

Nutrition – Heart Healthy Eating

#T1028

A healthy diet with less fat and salt (sodium) can lower your blood cholesterol and your risk of heart disease.

What should I eat?

- **Fruits and vegetables**, have at least 5 servings each day.
- **Fiber foods**, such as whole grain breads, cereals, brown rice, oatmeal and beans.
- **Lean meat, chicken, fish and turkey.**

What should I eat less of?

- **Choose low fat dairy foods**, such as skim or 1% milk, low fat sour cream, low fat yogurt and low fat cheese.
- **Limit all added fats.** Choose tub margarine and vegetable oils instead of butter, lard, shortening and stick margarine.
- **Avoid hidden fats**, such as hot dogs, sausage, bacon, and lunchmeats.
- **Limit egg yolks to 3 per week.** You can eat egg whites as desired or try egg substitutes.

- **Eat less salt (sodium)**, such as canned soups and vegetables, TV dinners, fast foods, chips, crackers, and pickles.
- **Limit high fat baked goods**, such as pies, doughnuts or croissants. Choose low fat baked goods like dinner rolls, breads and bagel.
- **Avoid organ meats**, such as liver.

How should I cook?

- **Trim the fat from meat; take the skin off chicken or turkey.**
- **Bake, broil, roast, grill or steam foods instead of frying them in oil.**
- **Use a vegetable oil spray when pan-frying.**
- **Use a rack to drain off fat when broiling, roasting or baking meats.**
- **Skim off fat from soups and stews.**

Cholesterol

Cholesterol is a fat like substance in your blood. You get cholesterol in two ways. First, your body makes it. Second, you get it from foods you eat.

Foods from animals and animal products are high in cholesterol and saturated fat. Foods that have cholesterol and saturated fat in them are: egg yolks, meat (especially organ meat such as liver and kidney), cheese, whole milk, ice cream, lard and butter.

When too much cholesterol builds up in the blood, it clogs the arteries with fatty deposits called plaque. These clogged arteries slow down the blood and oxygen pumped to your body. This clog may get so big that it cuts off blood and oxygen to your heart completely. This would cause a heart attack. For a healthy heart, your cholesterol should be under 200.

Your blood cholesterol level is

_____, **date** _____

Desirable	Borderline High	High
under 200	200-239	over 240

How can I lower my cholesterol?

1. Lose weight if you are overweight.
2. Exercise daily.
3. Read food labels to check for cholesterol, saturated fat.
4. Eat 3 balanced meals a day and healthy snacks in moderation.
5. Decrease the amount of cholesterol you eat.
6. Do not eat fried foods.
7. Bake, broil, or steam your food.
8. Avoid fast foods and food from vending machines.