Heart Healthy Choices

Heart healthy foods are lower in fat, saturated fat, sodium and higher in fibre. The following recommendations for improving overall health and blood cholesterol are based on Eating Well with Canada's Food Guide.

	Choose often	Choose less often/limit	Heart healthy tips
Vegetables and Fruit	• All fresh, frozen or canned fruit • All fresh, frozen vegetables • Canned vegetables (drained and rinsed)	• Fruit Juice	• Choose fresh fruit over juice • Choose a variety that are dark green or orange
Grain Products	Whole grains • Brown or wild rice • Barley • Whole wheat/ whole grain breads, buns, wraps, • Whole grain cereals • Whole grain pasta • Oatmeal	Refined Carbohydrates • Doughnuts • Cookies • Commercial baked goods • High fat granola cereal • Instant noodle, rice mixes • Crackers	• For breads aim for 2 or more grams of fibre per slice • For cereals aim for 4 grams of fibre or more • Make at least ½ of your grain products whole grain each day
Milk and Alternatives	• Skim or 1% milk • Yogurt with 1% milk fat or less • Block cheese with <20% milk fat • Lower-fat cottage cheese, ricotta cheese	• Regular cheese • Processed cheese • Regular yogurt • Ice cream • 2% or whole milk	• Choose plain, lower fat choices over flavoured items because they may have more fat and calories.
Meat and Alternatives	• All fresh, frozen or canned fish • Skinless chicken and turkey • Lean meats (beef, pork, lamb) • Legumes such as chickpeas, kidney beans, lentils (drained and rinsed) • Egg whites • Peanut butter/tofu • Unsalted nuts and seeds (almonds, walnuts, pecans, flax seeds)	• Breaded or fried chicken or fish • Meat with visible fat • Deli meats (bacon, wieners, sausages, salami, bologna) • Shellfish (shrimp, oysters, scallops, lobster, clams, crab) • Liver/organ meats	• Aim to eat fish 3 times/week • Choose cuts such as: pork tenderloin, inside round, sirloin and extra lean ground beef • Limit fatty marbled meats like T-bone, prime rib, ribs • Nuts and seeds contain healthy fat, but are high in calories so should be eaten in moderation (¼ cup = 1 serving)
Oils and Fats	• Olive, canola or peanut oil • Non-hydrogenated margarines • Low-fat or fat free salad dressings, mayonnaise or sour cream • Non-fat or low fat dairy coffee cream	• Butter, hard margarine, lard • Coconut oil, palm oil • Regular salad dressing and mayonnaise • Regular sour cream • Regular coffee cream	• Use small amounts of healthy fats in cooking and baking

Heart Healthy Eating

Include heart healthy choices as part of your regular diet for a healthy heart. Making small changes is all it takes.

Regular Eating		Heart Healthy Eating	
Breakfast			

Granola Cereal
2% milk
Store bought carrot muffin
Butter
Orange juice
Coffee
    o   Cream
    o   Sugar
	125 ml (½ cup)
	125 ml (½ cup)
	1
	
	5 ml (1 tsp)
	250 ml (1 cup)
	250 ml (1 cup)
	15 ml (1 Tbsp)
	5 ml (1 tsp)
		Oatmeal
		1% milk
		Whole wheat toast
		Non-hydrogenated margarine
		Orange
		Coffee
		    o 1% milk
		    o Sugar
			175 ml (¾ cup)
			125 ml (½ cup)
			1 slice (35 g)
			5 ml (1 tsp)
			1
			
			250 ml (1 cup)
			15 ml (1 Tbsp)
			5 ml (1 tsp)

Lunch			
Loaded hamburger with cheese and mayonnaise French fries Soft drink	1 40 355 ml (1 can)	Grilled chicken sandwich on whole grain bun Side salad Oil and vinegar dressing 1% chocolate milk	1 250 ml (1 cup) 15ml (1Tbsp) 250 ml (1 cup)
Supper			
Fettuccini pasta Alfredo sauce T-bone steak Caesar salad Store bought apple pie Ice cream	500 ml (2 cups) 125 ml (½ cup) 180 g (6 oz) 250 ml (1 cup) 1 slice 125 ml (½ cup)	Whole wheat pasta Tomato sauce Grilled sirloin steak Stir fried vegetables with small amount of vegetable oil Baked apple with cinnamon Frozen yogurt	250 ml (1cup) 125 ml (½ cup) 75g (2 ½ oz) 250 ml (1 cup) 1 125ml (½ cup)
Snack			
Store bought cookies Apple Juice	2 250 ml (1 cup)	Unsalted almonds Apple	60 ml (¼ cup) 1

Meal nutrient breakdown: Compare the difference

	Calories (kcals)	Total Fat (grams)	Saturated Fat (grams)
Regular eating	3741 kcals	175 grams	67 grams
Heart healthy eating	1938 kcals	63.3 grams	10.9 grams

Adapted from Dietitians of Canada 'Heart Healthy Eating: Sample Menu' resource

nutrition
it's about balance