



*Your Guide to*  
**Heart-Healthy Eating**



Marshfield Clinic  
MINISTRY HEALTH CARE



Two Leaders, One Leading Heart Care Team





## ***Eat Heart Smart***

Every minute, an American dies from heart disease. It is the number one cause of death in the country.

Fortunately, anyone can reduce their risk of heart disease by making smarter food choices. In fact, a healthy diet might be the most powerful weapon in the fight against cardiovascular disease. It can lead to reduced blood pressure, lower blood cholesterol levels and improved activity.

### **Learn to be Heart Smart**

Eating better without giving up taste or variety is easy if you know how. This guide offers the tips you need to know.

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# FOODS TO INCLUDE

## *in a heart-healthy meal plan*



### **Include whole grain, high-fiber foods**

Unrefined, whole-grain foods contain fiber that can help reduce cholesterol and help you feel full, which may also help you manage your weight.

Aim for 5 to 6 servings, or 20 to 40 grams, of fiber each day by choosing:

- Whole grain cereals & breads
- Whole wheat pasta
- Oats, oatmeal, oat bran
- Flax seed
- Legumes such as dried peas and beans
- Brown rice, rice bran
- Barley
- Nuts and seeds

### **Include fruits and vegetables**

Vegetables and fruits are low in calories and good sources of vitamins, minerals and dietary fiber. Eating a variety of fruits and vegetables can help lower cholesterol and reduce your risk for heart disease.

Choose 5 or more servings per day. Deeply colored vegetables and fruits, such as spinach, carrots, oranges and berries tend to be higher in vitamins and minerals than others.

### **Eat fish!**

Fish is a heart-healthy protein source. Cod, perch and halibut have less total fat and saturated fat than meat and poultry. Cold water fish, such as salmon, mackerel and herring are rich in omega-3 fatty acids. These may help lower blood fats and reduce your risk of sudden cardiac death.

You should eat at least two, 3-ounce servings of fish each week.



# FOODS TO LIMIT

*in a heart-healthy meal plan*

## Limit fats

Eating less fat can help lower your blood cholesterol level, decrease weight and decrease risk of heart disease. Eating less saturated fats and trans fats will have the biggest effect.

## Limit cholesterol found in food

Too much cholesterol can lead to plaque build-up in your arteries which increase your risk of heart attack and stroke. You should strive to keep your daily intake of dietary cholesterol below 200mg per day.

- Choose lean cuts of meat and limit your intake to 5 or fewer ounces a day. Trim any fat from meat, and remove skin from poultry before cooking.
- Strictly limit organ meats such as liver.
- Limit egg yolks to 2 or less per week, including yolks in baked goods and cooked in foods.
- Choose fat free or low fat dairy products. Limit high fat cheese and butter.

## Limit sodium

Limit sodium intake to 2000 to 3000 mg each day. Food labels list the exact amount of sodium per serving.

## Limit simple and refined carbohydrates

Limit simple carbohydrates (sugars) and refined carbohydrates (foods with the fiber removed).

## *So what oils and fats can I use?*

### **BEST CHOICES**

USE IN MODERATION

#### **Monounsaturated Fats**

- Canola oil
- Peanut oil
- Olive oil

### **FAIR CHOICES**

USE IN MODERATION

#### **Polyunsaturated Fats**

- Safflower oil
- Sunflower oil and seeds
- Corn oil
- Soybean oil

### **AVOID OR LIMIT**

#### **Saturated Fats and Trans Fats**

- Tropical oils: palm, palm kernel, coconut
- Products containing hydrogenated fats: stick margarine, shortening, partially hydrogenated oils
- Beef, pork, lamb, veal
- Poultry fat and skin
- Whole milk dairy products: butter, cheese, ice cream
- Most commercial snacks, baked and frozen fried foods



## Reading Food Labels

*What should I look for on the nutrition label?*

Reading the labels on packaged foods can help you make wise food choices.

- The Nutrition Facts tell you the serving size and the amount of various nutrients, total fat, saturated fat, cholesterol, sodium and fiber per serving.
- The list of ingredients shows the ingredients in descending order by weight.

Most of the information on the Nutrition Facts label is based on a person eating a 2,000 calorie a day diet. Your recommended daily calories may be higher or lower, depending on your age, gender and how active you are. Go to [choosemyplate.gov](https://www.choosemyplate.gov) and search for “calorie intake” to find out your calorie goal and keep it in mind as you read the label. You may need more or less of certain nutrients than the average person.

### **A** **Serving Size**

The serving size listed is usually less than most people eat. Remember to multiply the calories and nutrients by the number of servings you eat. When comparing two similar products, check to see if the serving sizes match for a fair comparison.



## B Calories

Pay attention to the calories per serving. A calorie is a measure of energy use. A pound of fat stores 3,500 calories. To lose a pound of fat per week, you would need to eat 500 fewer calories per day or burn that much off through exercise.

## C Calories from Fat

As a general rule, less than a third of your daily calories should come from fat. If more than one third of a food's calories come from fat, then you know that food is high in fat and should be avoided.

## D % Daily Value (%DV)

The % Daily Value helps you determine how much of a particular nutrient you should have in a day.

In general:

- 5% or less is considered low
- 20% or more is considered high

**You should limit the nutrients we have highlighted in yellow.** Eating too much of these may increase your risk of heart disease and high blood pressure.

**However, most Americans do not get enough of the nutrients we have highlighted in blue.** Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

## Nutrition Facts

Serving Size 1 Cup  
Servings Per Container 1

Amount Per Serving

**Calories 340** Calories from Fat 80

% Daily Value\*

**Total Fat 9 g** 14%

Saturated Fat 1.5 g 6%

Trans Fat 0 g

Polyunsaturated Fat 3.5 g

Monounsaturated Fat 3 g

**Cholesterol 20 mg** 6%

**Sodium 350 mg** 15%

**Potassium 230 mg** 7%

**Total Carbohydrate 49 g** 16%

Dietary Fiber 2 g 10%

Sugars 15 g

**Protein 15 g**

Vitamin A 4% • Vitamin C 4%

Calcium 4% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	Less than 3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g





## Tips to help you succeed

*Okay, where do I start?*

### ***Keep the Right Kind of Foods on Hand***

Buy fruits and vegetables instead of junk food. Carrot sticks, apples and oranges make great snacks. When hunger strikes, you'll only be able to eat what's available and not be tempted to grab that nasty bag of potato chips.

### ***Eat Colorful Meals***

Choose recipes that include a variety of colorful vegetables and fruits as major ingredients. You'll get more nutrients from a stir-fry, garden salad or other dish that uses a greater assortment of foods.

### ***Upgrade a Meal You Already Like***

Introduce healthier elements into your favorite meals with heart-healthy ingredients. You could, for example, add fresh fruit to your cereal, use turkey sausage instead of pork sausage or substitute whole grain pasta in place of spaghetti made from processed flour.

### ***Make Moderation Your Ally, Not Your Enemy***

If you try to completely eliminate your favorite treats, you'll probably end up overindulging in them when you get the chance. If you can eat healthy most of the time, it's OK to reward yourself once in a while.



## ***Establish a Family Meal***

One of the many benefits of a family meal is that it can help establish better eating habits. If your family doesn't eat a good meal together as often as you'd like, set a regular date and time when everyone will enjoy a heart-healthy meal together. You can start with one night per week and add more nights over time as habits change.

## ***Get the Kids Involved***

Children are more likely to eat a healthy meal if they're part of planning it, shopping for it and preparing it. They're also really good at keeping adults honest once they get on board with a healthy lifestyle.

## ***Control Portion Sizes***

With portion control, you can keep many of your favorite foods in your diet by eliminating the unnecessary calories that come from excessive portion sizes.

## ***Success is Within Your Reach***

Start small, set realistic goals and raise the bar only after you've made a few successful changes. It took a lifetime to establish your current eating habits – it will take time to change them, too.

*Wait- I'm  
confused  
about carbs...*

### **Remember this:**

- **Include complex carbohydrates**  
like whole grains
- **Limit simple carbohydrates**  
(sugars) and **refined carbohydrates**  
(foods with the fiber removed) like white bread and white rice





*What about eating out?*

### **Less Added Fat**

Choose restaurant dishes using words that describe the meal with less added fat:

- *Baked or roasted*
- *Broiled, grilled, poached, steamed*
- *Broiled with lemon juice or wine*
- *Fresh*
- *Garden fresh*
- *In its own juice*
- *Lean*

### **Tips for Eating Healthy When Eating Out**

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole-wheat bread for sandwiches.
- Start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Instead of pouring dressing over your salad, dip your fork into it before spearing your salad. This can dramatically reduce the amount of dressing you use.
- Choose main dishes that include vegetables, such as stir fries, kebobs or pasta with a tomato sauce.
- Order steamed, grilled or broiled dishes instead of those that are fried or sautéed.
- Choose a “small” or “medium” portion. This includes main dishes, side dishes and beverages.
- Order an item from the menu instead of heading for the “all-you-can-eat” buffet.



*If main portions are larger than you want, try one of these strategies to keep from overeating:*

- Order an appetizer-sized portion or a side dish instead of an entrée.
- Share a main dish with a friend.
- If you can chill the extra food right away, take leftovers home in a “doggy bag.”
- When your food is served, set aside or pack half of it to go immediately.
- Resign from the “clean your plate club” – when you’ve eaten enough, leave the rest.

*To keep your meal moderate in calories, fat and sugars:*

- Order foods that do not have creamy sauces or gravies.
- Add little or no butter to your food.
- Choose fruits for dessert most often.



► **LEARN MORE!** Go to [www.oneheartcareteam.org](http://www.oneheartcareteam.org) and click on **Your Heart** for more heart-health resources.

## ***Certainty, Confidence, Peace of Mind***

- ***MORE heart specialists***
- ***MORE heart procedures***
- ***MORE clinical research***
- ***MORE complex cases***

*than any other heart program in the region.*

For more information about the Marshfield Clinic and Ministry Health Care heart care team, call 1-800-888-4755 or visit [www.oneheartcareteam.org](http://www.oneheartcareteam.org)



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