

Choosing Heart-smart Foods

Food Group	Recommended	Avoid or Use Sparingly
Fruits Eat 2 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 3 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 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.”	<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 2 to 3 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 2 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 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.</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