

# Choose Good Nutrition

Making adjustments to your diet can be a strong weapon to fight heart disease and improved health. Small diet changes over time can make a large impact. It is your overall pattern of choices that counts! Here are some steps to get started:

## STEP 1: ADD VEGETABLES & FRUITS

- + Eat at least 5 servings of vegetables and up to 4 servings of fruit daily. This will add dietary fiber which can help improve your cholesterol levels.
- + Eat a variety of colors. This will allow for varied flavors and also provide a good amount of nutrients in your diet.
- + Frozen vegetables and fruits can be just as nutrient rich as fresh and may be more affordable.

## STEP 2: SWITCH TO WHOLE GRAINS

- + Eat whole grains, in place of refined grains, which provide more nutrients and dietary fibers. Whole grains can be found in items like: whole wheat bread or pasta, graham flour, oatmeal, whole oats, brown rice, wild rice, whole grain corn, popcorn, whole grain barley, quinoa.
- Eat less white starches or refined grains such as white rice, white bread, pasta.

## STEP 3: MAKE THOUGHTFUL MEAT CHOICES


- + Eat more fish (1-2 servings per week) which contain Omega 3 fatty acids.
- + Eat more beans, lentils, tofu, peas in place of meat for meals.
- Eat smaller red meat portions (beef, pork, lamb) which contain saturated fats. One portion of meat should be no larger than the size of a deck of cards.
- Eat less processed meat (bacon, salami, sausage, deli meats).

## STEP 4: ADJUST THE FATS YOU EAT

- + Use healthier cooking methods such as baking, broiling, grilling, or boiling in place of frying.
- + Eat more poly and mono unsaturated fats (olive, safflower, soybean, sunflower oils). These help lower bad cholesterol and provide nutrients your body needs.
- Eat less saturated fat (beef, lamb, pork, lard, butter, cheese, full fat dairy products). Saturated fats can raise your cholesterol levels.
- Avoid trans fats, hydrogenated oils (fried and processed foods) and tropical oils (coconut and palm oils). These raise cholesterol levels and can put you at higher risk of developing diabetes.

## STEP 5: CUT DOWN ON SODIUM



- + Use herbs and spices in place of salt to season your food
- + Opt for no salt added broths, sauces, vegetables.
- Avoid meats injected with sodium solutions. Look for items on the ingredient list like broth, saline, sodium solution identify them.
- Avoid processed or prepared foods. If purchasing, compare the options for how much sodium each of them contain.



*Our food should be our medicine and our medicine should be our food. - Hippocrates*

Write down some of your favorite foods. See if you can come up with adjustments or modifications to fit into your new heart healthy diet.

# Take Action

Eat This 	Not That 
Grilled, broiled, air fryer skinless chicken	Breaded and fried chicken
Mashed or rice cauliflower	Mashed potatoes
Zucchini noodles with tomato sauce	Pasta with creamy alfredo sauce
Chicken sausage	Hot dog
Egg white and veggie scramble	Scrambled eggs with ham and cheese
Ground turkey or chicken	Ground beef
Individual shortcake with fresh berries	Slice of frosted cake
Homemade cauliflower crust veggie pizza with low fat cheese	Meat lover's pizza

Scan the QR Code to get there!



## VISIT US

PULSEHEARTINSITITUE.ORG



Find more helpful links there including:

***Dietary Patterns: The Cornerstone for Optimal Cardio-metabolic Health***

**For other helpful websites on healthy eating, visit:**  
[heart.org/en/healthy-living/healthy-eating](http://heart.org/en/healthy-living/healthy-eating)  
[Choosemyplate.gov](http://Choosemyplate.gov)

## Caffeine

It is ok to have caffeine in moderation. Limit to 1-2 cups of coffee per day or less than 400 mg per day.

## Sugar

Limit the amount of added sugars you eat. Sources of added sugars include regular soft drinks, candy, cakes, cookies, pies and fruit drinks ; dairy desserts and milk products, and processed grains like cereals/waffles.

## Alcohol

If you drink alcohol, the recommendation is at most 2 drinks daily for men and at most 1 drink daily for women. One drink is one 12-ounce regular beer, 5 ounces of wine or 1.5 ounces of 80-proof spirits.