

Heart healthy diet

Diets high in cholesterol and fat, especially saturated fat and trans fat, raise your risk of developing heart disease. Cholesterol and fat comes from food you eat. This diet will help you eat the right fats and cut down on cholesterol in your diet.

Food group	Choose more of these	Choose less of these
Dairy products and substitutes	<p>Fat-free or 1% milk; fat-free buttermilk; soy milk, almond milk</p> <p>Fat-free or low fat yogurt</p> <p>Fat-free or 1% fat cottage cheese</p> <p>Fat-free, low fat, or reduced fat cheese, (all labeled no more than 5 grams of fat per ounce), soy cheese, fat-free and low fat cream cheese; low fat and fat-free sour cream</p>	<p>Whole milk, 2% milk; cream, half and half</p> <p>Whole milk yogurt</p> <p>Regular (4% fat) or 2% fat cottage cheese</p> <p>All natural cheese such as blue, Roquefort, cheddar, Swiss; regular cream cheese; regular sour cream</p> <p>Non-dairy creamers that contain saturated fat, whipped toppings</p>
Meat and meat substitutes	<p>Chicken and turkey without skin, lean cuts of beef, lamb, pork or veal such as loin and round, venison and other game meat, low fat lunch meats, fish, shellfish, egg whites, egg substitute</p> <p>*Eat less red meat. Choose at least 2 servings of baked or grilled fish (such as salmon and tuna) each week.</p>	<p>Fatty cuts of beef, lamb, pork; spareribs, organ meats, luncheon meats, sausage, hot dogs, bacon, scrapple, sardines, fried poultry or with skin, breaded or fried fish</p> <p>Egg yolks</p>
Fruits and fruit juices	<p>All fresh, frozen, canned, and dried fruits and fruit juices</p>	
Vegetables and vegetable juices	<p>Any fresh, frozen or canned vegetables without added fat; tomato and vegetable juice cocktails; vegetarian baked beans</p>	<p>Vegetables prepared in butter, cream, or other sauces; rice or pasta mixes containing vegetables in cheese or cream sauces; French fries or other fried vegetables, pork and beans, refried beans made with lard</p>

(continued)

Food group	Choose more of these	Choose less of these
Grain products	<p>Brown rice, whole grain pasta, “No Yolks” noodles, quinoa, barley, dried beans, dried peas, lentils</p> <p>Whole grain breads, cereals, oatmeal, bagels, English muffins, soft tortilla shells</p> <p>Low fat crackers (no more than 3 grams of fat per serving)</p>	<p>Egg noodles, ramen noodles; rice and pasta prepared with cream sauce, eggs, or cheese</p> <p>Bread in which eggs are a major ingredient, biscuits, cheese breads, croissants</p> <p>High fat crackers, hard taco shells</p> <p>Store-bought pancakes, waffles, French toast</p>
Fats and oils	<p>Vegetable oils: corn, olive, canola, safflower, sesame, soybean, sunflower, peanut</p> <p>Liquid, soft tub, or spray margarine, fat-free or low fat margarine and mayonnaise, fat-free or low fat salad dressings, fat-free gravies, nuts, seeds, and olives</p>	<p>Butter, stick margarine, coconut oil, palm oil, palm kernel oil, coconut, lard, bacon fat, shortenings</p> <p>Dressings made with egg yolk</p> <p>High fat gravies</p>
Soups	Homemade soups made with low-fat ingredients, broth-based soups	Cream soups, ramen noodle soups
Snacks and desserts	<p>Pretzels, popcorn (air popped or “light” microwave popcorn), baked low fat tortilla and baked potato chips</p> <p>Angel food cake, low fat cookies (no more than 3 grams of fat per serving) such as fig bars and ginger snaps, fat-free and low fat desserts</p> <p>Baking cocoa, gelatin, frozen low fat or fat-free yogurt, fruit ice, sherbet, sorbet, fat-free, or low fat ice cream</p>	<p>Fried snack chips, buttered popcorn, cheese or butter crackers, cheese puffs, snack mixes</p> <p>Store-bought baked goods; pies, cakes, donuts, pastries, muffins, cookies</p> <p>Chocolate and chocolate candy, ice cream</p>
Beverages	<p>Water, sparkling water, decaffeinated beverages</p> <p>In moderation: Carbonated beverages, cocoa, regular coffee and tea</p>	<p>Milk shakes, specialty coffee drinks</p> <p>Alcoholic beverages unless allowed by your doctor</p>

Instructed by: _____ Date: _____

If you have any questions, call _____ .

To schedule an appointment with a Registered Dietitian Nutritionist call (800) 275-6401.

Written by Geisinger Clinical Nutrition Registered Dietitian Nutritionists