



## Your New Ingredient List: Lighten Up!

Many of the ingredients you are accustomed to using when you cook may be high in saturated fat, cholesterol and calories. Stock your pantry with these healthier options. Carry this list on a few trips to the market until healthier choices become habit. Your food will still taste great, and it will be healthier too.

Instead of:	Try these:
Whole Egg	2 egg whites or egg substitute
Sugar, honey, corn syrup	50% less sugar or honey than recipes call for; brown rice syrup; sugar substitutes
Chili or refried beans	Meatless canned chili or vegetarian refried beans
Refined grains (white bread, flour, rice, pasta)	Brown rice, soy or wheat flour, barley, wheat germ, polenta, oats, whole-wheat pasta
High-fat beef and other meats	Fresh fish, chicken, turkey, tofu, soy "burger" crumbles, dried beans, lentils, chickpeas (or low-sodium canned beans)
Fatty, salty or sugary snacks (chips, pork rinds, cookies, candy)	Berries, grapes, fat-free yogurt, reduced fat whole-grain crackers, baked tortilla chips, plain or low-fat popcorn
Frozen, prepared meals (high fat, sodium)	Frozen "veggie" or organic meals, veggie burgers, edamame (whole soybeans), frozen fruit without added sugar, frozen salt-free vegetables
Fatty and salty condiments	Vinegars (balsamic, cider, red or white wine), herbs and spices, low-sodium ketchup, low-fat mayonnaise, assorted mustards, hot pepper sauce, reduced-sodium soy sauce, barbecue sauce
Sour cream, cream cheese	Nonfat yogurt, nonfat or low-fat options

## More Heart Healthy Diet Dos

**Snack smart:** Healthier snacks include fruit, raw vegetables, pretzels, fat-free yogurt and whole-grain crackers.

**Enjoy fiber-full foods:** High-fiber foods are nutrient-dense, and soluble fiber may help prevent heart disease. Add more fiber to your diet with brown rice, whole-grain pasta and other cooked grains; whole-grain breads, crackers and cereals; fruits and vegetables; and beans, peas and lentils.

**Add nutrient-rich foods:** Try a new recipe that includes natural, whole foods such as mushrooms, colorful peppers, crunchy cabbage, sweet strawberries, creamy sweet potatoes, brown rice or juicy melon.

**Special diets that work:** Unlike fad diets and weight-loss pills, these diets work to help you slim down and protect against heart disease.

- **DASH diet, or Dietary Approaches to Stop Hypertension.** It's endorsed by the National Heart, Lung and Blood Institute as a way to lower high blood pressure. Studies have shown that adults following the DASH program lowered their blood pressure dramatically, with better results than other eating plans.
- **Mediterranean diet.** While this is not a formal plan, people who adopt aspects of the diets followed by people who live along the Mediterranean Sea can reduce the risk of heart disease, according to the American Heart Association. Namely, eating more fish and poultry; adding olive oil to your diet; cutting down on saturated fat from red meat, dairy products, and eggs; increasing consumption of nuts, seeds, beans and whole grains — and reducing food portions.

Be sure to talk with your health care provider about your nutritional needs and the eating plan that's right for you. Start making healthier food choices today to boost your heart health.

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# HEART HEALTHY EATING

SMALL CHANGES  
MAKE A BIG  
DIFFERENCE



## A HEART-HEALTHY DIET IS EASIER THAN YOU THINK

Do any of these reasons keep you from eating healthier?

- I don't want to give up the foods I love.
- I'm busy, and cooking healthy meals takes too much time and effort.
- I don't know how to make healthy choices when I shop.
- I need healthy food ideas the whole family will enjoy.

Heart disease is still America's No. 1 killer. And one of the best ways you can boost your heart health and reduce your risk of heart attack and stroke is to tune up your diet. Don't let reasons like the ones above stop you. The foods you eat play a big role in high cholesterol, high blood pressure and weight gain, which all work against good heart health (at any age).

**Consider this:** You don't need to change everything you eat or make all changes at once. Take one step at a time, and you'll soon be eating well — and looking and feeling better too. Read on for heart-healthy eating tips and ideas for great tasting, nutritious foods that you and your whole family can enjoy.



### Figure the Fat

The American Heart Association recommends getting no more than 30 percent of calories from fat. When you read a food label, divide fat calories by total calories and multiply by 100 to get the percentage of the food's calories that are derived from fat.



## A 5-WEEK PLAN FOR HEART HEALTHY EATING

Treat a heart-healthy eating plan like any other new project. Set a reasonable goal for each week, make a plan to reach that goal and stick to it. Here's a sample plan.

### WEEK 1: EAT MORE FRUITS AND VEGETABLES

Aim for at least five servings per day. **Leading the list:**

blueberries, cantaloupe, oranges, strawberries, sweet potatoes, asparagus, broccoli, red cabbage, spinach and bell peppers.

**Ideas:** Make at least three dinners that feature a vegetable dish as the main attraction. Have a salad blend of romaine lettuce and leaf spinach at lunch. Keep a bowl of colorful fruit for snacks, within easy reach. **Tip:** One serving size of a fruit or vegetable is about the size of a tennis ball, so getting your daily servings (more is better) is easier than you might think.



### WEEK 2: EAT LESS SATURATED FAT

Saturated fats (what you'll find in fatty meats, shortening, butter, cheese and whole fat dairy products, for example) work against heart health because they usually contain high amounts of cholesterol. And trans fats found in many processed and fried foods are especially bad.

Put "better fats" to work in your diet — polyunsaturated, monounsaturated and omega 3 fatty acids. **Ideas:** Cook with olive or canola oil instead of butter or margarine. Eat fish, such as cold-water salmon, at least twice this week. Add sliced avocado to your sandwiches instead of cheese. Sprinkle nuts or flaxseeds on your salad instead of bacon bits.

### WEEK 3: CONTROL YOUR PORTIONS

With today's super-sized portions and convenience foods, it's easy to overeat foods such as meats, pasta, dairy products, cereals and snacks. Put a single serving size into perspective with these images:

#### Ping pong ball:

2 tablespoons peanut butter, sour cream or cream cheese

#### A standard deck of cards:

2-3 ounces of meat (picture lean beef, pork and chicken)

And for foolproof portion (and calorie) control, use a measuring cup for foods such as ice cream, cereals, and cooked pasta and rice.



2-3 oz.

### WEEK 4: WATCH THE SALT

Season foods with fresh or dried herbs or salt-free seasonings instead of salt. Buy no-salt frozen and canned vegetables (or lose excess sodium by rinsing and draining canned vegetables and beans). Choose low-sodium soups and prepared foods. Use leftover chicken or turkey to make sandwiches.

### WEEK 5: READ LABELS

The Nutrition Facts label on foods gives you the information you need to choose heart-healthy options. **Key areas to compare:**

- **Calories per serving:** Know the serving size of the food and how many calories you are taking in.
- **Fats:** Choose foods that get less than one-third of their calories from fat. Choose foods with zero trans fats and the lowest amount of saturated fat.
- **Sodium:** No more than 2,300 mg per day.
- **Fiber:** Should add up to at least 25-30 grams per day.
- **Ingredient list:** The first ingredients make up the largest share. Choose foods sparingly that list sugar high on the list.

