

Healthy Heart Eating



UHN

Following a balanced diet and maintaining a healthy body weight can make a positive difference to your heart health.

Healthy heart eating is part of a healthy lifestyle. This includes a diet that is high in fibre, low in sodium and provides the right kinds of fats in healthy amounts.



Registered dietitians are your reliable source for nutrition information. Nutrition counselling is provided at the University Health Network for both inpatients and outpatients.

Talk with a dietitian if:

1. your doctor has prescribed a 1 gm or 2 gm sodium diet, or
2. you have lost your appetite and/or you have lost weight because of your illness.

Registered Dietitians (RD) at University Health Network

Cardiac and Outpatient RDs

Toronto Western Hospital (416) 603-5800 ext. 5007

Cardiac Outpatient RD (416) 603-5800 ext. 6480

Cardiac Inpatient RD (416) 340-4800 ext. 3139

For a registered dietitian in private practice contact:

Dietitian of Canada at (416) 596-0857 or www.dietitians.ca

Eat Right Ontario www.eatrightontario.ca

*This document is intended to be used with instruction by a Registered Dietitian.
Developed by Dietitians of University Health Network (2007).*

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Created: 01/2008

Form: D-5461 (07/2010)



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Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

Healthy Heart Eating Guidelines

Here are some ways that you can follow a healthy heart diet:

♥ Follow “Eating Well with Canada’s Food Guide”

- ✓ Enjoy different foods from the 4 food groups:
 - Vegetables and Fruit
 - Grain Products
 - Milk and Alternatives
 - Meats and Alternatives
- (www.healthcanada.gc.ca/foodguide)
- ✓ Include at least 3 of the 4 food groups at each meal

♥ Reach and keep a healthy body weight

- ✓ Balance energy in (food) with energy out (physical activity).

♥ Use the right amount of the right kinds of fats

- ✓ Use unsaturated fats such as olive oil, canola oil, corn and sunflower.
- ✓ Limit saturated fat. These are found in all animal products and most dairy products, as well as palm and coconut oils.
- ✓ Limit trans fat. These are found in shortening, commercial baked goods, and deep fried foods. .

♥ Choose lower fat Milk and Alternatives

- ✓ Use skim or 1% milk, low fat yogurt and low fat cheese

♥ Choose high fibre foods more often

- ✓ Use whole grain breads and cereals.
- ✓ Include legumes and lentils(dried beans/peas)
- ✓ Eat more vegetables and fruits.

♥ Reduce your cholesterol

- ✓ Eat no more than 2 egg yolks every week.
- ✓ Limit shrimp, squid, and organ meats.



♥ Avoid foods that are high in salt (sodium)

- ✓ Limit use of salty foods such as bacon, canned foods, and salty snack foods.
- ✓ Reduce use of salt in cooking.
- ✓ Remove salt shaker from the table.
- ✓ Restaurant meals may be high in salt. Choose carefully from the menu!

- ♥ **Choose fish and poultry and lean cuts of meat**
 - ✓ Include a variety of lean meats and poultry
 - ✓ Bake, broil, BBQ, roast or microwave your meats on a rack so fat drips off.
 - ✓ Trim any fat from meat and remove skin from poultry before cooking.

- ♥ **Include fish twice a week**
 - ✓ Fish is a source of Omega 3 fatty acids, which lowers your risk of heart disease.
 - ✓ Include at least 2 servings of fish every week. Fish such as salmon, haddock, sardines, herring and lake trout are good sources of omega 3.

- ♥ **Have meat alternatives such as beans, lentils and tofu more often**
 - ✓ These are excellent sources of fibre and are low in saturated fat.

- ♥ **Have less sugar and sweets to help reach a healthy body weight**
 - ✓ Reduce use of sugar, honey, jam, syrup. Replace with sugar substitutes.
 - ✓ Save cakes, desserts, and baked goods for special occasions.

- ♥ **Alcohol**
 - ✓ It is important to talk to your doctor about safe alcohol use.

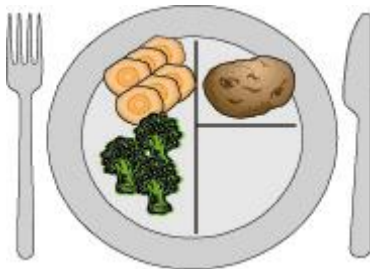


Choosing the Right Balance: The Plate Model



Start with $\frac{1}{2}$ a **plate of Vegetables**

These may include fresh, frozen, cooked, or raw vegetables, stir-fry, vegetable salads or homemade vegetable soups.



Add $\frac{1}{4}$ **plate of Grains Products & Starchy Vegetables**

These may include rice, potato, corn, whole-wheat pasta, noodles, couscous, kasha, quinoa, bulgur, barley, whole-grain bread or flatbread.

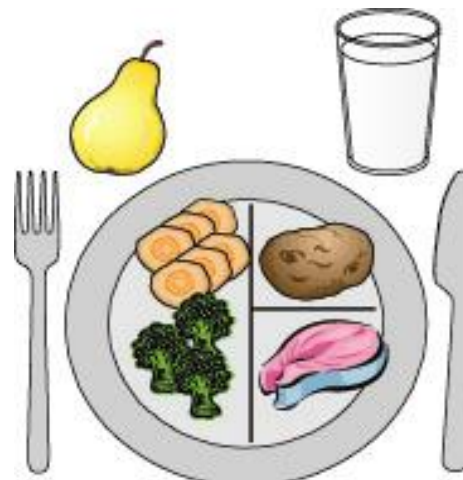


Add $\frac{1}{4}$ **plate of Meat & Alternatives**

These may include fish, legumes, skinless chicken, lean meats, soy products (tofu, soy-based vegetarian products, tempeh).

To complete the meal add ...

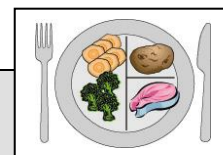
- **Fruit**
- **Low Fat Milk or Yogurt.**



Healthy Heart Portion Guide

The amount of food you need depends on your age, gender, body size, and activity level. The following guide will help you pick foods that are low in saturated and trans fat, and are high in fibre and low in salt.

(* = *Higher in salt.*)



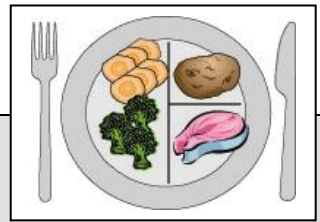
Grain Products and Starchy Vegetables	
6-8 Servings per day	
Grain products provide your body with energy and are a source of carbohydrates and dietary fibre. Make at least half of your grain products whole grain each day. Eat a variety of whole grains such as barley, brown rice, oats and whole-grain breads.	
✓ Best Choices	X Choose Less Often
Examples of 1 serving	
1 slice of bread, preferably whole grain, rye or pumpernickel 1/2 whole-wheat pita 1/4 whole-wheat bagel 1/2 whole-wheat chapati or roti 1/2 whole-wheat matza 1/2 whole-wheat tortilla 1/2 whole-wheat hamburger bun or kaiser 1/2 whole-wheat English muffin	White bread *Salted crackers, egg bread, cheese rolls, croissants Commercial cakes, muffins, doughnuts, Danishes, commercial waffles, Commercial pancakes * Commercially prepared breading products * Potato chips, corn chips, tortilla chips
Home made soups: 250 ml (1 cup) made with beans, lentils, barley and vegetables	* Canned, packaged or dried soups
2 - 4 whole-wheat, low-fat crackers such as Ryvita, Wasa, high fibre flat breads	Commercial cookies, high-fat crackers
Starchy vegetables – 125 ml (1/2 cup) Corn Sweet potato Yam Cassava Potato - 1 small or 1/2 medium	Cream corn * Frozen French fries

Grain Products and Starchy Vegetables (continued)

6-8 Servings per day

<p>Cereals – check Nutrition Facts label and choose items with 4 g of fibre or more: (examples) 75 ml (1/3 cup) Bran Buds with Psyllium (Kellogg’s) 190 ml (3/4 cup) cooked oatmeal 190 ml (3/4 cup) cooked Red River 175 ml (2/3 cup) Shredded Wheat (Post) 75 ml (1/3 cup) Kellogg’s All Bran</p>	<p>Corn flakes, Rice Krispies, high sugar cereals (eg fruit loops)</p>
<p>125 ml (1/2 cup) cooked grains and pasta brown or wild rice whole-wheat pasta kasha barley bulgur quinoa</p>	<p>*Rice and pasta convenience products; Egg pasta, fried noodles *Dried soup noodles (eg Mr. Noodles)</p>



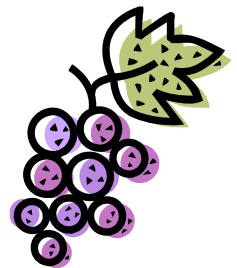


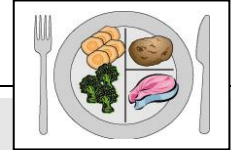
Vegetables and Fruits

7-10 Servings per day

Vegetables and fruit are an excellent source of vitamins and minerals and are they are low in fat. A ½ plate of vegetables is a good source of fibre and will help to keep you full. Fruit is a great dessert choice and also makes a portable snack.

✓ Best Choices	X Choose Less Often
Examples of 1 serving	
125 ml (1/2 cup) fresh or frozen vegetables 1 cup salad	Buttered, creamed or deep-fried vegetables; * Canned vegetables (except low sodium)
1 piece of fresh fruit (small) 125 ml (1/2 cup) mixed fruit 1 cup berries 125 ml (1/2 cup) canned unsweetened fruit	All fruit juice, fruit drinks, fruit beverages, V8 juice, tomato juice, Clamato juice Canned fruits in heavy syrup Coconut, coconut milk



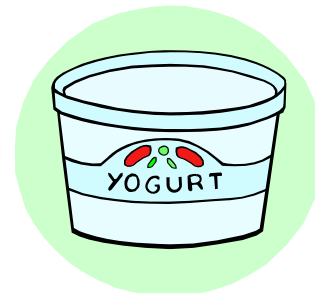


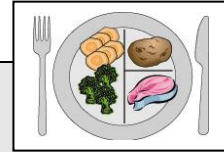
Milk and Alternatives

Choose at least 2-3 low fat servings per day

Milk products are an excellent source of calcium and vitamin D. If you do not drink milk, choose unflavoured soy beverages with added calcium and vitamin D.

✓ Best Choices	X Choose Less Often
Examples of 1 serving	
250 ml (1 cup) skim or 1% milk 250 ml calcium-fortified plain soy beverage 1/3 cup skim milk powder 1/2 cup evaporated skim milk	Whole milk, 2% milk, goat milk, regular cream, light cream, sour cream, whipping cream, chocolate milk, evaporated whole milk, condensed milk
175 g (3/4 cup) yogurt (1% M.F. or less)	Yogurt with a M.F. content greater than 1%
	Regular ice-cream, “No added sugar” ice-cream, 1% ice milk, frozen yogurt
	Coffee whitener, dessert topping
Skim milk cheese-1 ounce (30 g) -(less than 8% MF) 125 ml (1/2 cup) low fat cottage cheese 125ml (1/2 cup) low fat ricotta cheese	* Processed cheese, full-fat cheese, cheese spreads





Meat & Alternatives

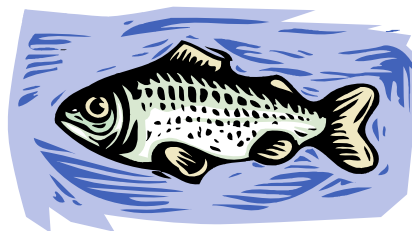
Choose 2-3 Servings per day

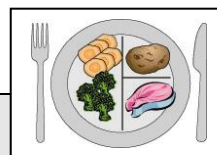
Meat and meat alternatives are a good source of iron and protein.

Have meat alternatives such as beans, lentils and tofu more often.

Fish is an excellent source of Omega-3 fatty acids. Choose fish at least twice per week.

✓ Best Choices	X Choose Less Often
1 Serving= 2 1/2 oz cooked weight (75g) or 125 ml (1/2 cup) or size of a deck cards	
Fresh or frozen fish such as char, herring, mackerel, salmon, sardines and trout. 50 ml (1/4 cup) canned salmon or tuna (packed in water). Shellfish such as crab, mussels, oysters, scallops.	Shrimp, squid, canned fish packed in oil * Battered, fried, creamed fish, squid, *smoked/salted or pickled fish, and canned sardines
Poultry – chicken, turkey or Cornish hen Lean ground chicken or turkey	Duck, goose, poultry skin, pre-basted poultry
Lean cuts of beef, veal, lamb, pork, rabbit, or venison. Extra-lean ground beef	* Sandwich meat, back bacon, ham, sausages, hotdogs, salami Organ meats, spareribs
2 eggs (maximum of 2 yolk per week) Egg whites as desired 100 ml (1/2 cup) egg substitute(equals 2 eggs)	
Soy products: 1 piece of firm tofu (150 gms or 1/3 – 1/4 block) soy-based vegetarian products, e.g., veggie burgers, soy ground round soy cheese, tempeh.	
Lentils, soy beans, chick peas, navy beans, kidney beans –175 ml cooked	Canned beans (unless rinsed well)





Fats and Oils

Limit to 30ml(6 teaspoons) per day to promote a healthy weight, and up to a maximum of 45 ml (9 teaspoons) per day for highly active individuals.

Unsaturated fats are a valuable source of essential fatty acids and vitamins.

Limiting saturated fat and trans fat reduces your risk of heart disease. Use the Nutrition Facts food label to choose items that have less than 10% Daily Value from saturated and trans fat.

Many commercial and processed and deep fried foods are high in fat. Choose these foods less often.

✓ Best Choices	X Choose Less Often
Examples of 1 serving	
5 ml (1 tsp) canola, olive, corn, safflower, soybean, sunflower oils	Lard, suet, shortening, hydrogenated vegetable oils tropical oils such as palm oil, coconut oil
5 ml (1 tsp) margarine, soft tub, non-hydrogenated, low in saturated fat (regular) or 10 ml (2 tsp) light margarine	Butter, hydrogenated margarine
15 ml (1 tbsp) homemade salad dressing made with recommended oils 15 ml (1tbsp) commercial regular salad dressings 30ml (2tbsp) calorie reduced or low fat salad dressings	Regular or full fat salad dressing containing cream, cheese, bacon
7 ml (1.5 tsp) peanut butter, almond butter or 15ml (1tbsp) light peanut butter	Peanut butter made with hydrogenated oil
Unsalted nuts and seeds Choose dry roasted or in the shell e.g. 8 almonds, 4 walnut halves, 10 peanuts, 1 Tbsp shelled or 3 Tbsp unshelled sunflower seeds.	Chocolate coated nuts, nuts roasted in hydrogenated oils, salted nuts
1/6 medium avocado	
7.5 ml (1/2 tbsp) regular mayonnaise and mayonnaise type dressings 15ml (1tbsp) light regular mayonnaise and mayonnaise type dressings	

Tips to Help Reduce Sodium Intake

- ✓ Remove the saltshaker from the table.
- ✓ Check the Nutrition Facts food label. Choose items with less than 5% daily value sodium per serving.
- ✓ Limit intake of sodium to less than 1500-2300mg/day.
- ✓ All salt contains sodium. This includes table salt, sea salt, kosher salt, garlic salt, celery salt, onion salt, etc.
- ✓ Reduce or eliminate the amount of salt used in cooking and baking.
- ✓ Limit use of products containing MSG (monosodium glutamate).
- ✓ Limit salted snack foods such as potato chips, pretzels, French fries, nuts, snacking crackers, popcorn (bagged or microwave).
- ✓ Sauces and condiments such as, soy sauce, hoisin sauce, chili sauce, jerk sauces, Worcestershire sauce, oyster sauce, fish sauce, ketchup and mustard are high in sodium. Replace them with herbs and spices.
- ✓ Limit foods that are pickled or smoked such as dill pickles, relishes, smoked meat or smoked/pickled fish.
- ✓ Avoid salt substitutes that contain potassium chloride.
- ✓ Use herb spice mixes with no salt added (e.g., Mrs. Dash, Club House brands). Use fresh or dried herbs, spices, flavoured vinegars or lemon juice to enhance flavour.
- ✓ Restaurant meals tend to be very high in sodium. Choose carefully from the menu!



Alcohol – Beer, Wine, Liquor

- ✓ It is important to discuss alcohol use with your doctor because it can interact with some medications (eg. Warfarin).
- ✓ Alcohol in any form will raise triglyceride levels. Triglycerides are part of your total cholesterol. Do not drink if you have elevated triglycerides.
- ✓ Alcohol contributes to weight gain.
- ✓ Alcohol has a negative effect on high blood pressure and diabetes.