDUCATION

Nutrition Guide for a Healthy Heart



Allina Health

Nutrition Guide for a Healthy Heart

Sixth edition

Developed by Allina Health.

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For specific information about your health condition, please contact your health care provider.



Introduction

Your food choices are important. Eating healthful foods low in saturated fat, trans fat and sodium (salt) can help keep your heart healthy and prevent heart disease.

This guide includes information on how to eat healthful foods lower in saturated fat, trans fat and sodium. You will find recommended foods, foods to order in a restaurant, tips on how to cook, low-sodium meal ideas, and which herbs and spices you can use in place of salt. You will also find information about portion sizes, food labels, grocery shopping and recommended cookbooks.

Nutrition

Tip

Eating plenty of fruits and vegetables, choosing whole grains, selecting low-fat dairy and protein products (chicken breast, fish, beans and nuts), and cooking with healthful oils can help to keep your heart healthy.

Fat

Tip

If you have heart disease or several risk factors for heart disease, you need to reduce your saturated fat to 5 to 6 percent of your total calories.

Tip

Saturated fats are solid at room temperature (butter or stick margarine). Trans fats make these solid.

Monounsaturated and polyunsaturated fats are liquid at room temperature (oils).

Whenever possible, replace saturated fats with monounsaturated and polyunsaturated fats.

When it comes to the health of your heart, what you eat is as important as the medicine you take. To help your heart, your health care team may want you to eat less saturated fat, trans fat and/or sodium.

The American Heart Association (AHA) and the American College of Cardiology (ACC) recommend certain guidelines for you to follow for the amount of fat, saturated fat, trans fat and sodium in your diet.

Fats are an essential nutrient and your body needs fat to work properly. But, too much saturated fat or trans fat can increase your blood cholesterol level and your risk of heart disease.

Listed below are the types of fat found in food.

- **Saturated fats** are found in animal products such as butter, cheese, whole milk, ice cream and fatty meats. They are also found in some vegetable products (coconut, palm and palm kernel oil). Saturated fats and trans fats raise blood cholesterol more than anything else in your diet.
- **Trans fats** result from a chemical process known as hydrogenation. Trans fats can raise LDL cholesterol levels and add to heart disease. Shortening and partially hydrogenated vegetable oil are examples of trans fats. Trans fats are often used in cooking in many restaurants and fast food chains.

(Note: Trans fats also occur naturally in some foods such as meat and milk but are not thought to be as harmful as those formed with hydrogenation.)

Read ingredient labels and buy items that have a recommended fat, such as canola or olive oil. Avoid foods that have hydrogenated vegetable oil, partially hydrogenated oil or shortening. Choose foods that have as close to 0 grams trans fat as possible.

- **Monounsaturated fats** include olive, peanut and canola oils. Avocados and most nuts are also high in monounsaturated fats. Monounsaturated fats, in the right amounts, may lower total cholesterol and LDL (low density lipoprotein) cholesterol, the “bad cholesterol.”

Tip

Because butter is rich in both saturated fat and cholesterol, it could raise your cholesterol levels. Most margarine is made from vegetable fat and provides no dietary cholesterol. Select margarines that do not contain trans fats.

- **Polyunsaturated fats** include corn, safflower, sunflower, soybean, cottonseed, olive and sesame seed oils. Polyunsaturated fats can help lower blood cholesterol, if you use them in place of saturated fats.
- **Omega-3 fatty acids** are polyunsaturated fats. They include ground flaxseed, flaxseed oil, soybean, soybean oil, canola oil, walnuts and fatty fish (salmon, mackerel, herring, trout, etc.). Omega-3 fatty acid supplements may help lower triglyceride levels. If your triglyceride levels are high, talk to your primary care provider.

How much fat and saturated fat should you eat?

The chart below shows the recommended amount of total fat and saturated fat at various calorie levels.

Daily Calories	Total Fat Grams*	Saturated Fat Grams**
1,200 calories	33 to 47	6.5 to 8
1,300 calories	36 to 51	7 to 8.5
1,400 calories	39 to 54	8 to 9
1,500 calories	42 to 58	8.5 to 10
1,600 calories	44 to 62	9 to 10.5
1,700 calories	47 to 66	9.5 to 11
1,800 calories	50 to 70	10 to 12
1,900 calories	53 to 74	10.5 to 12.5
2,000 calories	56 to 78	11 to 13
2,100 calories	58 to 82	11.5 to 14
2,200 calories	61 to 86	12 to 14.5
2,300 calories	64 to 89	13 to 15
2,400 calories	67 to 93	13.5 to 16
2,500 calories	69 to 97	14 to 16.5

* 25 to 35 percent of total calories

** 5 to 6 percent of total calories

Cholesterol

Dietary cholesterol is found only in animal products such as meats, dairy products and eggs. Blood cholesterol levels are affected mostly by saturated fat and trans fat in the foods you eat.

Lowering cholesterol through lifestyle changes

The 2013 American College of Cardiology and the American Heart Association Life Management Recommendations include:

- reducing saturated fat to 5 to 6 percent of your total calories
- eating little to no trans fats
- maintaining a healthy weight. If you are overweight or obese, losing weight through a lifestyle that includes healthful foods and regular physical activity can help lower your LDL level.

Even if your LDL level is below 100 mg/dL, you should still eat foods low in saturated fat and trans fat.

Tip

Regular physical activity is recommended for the health of your heart and to lower your LDL level.

Fiber

Tip

When increasing fiber in your diet, do so gradually and increase the liquids you drink at the same time (unless your health care team advises differently). If you don't, you may become constipated.

Tip

Your total dietary fiber intake should be 25 to 30 grams a day. Most people only eat half as much fiber as they need.

Eating foods that contain fiber

The AHA Eating Plan suggests eating a variety of foods that have the fiber your body needs. Foods that contain fiber are also often good sources of other essential nutrients. Depending on how these foods are prepared, they are often low in saturated fat and trans fat.

Dietary fiber is the parts of plants that your body can't digest. Fiber is an important part of a healthful diet. There are two kinds of fiber, soluble and insoluble.

- **Soluble fiber** can help lower your blood cholesterol when eaten on a regular basis as part of a low saturated fat diet. Foods high in soluble fiber include oat bran, oatmeal, beans, peas, barley, citrus fruits, strawberries and apples. Of these, oats have the greatest proportion of soluble fiber.
- **Insoluble fiber** does not help lower blood cholesterol, but helps you have regular bowel movements. Foods high in insoluble fiber include whole grain breads, wheat cereals, wheat bran, rye, rice, barley, most other grains, cabbage, beets, carrots, Brussels sprouts, turnips and cauliflower.

Added Sugars

Important

The American Heart Association (AHA) recommends limiting the amount of added sugars you consume each day to the following:

- **women:** no more than 6 teaspoons of sugar (about 100 calories worth)
- **men:** no more than 9 teaspoons of sugar (about 150 calories worth).

Sugars are found naturally in fruits and milk. Added sugars are sugars and syrups that are added to foods. Major sources of foods and drinks that have added sugars are:

- regular soft drinks, energy drinks, sports drinks
- candy
- cakes
- cookies
- pies and cobblers
- sweet rolls, pastries, doughnuts
- fruit drinks
- dairy desserts such as ice cream.

To tell if a food has added sugar, look at the food label for words that include "sugar" or "-ose" at the end of a word. These words include:

- brown sugar, powdered sugar, invert sugar, white
- granulated sugar, raw sugar
- dextrose, fructose, lactose, sucrose
- corn syrup
- honey
- maple syrup
- molasses, nectars.

Limit foods and drinks with added sugars. Remember to read the nutrition label to find out if a food or drink contains added sugars.

It is beneficial to eat a heart-smart diet if you take cholesterol and/or blood pressure medicines and if you don't have heart disease. The following pages contain charts and information about foods low in saturated fat, trans fat and sodium.

Foods Low in Saturated Fat and Trans Fat

Food Group	Foods to Choose	Eat Less
Fruits Eat two servings or more a day.	<ul style="list-style-type: none"> ■ all whole fruits (avocados for healthful fats) and 100% 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
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. 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.
Eggs	<ul style="list-style-type: none"> ■ eggs (in moderation) ■ egg whites or low-cholesterol egg substitutes 	
Milk, yogurt, cheese Eat two to three servings of fat-free or low-fat milk, yogurt or cheese every day.	<ul style="list-style-type: none"> ■ fat-free or 1% milk ■ low-fat yogurt (soft, frozen) ■ low-fat cheese, sour cream and cottage cheese 	<ul style="list-style-type: none"> ■ whole milk, whole-milk products and 2% milk ■ custard style yogurt ■ cream, half & half ■ whole-milk-type cheeses

Foods Low in Saturated Fat and Trans Fat

Food Group	Foods to Choose	Eat Less
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, 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 saturated oils or whole-milk products ■ butter rolls, egg breads, egg bagels, cheese breads, croissants, scones ■ commercial doughnuts, muffins, sweet rolls, biscuits
Fats and oils 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.	<ul style="list-style-type: none"> ■ avocado ■ 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 stanols/sterols ■ low-fat 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
Salt (sodium) Reduce sodium intake to less than 2,400 milligrams (mg) a day. Aim for less than 1,500 mg a day, if possible. Do not add extra salt at the table. Omit or reduce the amount of salt used in cooking and baking.	<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

Tips for Eating Out

Did You Know?

Eating a healthful diet low in salt can help to lower your blood pressure. Salt makes your body hold extra fluid. This puts a strain on your heart.

If your favorite restaurant doesn't offer specific heart-smart foods, you can still make wise choices.

- Study the menu and ask how foods are prepared.
Good choices: steamed, meat or fish in its own juice, garden fresh, broiled, roasted, poached. High-fat choices: fried, breaded, battered, melted cheese on top, creamed, escalloped, butter sauce, pan-fried, sautéed, au gratin.
- Ask for substitutions. Instead of butter, can you get trans fat-free margarine? Is fat-free milk available?
- Order salad dressings and sauces to be served on the side so you control the amount that goes on your food. Ask for light dressing.
- Try lemon juice or vinegar and oil in place of salad dressings.
- Ask for mustard or ketchup on sandwiches instead of mayonnaise. If you have mayonnaise, order it on the side and use only a small amount.
- Substitute fruit or vegetables for potato chips or french fries.
- Order vegetarian pizza instead of pepperoni or sausage. Ask for half the cheese and more tomato sauce.
- At fast food restaurants, order plain foods, such as a regular hamburger or a broiled chicken breast. Skip the bacon, cheese and sauces.
- For dessert, try a scoop of frozen yogurt, sherbet, gelatin or fresh berries.
- Be aware of your serving sizes. Larger serving sizes mean more sodium and fat.

Use the chart on the next page to help you make low-fat and low-sodium choices at eight types of restaurants.

Low Saturated Fat and Sodium Guidelines for Eating Out

Restaurant Type	Foods to Choose	Foods to Avoid
<p>Fast food</p> <p>For more information, ask for a handout from the restaurant that lists the amount of fat, saturated fat, sodium and calories in each item.</p>	<ul style="list-style-type: none"> ■ Order a prepackaged salad with low-fat salad dressing. ■ Order sandwiches without pickles, olives, mayonnaise, cheese and sauces (special sauce, tartar sauce, etc.). ■ Try roasted or broiled meat sandwiches. ■ A hamburger is a better choice than a fried fish sandwich. ■ Order submarine sandwiches with lean meats and add lots of vegetables. 	<p>Fast food is generally not the most heart-smart choice.</p> <ul style="list-style-type: none"> ■ Avoid breaded chicken, fried fish, onion rings and french fries. ■ Skip the cheese, bacon and large serving of hamburger. ■ Avoid malts or milkshakes.
<p>Family-style food</p>	<ul style="list-style-type: none"> ■ Choose grilled or baked chicken or fish, baked potatoes (without butter or sour cream), steamed vegetables and tossed salads with low-fat dressing. ■ Ask for a side salad instead of french fries or chips. ■ Choose low-fat or fat-free yogurt or sherbet for dessert. 	<ul style="list-style-type: none"> ■ Avoid dishes with lots of cheese, sour cream or cream sauces (hollandaise, bearnaise, Alfredo). ■ Avoid fried fish or chicken. ■ Avoid items that include the words: smothered, fried, breaded or creamy. ■ Avoid appetizer-type foods, au gratin potatoes, prime rib, cream soups and milkshakes.
<p>Asian food</p>	<ul style="list-style-type: none"> ■ Choose menu items that are made to order and include a variety of vegetables, rather than ones prepared ahead of time such as a buffet. ■ Ask that your food be prepared without salt, soy sauce or MSG. ■ Spring rolls usually are not deep fried. ■ Request steamed rice instead of fried rice. ■ Order entrées with vegetables and lean meat, chicken, fish or tofu. 	<ul style="list-style-type: none"> ■ Avoid deep-fried egg rolls, wontons, tofu, meats and noodles. ■ Skip curry sauces and gravies.

Low Saturated Fat and Sodium Guidelines for Eating Out

Restaurant Type	Foods to Choose	Foods to Avoid
Mexican food	<ul style="list-style-type: none"> Choose items with a variety of vegetables and very little cheese. Choose beans, rice, corn or flour tortillas, lean meat and chicken items (fajitas, chile verde). 	<ul style="list-style-type: none"> Avoid deep-fried tortilla chips and taco shells. Use very little cheese or sour cream.
Italian food	<ul style="list-style-type: none"> Choose items that are fixed to order. Or, order sauces on the side. Choose items with tomato or red clam sauce. 	<ul style="list-style-type: none"> Avoid items in heavy cream sauces such as Alfredo.
Vegetarian food and salad bars	<ul style="list-style-type: none"> Choose whole-grain breads and other grain products, tofu, legumes, fresh fruits and vegetables. Choose vinegar and a little oil or lemon juice as salad dressing. Or, select the low-fat or low-calorie dressing if available. 	<ul style="list-style-type: none"> Avoid bacon bits, pickles, salted sunflower seeds, meat salads (tuna or chicken salads) and cheese.
Greek and Middle Eastern food	<ul style="list-style-type: none"> Choose lean beef or lamb, vegetables and rice. Choose tabouli salad, shish kebab, souvlaki, couscous, rice pilaf and pita bread. 	<ul style="list-style-type: none"> Avoid deep-fried foods and oily dipping sauces.
Indian food	<ul style="list-style-type: none"> Ask that your food be made without salt. Many unique spices add flavor so you won't miss the sodium. Choose dals (legume-based dishes), rice-based dishes, lentil dishes, tandoori chicken or fish, and salads or vegetables with yogurt dressing. 	<ul style="list-style-type: none"> Avoid curry dishes because they are made with coconut milk.

Heart-smart Cooking

Tip

The more liquid the margarine is, the less hydrogenated it is (less trans fat). Soft margarines are a better choice than hard ones.

Choose trans fat-free margarines such as Smart Balance® or spray margarines such as PAM®.

Tip


Many commercial oat bran and wheat bran products, like muffins, chips and waffles, actually contain very little bran. They may be high in sodium, total fat and saturated fat. Read the labels to make sure.

You can easily change most recipes to lower calories, total fat, saturated fat and sodium. With a few minor changes in ingredients and preparation, you can change most of your favorite foods into healthful ones. See the recipe substitutions section on the next page.

- Choose low-fat (lean) cuts of meat. (See the chart on page 8 for examples.)
- Remove all fat from meats and skin and fat from poultry before cooking.
- Use cooking methods that use little or no fat: boil, broil, bake, roast, poach, steam, sauté, stir-fry with a small amount of recommended oil, or use the microwave.
- Don't deep-fry foods. Instead, sauté meats or vegetables in a small amount of oil, flavored vinegars, low-calorie cooking spray, water or low-sodium broth.
- Pan broil foods on a nonstick surface (Teflon® or Silverstone®). Remove any fat as it accumulates.
- Coat cookware with a low-calorie cooking spray or lightly oil the pan. Avoid using shortening or butter.
- Skim fat off soups and stews before serving. Use an ice cube to congeal and remove fat, or a gravy strainer to separate fat from the juices. Chill soups, stews and gravies after cooking so you can remove the hardened fat from the top.
- Choose fat-free or low-fat milk, and low-fat yogurt and cheeses.
- Use herbs, spices or lemon juice to add flavor, instead of butter, bacon or salt.

Recipe Substitutions

Use this chart to make healthful changes to your favorite recipes.

Ingredients	Substitutions 
1 whole egg	<ul style="list-style-type: none"> ■ ¼ cup egg substitute ■ 2 egg whites
1 cup butter, shortening or lard	<ul style="list-style-type: none"> ■ ½ cup butter plus ½ cup fruit puree (applesauce or prune) in baked goods ■ 1 cup canola oil in place of melted butter
1 cup oil in baked goods	<ul style="list-style-type: none"> ■ equal amounts of fruit puree or applesauce ■ decrease oil to ⅔ cup
1 cup whole milk	■ 1 cup fat-free milk or low-fat milk
cream	■ evaporated skim milk
1 cup sour cream	<ul style="list-style-type: none"> ■ 1 cup plain low-fat yogurt ■ 1 cup low-fat cottage cheese blended with 1 tablespoon lemon juice, add fat-free milk to desired consistency ■ 1 cup low-fat or fat-free sour cream
1 ounce (one square) baking chocolate	<ul style="list-style-type: none"> ■ 3 tablespoons powdered cocoa and 1 tablespoon oil
1 cup ice cream	■ 1 cup sherbet, low-fat frozen yogurt or low-fat ice cream
cream soup	■ reduced-fat or fat-free cream soup
1 tablespoon cream cheese	<ul style="list-style-type: none"> ■ 1 tablespoon Neufchatel cheese ■ 1 tablespoon light cream cheese or fat-free cream cheese ■ 1 tablespoon low-fat or fat-free cottage cheese, pureed
1 ounce cheddar, colby, Swiss cheese	■ 1 ounce cheese that contains 2 to 6 grams of fat (or fewer) per ounce
1 cup mayonnaise	■ 1 cup low-fat or fat-free mayonnaise.

What is Sodium and How Much to Have Each Day

Did You Know?

Fresh and frozen meats can have broth added to them, which increases the amount of sodium. Make sure to read the nutrition label of each product to see how much sodium is in one serving of the food.

Your recommended sodium intake is _____ mg a day.

Sodium is a compound that is found in nature and added to foods. Many foods have sodium naturally, but do not taste salty. Salt is also called sodium chloride.

One teaspoon of salt contains 2,300 milligrams (mg) of sodium.

Eating high amounts of sodium can be especially harmful if you have heart failure or high blood pressure. When you have one (or both) of these conditions, your heart cannot pump as well as it once did. Sodium causes your body to retain, or hold, more water. This increases the work of your heart as it pumps blood through your body.

If you have high blood pressure, reducing the amount of sodium you eat can help to lower your blood pressure.

Sodium recommendations

You should have no more than 2,400 mg of sodium a day. Try to eat less than 1,500 mg sodium, especially if you:

- have heart failure
- are 51 years of age or older
- are African American
- have high blood pressure, diabetes and/or chronic (long-lasting) kidney disease.

A guide to choosing foods low in sodium

If you are on an eating plan of 2,400 mg or less of sodium a day, the charts on the next three pages may be a help in planning your meals and snacks. It is best to limit yourself to only one food a day with more than 400 mg of sodium per serving.

Low-sodium Foods

Food Group	Use	Limit (2 to 3 times a week)	Eat Less
Dairy	<ul style="list-style-type: none"> ■ yogurt: fat-free or low-fat plain, Greek or fruit-flavored ■ low-sodium cheese ■ dry powdered milk ■ liquid milk 	<ul style="list-style-type: none"> ■ buttermilk ■ cottage cheese ■ natural cheese (cheddar, colby, etc.) ■ instant beverage mixes with more than 200 mg sodium per serving 	<ul style="list-style-type: none"> ■ processed cheese such as American ■ cheese spreads ■ soft cheese such as brie, blue, Roquefort
Protein	<ul style="list-style-type: none"> ■ no-salt-added fresh or frozen fish, poultry, beef, pork, lamb, veal ■ low-sodium tuna ■ eggs ■ unsalted nuts 	<ul style="list-style-type: none"> ■ reduced-sodium processed meats and cheeses ■ low-sodium bacon 	<ul style="list-style-type: none"> ■ canned meat and fish ■ processed meats: ham, sausage, cold cuts, bacon, luncheon meats, hot dogs, jerky, smoked/cured meats ■ pickled herring ■ salted nuts ■ anchovies, herring, sardines
Vegetables and fruits	<ul style="list-style-type: none"> ■ fresh or frozen unsalted vegetables ■ no-salt-added or low-sodium canned vegetables or tomato products ■ dried beans, peas, lentils ■ all fruits 		<ul style="list-style-type: none"> ■ sauerkraut ■ vegetables or potatoes with sauces or seasoning mixes ■ pickled vegetables ■ olives ■ canned vegetables and tomato products with salt
Grains	<ul style="list-style-type: none"> ■ saltines with unsalted tops ■ Melba toast, rolls, unsalted bread sticks ■ homemade pancakes and waffles (no salt added) ■ potatoes, rice, pasta ■ unsalted pretzels or popcorn ■ low-sodium chips and crackers ■ potatoes, rice or noodles made without salt 	<ul style="list-style-type: none"> ■ baking powder biscuits ■ English muffins ■ bran cereals ■ graham crackers ■ breads and cereals with more than 180 mg sodium per serving 	<ul style="list-style-type: none"> ■ box mixes: stuffing, rice, pancakes, biscuits, casseroles, potatoes and noodles ■ salted crackers ■ salted snack food: potato chips, pretzels, popcorn ■ instant cooked cereals ■ commercially prepared refrigerated dough

Low-sodium Foods

Food Group	Use	Limit (2 to 3 times a week)	Eat Less
Combination foods	<ul style="list-style-type: none"> ■ homemade combination foods and soups with less or no salt ■ commercial low-sodium soups 	<ul style="list-style-type: none"> ■ TV dinners with less than 600 mg sodium per serving ■ reduced-sodium soups 	<ul style="list-style-type: none"> ■ canned or frozen chow mein ■ frozen pot pies ■ canned stew, casseroles ■ prepared baked beans ■ TV dinners with more than 600 mg sodium per serving ■ canned and dried soups ■ bouillon
Desserts	<ul style="list-style-type: none"> ■ fruit ■ sherbet and fruit ice ■ plain cake or meringue ■ ice cream and frozen yogurt ■ jams, jellies, honey ■ homemade desserts, cooked puddings and boxed mixes with less than 200 mg sodium per serving 	Limit to one sodium-containing dessert each day: <ul style="list-style-type: none"> ■ baked desserts made from commercial mixes ■ commercially prepared cookies ■ instant puddings ■ desserts and candies made with salted nuts ■ cream and fruit pies 	
Beverages	<ul style="list-style-type: none"> ■ sparkling water ■ fruit juices or drinks, lemonade, coffee, tea, pop ■ beverages with less than 70 mg sodium per serving 	<ul style="list-style-type: none"> ■ club soda 	<ul style="list-style-type: none"> ■ commercial sports drinks such as Gatorade®, Instant Preplay® or Take Five® ■ cocktail beverage mixes ■ instant cocoa
Other	<ul style="list-style-type: none"> ■ oil, vinegar, lemon juice ■ fresh or powdered onion or garlic ■ salt-free herbs and spice mixes ■ flavoring extracts ■ homemade gravy with less or no salt ■ salt-free bouillon or broth ■ unsalted ketchup, mustard, barbeque sauce ■ salt-free nuts and seeds ■ table wine (not cooking wine) ■ homemade salad dressings 	<ul style="list-style-type: none"> ■ ketchup and mustard ■ tartar sauce (1 tablespoon) ■ barbeque sauce (1 tablespoon) ■ steak sauce (1 tablespoon) ■ commercial salsa (1 to 2 tablespoons) ■ prepared horseradish ■ regular and low-calorie salad dressing ■ salted margarine and mayonnaise (1 tablespoon) 	<ul style="list-style-type: none"> ■ all pickles, olives ■ seasoned salts ■ MSG ■ soy sauce ■ tenderizers ■ commercial gravy mixes ■ light-salt products ■ cooking wine ■ salted nuts and seeds

Special low-sodium cooking tips

There are a few simple things you can do to reduce the sodium in your diet.*

- Use less salt when you cook.
- Leave the salt shaker off the table.
- If salt is important to the flavor of the food, reduce the salt amount gradually (by a fourth, then by a half, and then by three-fourths).
- Use herbs and spices to season food. Try flavored vinegar, sherry, wine and lemon juice. Parsley, thyme, and basil are flavorful in many foods.
- Cut back or eliminate: processed foods (luncheon meats, prepackaged soups and sauces, Hamburger Helper® and Tuna Helper®, TV dinners) and salty foods (pickles, olives, sauerkraut, salted snacks, flavored salts, seasoned salts).
- Avoid products with these words on the labels: monosodium glutamate (MSG), sodium nitrate, sodium benzoate, sodium bicarbonate.
- Use bouillon granules in half the amount called for on packaging; they contain a high amount of sodium. Use reduced-sodium bouillon granules.
- Use lemon and lime juices or tomatoes to add zest to meat, salads, vegetables and fruits.
- Save cooking liquid from vegetables to use in place of water in sauces and gravy.
- Replace garlic and onion salt with garlic and onion powder.
- Rinse canned vegetables to remove some of the sodium (about one-third). To reduce more sodium, use fresh, frozen, or low-sodium or no-salt-added canned vegetables.

***Follow any sodium restrictions given to you by your health care team.**

Tip

Many salt substitutes are high in potassium. Some people with heart failure should not take large amounts of potassium, especially if they are taking an ACE inhibitor. Check with your health care provider before using any salt substitutes.

At-home low-sodium meal ideas

■ Breakfasts

- two slices of whole-grain toast with 2 tablespoons no-salt-added peanut butter, 1 medium orange, 1 cup fat-free or low-fat milk or coffee
- whole-grain cereal with 6 to 8 ounces fat-free or low-fat milk, 1 hard-boiled egg, 6 ounces 100% fruit or low-sodium vegetable juice or herbal tea
- omelet of 1 whole egg and 2 egg whites with vegetables (such as spinach and red peppers), 1 cup fat-free or low-fat yogurt with ½ cup berries (of your choice), 1 cup fat-free or low-fat milk or coffee
- ½ cup (dry) quick cooking or old fashioned oats cooked in water or fat-free or low-fat milk, 1 slice of whole-grain toast with 1 tablespoon 100% fruit spread, 1 medium banana, herbal tea or coffee

■ Lunches and dinners

- 4 ounces fresh turkey breast on two slices of whole-grain bread with lettuce and tomato, 1 medium apple, 8 baby carrots, 1 cup fat-free or low-fat milk or unsweetened iced tea
- 4 ounces broiled or baked fish with lemon, 1 small baked potato with 1 teaspoon trans fat-free margarine, salad greens with sliced strawberries and 1 tablespoon olive oil and vinegar dressing, and 1 cup fat-free or low-fat milk or water
- 1 cup whole-grain spaghetti noodles with 1 cup low-sodium marinara sauce, 1 cup steamed broccoli sprinkled with 2 tablespoons freshly shredded parmesan cheese, 1 whole-grain dinner roll with 1 teaspoon trans fat-free margarine, 1 cup fat-free or low-fat milk or water
- 3 ounces grilled chicken breast strips wrapped in 1 corn tortilla topped with ¼ cup low-sodium black beans, ¼ cup brown rice, shredded romaine lettuce, chopped tomatoes and 2 tablespoons shredded cheddar cheese, steamed green beans, 1 cup fat-free or low-fat milk or water
- 1 grilled kebab made with 3 ounces cubed lean beef, red peppers, green peppers, mushrooms and cherry tomatoes, ½ cup cooked brown rice mixed with ½ cup steamed green peas, 1 cup fat-free or low-fat milk or unsweetened iced tea

Herb and spice blend recipes

Put the salt shaker away and try making these blend recipes instead! The herb blend is especially good on meats and vegetables. Try using the spice blend in homemade meals to cut the salt without losing flavor.

Herb and Spice Blend Recipes

Try these recipes to make your own herb or spice blend. You can vary the amounts to suit your taste.

Herb Blend

- 4 tablespoons dry mustard
- 1 tablespoon garlic powder
- 4 tablespoons onion powder
- 2 tablespoons white pepper
- 1 tablespoon thyme
- 1 teaspoon basil
- 4 tablespoons paprika

Spice Blend

1 teaspoon each:

- dried basil
- dried marjoram
- thyme
- dried oregano
- dried parsley
- ground cloves

• ground mace

• black pepper

• dried savory

¼ teaspoon each:

• ground nutmeg

• cayenne

Directions

1. For each blend, combine ingredients and blend well.
2. Fill the shakers with the blends, using a funnel. Label them and keep them handy.



TIP

Put a small amount of rice at the bottom of the shakers to allow the blends to flow easily.

♥ = heart smart

⚡ = low sodium

GF = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

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nutr-ah-56206 (8/14)

Nutrition Facts

Serving Size 1/4 teaspoon (0.6g)

Amount Per Serving

Calories 0 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 0g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 25g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 0

Salt-free Flavoring Ideas



Beef	bay leaf, curry, dry mustard, sage, marjoram, mushrooms, nutmeg, onion, pepper, thyme
Lamb	curry, garlic, mint, pineapple, rosemary
Pork	apples, applesauce, garlic, onion, sage, peaches
Veal	apricots, bay leaf, curry, ginger, marjoram, oregano
Fish	bay leaf, lemon juice, marjoram, mushrooms, paprika
Chicken	cranberries, paprika, thyme, sage
Asparagus	lemon juice
Corn	green pepper, tomato
Green beans	marjoram, lemon juice, nutmeg, dill weed, unsalted French dressing
Peas	onion, mint, mushrooms, green pepper, nutmeg
Potatoes	onion, mace, green pepper
Squash	ginger, mace, onion, cinnamon
Tomatoes	basil, onion, oregano

Liquids

Limit your liquids to _____ cups each day.

This is equal to _____ ounces or _____ cc's.

Your health care team may want you to limit the liquids you drink.

To help you measure and monitor the liquids you drink, use this chart:

Liquid Measurements		
2 tablespoons =	1 ounce	30 cc
2 ounces =	¼ cup	60 cc
4 ounces =	½ cup	120 cc
8 ounces =	1 cup	240 cc

Tip

When you are first learning to limit your liquids, it might be helpful to mark a container with the total amount that you can have in 1 day. Then each time you have a liquid, you add that same amount of water to your container. As the day goes on, you can monitor how close you are to your total and make adjustments.

For accuracy, use a glass measuring cup to measure all liquids.

The following are considered liquids. One-half cup of each of these items equals ½ cup of liquid.

- milk
- ice cream
- sherbet
- pudding
- soup
- watermelon
- ice water
- Jell-O®
- cream
- yogurt
- beer
- cooked cereal
- coffee
- ice chips
- liquor
- fruit juice
- fruit drink
- carbonated beverages
- tea
- liquid cream substitute

Drain all fruits and vegetables before eating. If not, count the liquid as part of your liquid allowance.

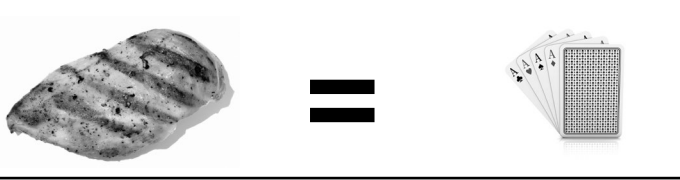
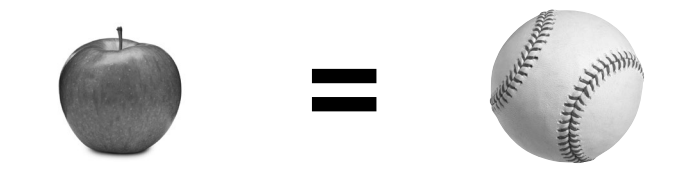
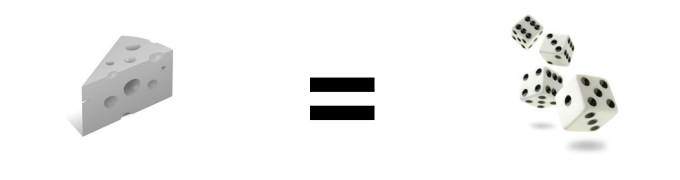
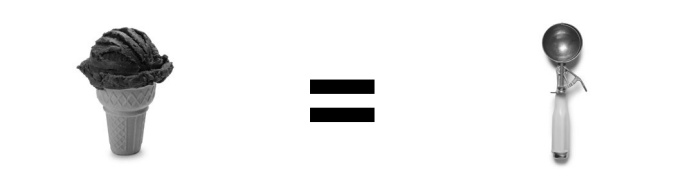
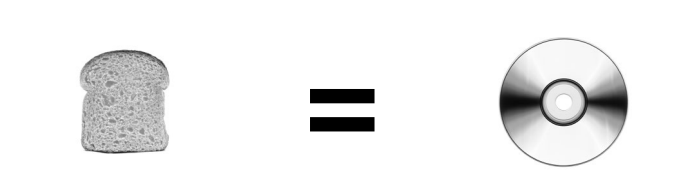
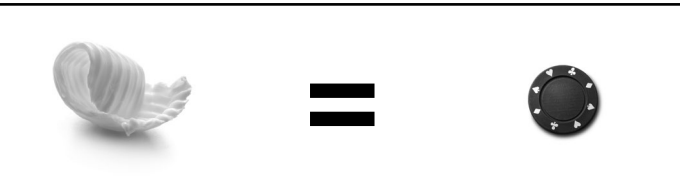
Tips for controlling the liquids you drink

- Measure your liquids and keep a record of how much you actually drink.
- Measure how much liquid your household cups and glasses actually hold. Do not guess.
- Plan ahead to spread your liquids during the day, allowing enough for medicines, meals and snacks.
- Take the pills you can with your meal-time liquids.
- Drink from small cups and glasses. Four ounces of juice will look like more in a 6-ounce glass than it does in a 12-ounce glass.
- Use ice cubes instead of liquids. Ice may satisfy your thirst more than the same amount of water. Remember that ice must be counted as part of your liquid intake.
 - Melt one cube to measure how much liquid it contains.
 - Ice melts to one half of its original volume.
For example, 12 ounces of crushed ice melts to 6 ounces of liquid.
 - You may also fill your ice cube trays only half full or buy smaller trays.
- Add a little lemon or lime juice to water or ice. The sour taste will help quench your thirst.

- Try freezing flavored mineral water or lemonade in ice cube trays, or try freeze pops or Popsicles®.
- Use sour hard candy or gum. They will help moisten your mouth and decrease your desire for liquids.
- Chill your fruit and vegetable servings to help quench your thirst.
- Try a mouth spray to moisten your mouth.
- Rinse your mouth out with water or chilled mouthwash when you are thirsty. (Do not swallow it.)

Food Portion Sizes

How much you eat is as important as what you eat. You can gain weight by eating large amounts of any food. When a food scale or measuring cups aren't handy, you can still estimate your portion. Remember:

Three ounces of meat is about the size and thickness of a deck of playing cards.	
One medium apple or 1 cup of cooked vegetables is about the size of a baseball.	
One ounce of cheese is about the size of four stacked dice.	
One-half cup of ice cream or ½ cup of cooked pasta is about the size of an ice cream scoop.	
One slice of bread or one 6-inch tortilla is about the size of a DVD.	
One teaspoon of butter is about the size of a poker chip.	

Read Food Labels

Food label for a granola bar

Nutrition Facts			
Serving Size 1 bar (40 g)			
Amount Per Serving			
Calories 170		Calories from Fat 60	
		% Daily Value*	
Total Fat 7 g			11%
Saturated Fat 3 g			15%
Trans Fat 0 g			
Cholesterol 0 mg			0%
Sodium 160 mg			7%
Total Carbohydrate 24 g			8%
Dietary Fiber 3 g			12%
Sugars 10 g			
Protein 5 g			
Vitamin A 2%			
Vitamin C 2%			
Calcium 20%			
Iron 8%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2,000 2,500
Total fat	Less than	65 g	80 g
Sat fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Source: U.S. Food and Drug Administration

Use the food label for a granola bar at left to understand the following.

- **Serving size:** The serving size lists how many calories and nutrients are in one serving of the food. If you eat twice the serving size, you are getting twice the calories, fat, carbs, sodium, etc.
- **Calories and calories from fat:** Calories are a measure of energy released by a food. Try to limit your food choices to those that have less than one-third calories from fat.
- **Total fat:** Total fat includes all types of fat. Try to eat foods low in saturated and trans fat.
- **Saturated fat:** Saturated fat raises LDL (the "bad") cholesterol. Reduce saturated fats to help protect your heart.
- **Trans fat:** Trans fat can raise LDL cholesterol, lower HDL cholesterol, and add to heart disease. Eat as little trans fat as possible. Avoid foods that contain "partially hydrogenated" and "hydrogenated" oils, including shortening.
- **Cholesterol:** Foods from animals (meat, fish, eggs, cheese, butter) have cholesterol.
- **Sodium:** Too much sodium (salt) can lead to high blood pressure. One teaspoon of salt has 2,300 milligrams (mg) of sodium.
- **Total carbohydrate:** Carbohydrates give your body energy. However, too many can raise your blood glucose.
- **Fiber:** If the food has 5 or more grams of fiber, subtract half of the grams from the total carbohydrate.
- **Sugar:** Sugar is included in the number of total carbohydrate.
- **Protein:** Choose lean meats, poultry and fish.

Label guidelines for fat content

When looking for low-fat foods, check the nutrition label for the amount of fat per serving and compare it to the guidelines listed below for the **maximum** grams of fat **per serving**.

Food Choices	Maximum Grams of Fat Per Serving
Dinner entrée	10 grams
Soup	5 grams
Luncheon meats	3 grams
Potato, rice, pasta, vegetable	2 grams per ounce
Cheese	2 to 6 grams per ounce
Yogurt	3 grams
Crackers	3 grams
Frozen desserts	3 grams
Quick breads	5 grams
Cake	2 to 5 grams
Cookies	3 grams

Heart-smart Shopping

The choices you make at the grocery store can help you keep your heart healthy. Try to choose a variety of healthful foods. Here are some general tips to help you with your shopping.

- Start in the produce section and spend most of your time here. Then work your way around the outside of the store. Limit your time in the middle aisles.
- Be aware that end-of-the-aisle displays are usually not healthful choices. If it's not on your list, don't put it in your cart.
- Talk to the butcher for help in finding the freshest, leanest cuts of meat. If something isn't on the shelf, it may be behind the meat counter.
- Shop with food safety in mind. Visit the fresh meat department last and keep these items away from other foods in your cart.
- Use the self-checkout to prevent being tempted by candy, soda or other treats.

Your Guide to Heart-smart Grocery Shopping

The grocery store map on the next page can help you plan your shopping trip. Use the information below as a guide.

Green:

You'll find the most healthful foods here.

Shop for the following healthful items:

- **produce:** fresh, in-season fruits and vegetables
- **meat and cold cases:** fresh, lean cuts of beef, pork, poultry (skinless) and seafood
- **dairy and eggs:** fat-free or low-fat yogurt, milk and cottage cheese; eggs or egg substitute
- **frozen:** frozen fruits and vegetables (no added sauce, syrup, sugars or salt).

Yellow:

You may need to go into these areas for a few items.

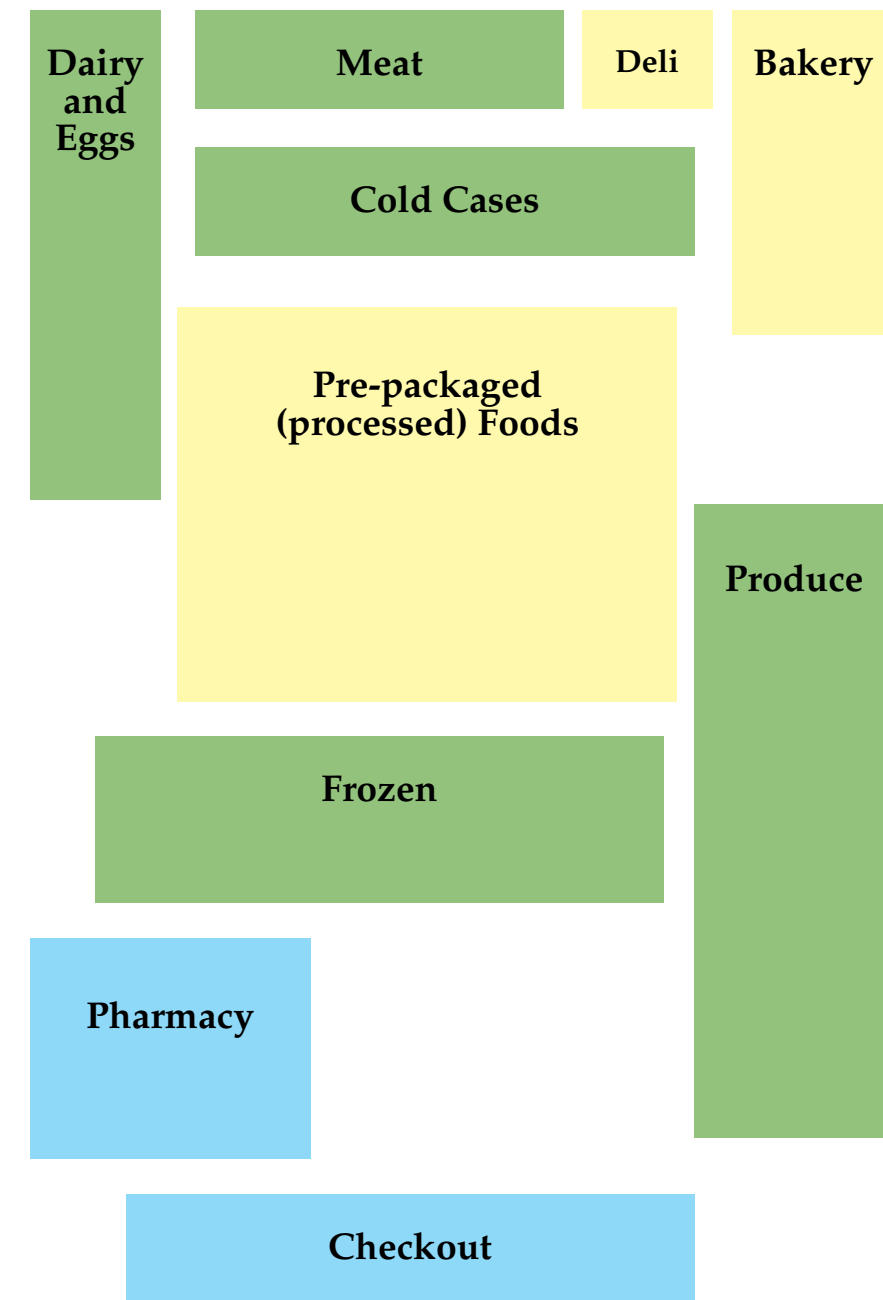
Shop for the following healthful items:

- **bakery:** fresh, whole-grain breads, rolls and pitas
- **deli:** low-sodium, lean cuts of meat
- **pre-packaged (processed) foods:** dry beans, lentils and whole-grain pasta; low-sodium canned beans and vegetables.

Blue:

These areas have non-food items. Watch out for candy and soda in the checkout line. Try using the self-checkout or if you are hungry, grab a banana or apple from the produce section.

Grocery Store Map



Recommended Cookbooks

Recommended Websites with Nutrition Information and Recipes

- Allina Health
allinahealth.org/recipes
- American Heart Association
heart.org
- Academy of Nutrition and Dietetics
eatright.org
- National Heart, Lung and Blood Institute
nhlbi.nih.gov
- Center for Nutrition Policy and Promotion
(United States Department of Agriculture)
cnpp.usda.gov
- Food & Nutrition
(Academy of Nutrition and Dietetics)
foodandnutrition.org/recipes-food/

The New American Heart Association Cookbook, 7th Edition

American Heart Association
This book has more than 600 exciting and flavorful recipes.

American Heart Association Low-Fat & Luscious Desserts

American Heart Association

2010 Healthy Soul Food Recipes

American Heart Association

American Heart Association Low-Fat, Low-Cholesterol Cookbook: Delicious Recipes to Help Lower Your Cholesterol

American Heart Association

American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet

American Heart Association

Cooking `A La Heart Cookbook: Delicious Heart Healthy Recipes to Reduce the Risk of Heart Disease and Stroke

Appletree Press, Inc.
Easy-to-read and prepare recipes that are low in fat and sodium, with an extensive list of salt-free herb blends, nutrition information and canning information.

Diabetes and Heart Healthy Cookbook

American Diabetes Association, American Heart Association

Quick and Easy Cookbook: More Than 200 Healthful Recipes You Can Make in Minutes

American Heart Association
Includes shopping tips, nutrition information and preparation times.

The 15-minute Gourmet: Vegetarian

Paulette Mitchell

The New American Heart Association Cookbook, 7th edition

American Heart Association
Includes nutrition information, shopping tips and information about healthy cardiac diet and lifestyle.

Working with a Dietitian

Tip

Your clinic or hospital has many outpatient services that can help you — dietitians, physical therapists, rehabilitation therapists, nurses and more. Ask your health care team what's available in your area.

A dietitian can help you and your family as you learn new patterns of eating. He or she can help you understand the daily eating plan that is best for you, and can give you written materials that can help you establish new habits.

Ask your primary care provider for a referral to a clinic or hospital dietitian. However, just because you have a referral doesn't mean your insurance will cover it. Call your insurance provider to learn about your coverage.

If you are in the hospital, a staff dietitian is available to review heart-smart eating. Or, after your discharge, your doctor can send a referral to your hospital's outpatient nutrition department and you can see a dietitian.



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