

Heart Healthy Eating

Choose Fresh

- Eat seasonally and buy locally when possible
- Limit canned, frozen, packaged and deli counter foods

Choose Whole

- Choose whole fruits and vegetables in place of juices
- Choose whole grains such as:
 - 100% whole wheat, couscous, bulgur, wheat bran, rye, barley, spelt, oats, oat bran, flaxseed
- Try other whole grains such as:
 - quinoa, buckwheat, brown rice, wild rice, millet

Choose Lean

- Choose fresh, lean cuts of meat such as:
 - tenderloin, sirloin, eye of round
- Choose skinless poultry such as:
 - chicken and turkey breast
- Avoid all breaded, battered and seasoned meats
- Try to eat oily fish at least twice weekly such as:
 - salmon, trout, sardines, tuna, herring

Choose Plant

- Beans such as:
 - kidney, navy, black, pinto, lima, soy, Mexican red
- Dried split peas, lentils, chickpeas
- Raw, unsalted nuts such as:
 - almonds, pecans, peanuts, walnuts
- Seeds such as:
 - sunflower, pumpkin, sesame, flax, hemp, chia
- Fruits and vegetables
- Avocado sliced in sandwiches, chopped in salads, mashed for dips and spreads

Choose Colour

- Black and red fruits and vegetables such as:
 - blackberries, blueberries, black plums
 - raspberries, strawberries, red plums, red grapes
 - red onions, red cabbage, beets
- Sweet peppers that are red, yellow, orange and green
- Dates, raisins, prunes, oranges
- Squash, sweet potato, tomato, carrots, spinach, Brussel sprouts, broccoli

Choose Single Ingredient Foods

- Your best guarantee that you're missing out on added sugar, salt and fat
- All natural peanut, almond, cashew nut butters
- Milk products, lower in fat and plain with no added sugar

Target Portion Control

- Use the plate method
- ½ vegetables, ¼ protein, ¼ starch

Target Sodium

- Aim for less than 2300mg sodium daily
- Target less than 200mg sodium per serving on nutrition label
- Limit or avoid processed meats and cheeses
- Limit or avoid most canned products, vegetable juices and snack foods
- Avoid adding salt at the table and limit in cooking
- Try salt free seasoning blends like Mrs. Dash, McCormick's

Target Refined Sugars

- Less than 9 tsp (36g) daily for men
- Less than 6 tsp (24g) daily for women
- Limit white and brown sugar, raw cane sugar, honey, molasses
- Limit corn syrup, malt syrup, agave syrup, maple syrup
- Any word that ends in '**ose**' is a form of sugar

Target Omega-3 Fats

- 90-150g or 3-5 oz. serving of fish at least twice weekly
- salmon, trout, herring, sardines are highest in the omega 3's EPA and DHA
- If unable to eat oily fish, supplement with fish oil capsules that contain at least 400mg EPA & 200mg DHA per 1000mg capsule
- Add 2 Tbsp. **ground** flaxseed, whole chia or hemp seeds daily
- Other plant sources include walnuts, soybeans, canola oil

Target Total Fat

- 60g or 4 Tbsp. daily from total added plus hidden sources
- Aim for 30g or 2 Tbsp. added fats from plant oils such as olive oil, avocado oil, canola oil
- Aim for no more than 30g hidden fats from lean meats, poultry, lower fat dairy
- For example, if you eat two, 90g/3oz portions of lean meat, plus three servings of lower fat dairy, will stay within the daily total target

Target Trans Fats

- Aim for 0g per day
- Avoid foods that include partially hydrogenated or vegetable shortening on the ingredient list
- Avoid hard stick margarine, bakery products and fried fast foods

Target Fibre

- Aim for 25-38g of total fibre daily
- 100% whole grain breads with at least 2g of fibre per slice
- High fibre cereals with greater than 4g of fibre per serving
- Eat fresh, whole plant foods at each meal daily

Target Caffeine

- Less than 200mg caffeine daily
- Limit coffee to 1 to 2 cups per day; 1 cup = 8oz
- Drink more green, black, white or oolong tea. You may have up to 4 to 5 cups per day.
- Keep well hydrated with water. Use tea, low fat milk and sparkling water with fresh lemon or lime.

Target Alcohol

- Limit to less than 1 drink daily for women
- Limit to less than 2 drinks daily for men
- One drink examples: 1oz liquor, 5oz wine, 12oz beer
- Check with your doctor or pharmacist to ensure no interactions with medication

Watch our short online videos on Fats, Sugar, Salt, Fibre, Alcohol, Caffeine, Cooking Tips and more.

And check out our delicious recipes, too.

Find them at the link below.

For more information: smgh.ca/patient-care-programs/regional-cardiac-care-centre/cardiac-rehabilitation/