

Food Group	Choose More Often	Choose Less Often
Desserts	<ul style="list-style-type: none"> • Fruit • Angel food cake • Sherbet, frozen yogurt, ice milk, Gelato® • Light or low-fat ice cream • Pudding made with skim or 1% milk • Gelatin desserts • Low-fat cookies 	<ul style="list-style-type: none"> • High-fat cakes • Regular, or high-fat gourmet ice cream • Chocolate • Puddings made with whole milk • High-fat cookies

More Tips for Heart Healthy Eating

1. Increase the total fibre by using whole grains, bran cereals, and more vegetables and fruit.
2. Eat more water-soluble fibre by using oats, oatbran, All Bran Buds® with psyllium, barley, ground flax seeds, beans, lentils, vegetables and fruit.
3. Cut back on high-sugar foods such as soft drinks, candy, honey, jams and added sugar.
4. Keep the salt shaker off the table, limit use of salt in cooking and eat less canned and processed foods that are high in salt.
5. Use more herbs and spices, instead of salt, to add flavour to foods, such as Mrs. Dash® or McCormick's® Low Salt Seasoning.
6. Talk to your doctor about the use of alcohol. If you include alcohol, limit your weekly intake to 1-2 drinks per day, to a maximum of 14 drinks per week for men, and 9 drinks per week for women. One drink is 4-6 oz. of wine, 1½ oz. liquor, or 1 beer. Intake should be spread throughout the week. Remember that alcohol is high in calories and drinking it every day can lead to unwanted weight gain.
7. Limit your intake of caffeinated beverages such as coffee, tea, and colas (diet preferred) to 4 cups per day (1 cup equals 6-8 oz.)
8. Drink 6-8 cups of fluid a day to stay well hydrated. Make sure half of the fluid is from water. If you have a history of congestive heart failure (CHF), talk to your doctor about how much fluid you should drink daily. Water is always the best choice.

For more information, contact Calgary Health Link 943-LINK (5465) Calgary and area, or 1-866-408-LINK (5465) toll-free.

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate health-care professional.

Heart Healthy Eating

Heart Healthy eating means choosing foods that are lower in fat, higher in fibre, and provide a good source of vitamins and minerals. This handout offers tips for people who have heart disease, and for people who want to reduce their risk of developing heart problems. This information will help you develop heart healthy eating habits by following *Canada's Food Guide to Healthy Eating*, lowering the fat in your diet and by choosing healthy fats.

Guidelines for Heart Healthy Eating

1. Enjoy a variety of foods from the four food groups.
2. Include more whole grain products when choosing breads and cereals.
3. Include more vegetables and fruit.
4. Choose lower fat milk and dairy products more often.
5. Choose leaner meats and poultry, and alternatives such as dried beans, peas, lentils and soy products.
6. Include fish more often.
7. Prepare foods with little or no added fat.
8. Choose heart healthy fats that are high in monounsaturated fats, such as olive oil or canola oil, polyunsaturated fats, such as sunflower oil or corn oil, and Omega 3 fats found in fish, ground flax seeds, soybeans and walnuts.
9. Reduce saturated fats, such as butter, lard, animal fats, palm and coconut oils, and reduce hydrogenated fats (which contain trans fats), such as shortening, block margarine, and snack food or baked goods made with these fats.
10. Use salt, sugar, alcohol, and caffeine in moderation if you include them in your diet.
11. Achieve and maintain a healthy body weight by making healthy food choices combined with regular physical activity.

The following information can help you to make heart healthy food choices at meals and snacks.

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<p>Grain products 5 - 12 servings per day</p> <p>One serving is:</p> <ul style="list-style-type: none"> • 1 slice bread • ½ small bagel, 1/3 large bagel • 1 small muffin • ½ cup (125 mL) cooked grains or cereal • ¾ cup (175 mL) cold cereal • ½ cup (125 mL) cooked pasta or rice <p>Healthy Tip:</p> <p>For weight loss choose only 5-8 servings per day.</p>	<ul style="list-style-type: none"> • Whole grain bread, buns, bagels, and pita bread • Whole grain cereals - cooked or cold: such as oats, barley, All Bran Buds® with psyllium, Fibre One® • Rice - brown, wild, white • Pasta - whole grain, multigrain (e.g. spaghetti, macaroni) • Low-fat crackers and cookies • Low-fat muffins 	<ul style="list-style-type: none"> • Cheese bread • Croissants • Granola • Fried rice • Pasta with cream sauce • High-fat cakes, pies and pastries • High-fat crackers and cookies • Regular muffins • Noodle soups (e.g. ichiban)
<p>Vegetables and Fruit 5 - 10 servings per day</p> <p>One serving is:</p> <ul style="list-style-type: none"> • 1 medium piece of fruit (size of a tennis ball) • ½ cup (125 mL) fruit or vegetable - fresh, frozen or canned • ½ cup (125 mL) juice • 1 cup (250 mL) salad • ¼ cup (65 mL) dried fruit 	<ul style="list-style-type: none"> • Fresh, frozen or canned fruit and vegetables • Dried fruit • Unsweetened fruit juices • Low sodium vegetable juices 	<ul style="list-style-type: none"> • Vegetables in butter or cream sauce • Deep fried vegetables • Regular vegetable juice • Coconut • Sweetened fruit juice or drinks • French fries • Hash browns, potato chips, or other deep fried foods
<p>Milk Products (MF=Milk Fat) 2 - 4 servings per day</p> <p>One serving is:</p> <ul style="list-style-type: none"> • 1 cup (250 mL) milk • ¾ cup (175 mL) yogurt • 2 oz. (50 g) cheese <p>Healthy Tip:</p> <p>For people over 50 years- 4 servings per day is recommended.</p>	<ul style="list-style-type: none"> • Skim or 1% milk • 1% buttermilk • Low fat or fat-free yogurt 1% MF or less • Light, part skim or skim milk cheese 21% MF or less • Fat-free or 1% cottage cheese or dry curd • Soy or rice beverages that are fortified with calcium and vitamin D 	<ul style="list-style-type: none"> • 2% or whole milk • Yogurt with greater than 1% MF • Cheese with greater than 21% MF • 2% or 4% cottage cheese

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<p>Meat and Alternatives 2 - 3 servings per day 6 oz. (150 mL) cooked meat, poultry or fish per day</p> <p>One serving is:</p> <ul style="list-style-type: none"> • 3 oz. (75 g) meat, poultry, or fish (size of a deck of cards) • ½ -1 cup (125-250 mL) cooked peas, beans and lentils • 1-2 eggs • 2 tbsp. (30 mL) peanut butter • ½ cup cottage cheese • 3 oz. (½ can) of fish • ½ cup (100 g) tofu <p>Healthy Tips:</p> <ul style="list-style-type: none"> • Use low fat cooking methods - broil, bake, grill, BBQ, steam, poach or boil • Skin poultry and trim fat from meat before cooking or eating 	<p>Fish: fresh, frozen or canned in water (include 2 to 3 times per week)</p> <p>Shell fish: shrimp, scallops, oysters, crab, lobster (limit to one serving per week)</p> <p>Dried peas, beans, lentils: have 1 to 2 times per week</p> <p>Soy protein: tofu, vegetarian meat substitutes, soy nuts, or soy cheese</p> <p>Beef: round, sirloin, tenderloin, flank, rump, lean or extra-lean ground beef</p> <p>Pork: loin chops, tenderloin, back bacon, lean ham</p> <p>Wild Game: elk, moose, deer, buffalo</p> <p>Poultry: skinless chicken, turkey, lean ground turkey or chicken</p> <p>Nuts and Seeds: (includes nut butters), eat only ¼ cup (60 mL) per serving</p> <p>Nut Butters: peanut butter (natural or old-fashioned preferred) or almond butter, (eat only 2 tbsp. per day)</p> <p>Cold Cuts: lean ham, roast beef, pastrami, turkey, low-fat packaged luncheon meats</p> <p>Eggs: whole eggs including Omega 3 eggs (limit to 2-4 per week). Egg whites, Omega Pro® liquid eggs and other liquid egg products</p>	<p>Fish canned in oil, fish sticks, battered fried fish</p> <p>Organ meats - liver, kidney, heart (limit to once a month)</p> <p>Heavily marbled and fatty cuts, short ribs, prime rib, T-bone, ribeye, regular ground beef</p> <p>Spare-ribs, side bacon, sausages, and ground pork</p> <p>Duck, goose, chicken fingers and wings</p> <p>High-fat luncheon meats, such as bologna, salami, wieners, mock chicken, paté, liverwurst</p>
<p>Fats</p> <p>Healthy Tips:</p> <ul style="list-style-type: none"> • Limit added fat to 3-6 tsp. (15-30 mL) per day • Use cooking methods that use little or no fat • Use less added fat at the table, such as margarine or salad dressings 	<p>Oils: canola, olive, peanut, flaxseed, safflower, sunflower,</p> <p>Non - Hydrogenated Margarines such as Becel®, Fleischmann's® or other non-hydrogenated margarines</p> <p>Light margarine is reduced in fat and has higher water content</p> <p>Light and fat-free salad dressing and mayonnaise</p> <p>Light or fat-free sour cream</p> <p>Light or fat-free cream cheese or light cheese spreads</p> <p>Non-stick cooking sprays</p> <p>Avocado, olives</p>	<p>Palm or coconut oil</p> <p>Butter, lard, hydrogenated vegetable oil, shortening, hard margarines</p> <p>Regular salad dressing, mayonnaise</p> <p>Regular sour cream</p> <p>Regular cream cheese or cheese spreads</p> <p>Creams, cream substitutes, whipped toppings</p> <p>Cream or cheese sauces</p>