

Healthy Nutrition for Heart Health



Heart disease refers to several types of conditions that affect the heart. One type, called coronary artery disease, can occur when there is a buildup of plaque that narrows the coronary arteries and leads to reduced blood flow in parts of the heart. This can lead to a heart attack.

General Nutrition:

- Choose more whole grains like brown rice and brown bread instead of refined grains like white rice and white bread
- Cut back on salt intake
- Eat more fruits and vegetables
- Choose heart-healthy unsaturated fats instead of saturated fats. Unsaturated fats like olive or sunflower oil are liquid at room temperature, while saturated fats like coconut oil or lard are solid at room temperature

Some Heart-healthy Foods:

- Fresh or frozen fruits and vegetables
- Berries (eg. blueberries, raspberries, strawberries)
- Dark green leafy vegetables
- Legumes (eg. chickpeas, black beans, kidney beans)
- Fish and other seafood
- Peanuts, tree nuts, and peanut butter
- Whole grain breads, cereals, and pastas

General Recommendations:

- Limit the amount of cholesterol you eat to less than 200 milligrams per day. Tip: eat as many plant foods as possible, since these are naturally cholesterol-free
- Limit sodium intake to less than 1500mg/day
- Consume at least 5 to 10 grams of soluble fiber daily along with increased water intake. Oatmeal and black beans are good sources of soluble fiber
- Eat no more than 6% of your total daily calories from saturated fat

Sample Meal: Heart-healthy Lunch

- 2 slices whole-wheat bread
- 2 oz. lean deli turkey breast
- 1 oz. hummus
- 2 slices tomato
- 2 lettuce leaves
- 1 small apple

- Afternoon snack: 1 oz. trail mix with peanuts and raisins

Potential Benefits:

- Lower blood cholesterol levels
- Manage high blood pressure
- Lower risk of heart disease
- Achieve and maintain a healthy weight in accordance with your Registered Dietitian's instructions

Note: The information contained in this document is informational in nature and is not intended to be a substitute for personal, medical attention from a physician, registered dietitian, or nutritionist. Please consult your healthcare provider for specific recommendations about your medical condition.

Foods to Limit:

- Whole milk cheese, yogurt, or ice cream
- Fatty, marbled beef and pork
- Poultry with skin
- Butter, stick margarine
- Coconut and palm oil
- Table salt
- High-fat snack crackers and chips
- White bread or refined grain products

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