

The Heart Healthy Diet


- Low in Saturated, Hydrogenated, and Trans fats
- Low in Cholesterol

Making heart healthy food choices and being at a healthy body weight can help prevent and treat heart disease.

Too much of any kind of fat is not good for your health. Saturated fat, hydrogenated fat, and trans fat are especially harmful to your heart. A heart healthy diet is low in these harmful fats but may include moderate amounts of healthy fats.

When it comes to your weight, all fats are equally high in calories. When it comes to your heart, some fats are bad and some are good.

How can I tell the difference between these types of fats?



Unhealthy Fats Saturated, Hydrogenated and Trans Fats Strictly Limit Intake:	Healthy Fats Monounsaturated and Polyunsaturated Fats Use in moderation:
<ul style="list-style-type: none">• Solid at room temperature• Animal Fats (Saturated fats) Meats, cheese, cream, butter, lard, chicken skin• Tropical Oils Coconut and palm oils• Hydrogenated Oils (Trans fats) Stick margarines, shortening, fast-food, processed food	<ul style="list-style-type: none">• Liquid at room temperature• Plants Oils Olive, safflower, canola, sunflower, soy, peanut oils• Nuts and avocados• Omega-3 fats Salmon, mackerel, herring, flaxseeds, walnuts, soybean and canola oils

What about cholesterol?

In addition to the dietary fat guidelines above, we recommend you limit cholesterol intake. Cholesterol is found in all animal products. It is most concentrated in meats, egg yolks, organ meats, shrimp, and squid. A reasonable serving of lean meat is the same size as the palm of your hand, once or twice a day.

Guidelines for following a heart healthy diet

Fats

- Replace saturated, hydrogenated, and trans fats with mono- and polyunsaturated fats in food preparation, cooking, and at the table.
 - Instead of butter, lard, shortening, palm, and coconut oils, use more vegetable oils like canola, olive, peanut, soy, and corn oils.
- If you use margarine, select one that does not contain trans fats or hydrogenated oils.
- Try reduced fat, lowfat, or fat-free mayonnaise, salad dressings, sauces, and gravies.

Meats and Meat Alternatives

- Replace fatty meats with leaner cuts such as “loin” or “round.” Be sure to trim visible fat before cooking meat.
- Limit high-fat meats such as hot dogs, sausages, salami, ribs, bologna, and bacon.
- Remove skin from poultry. White meat poultry is lower in fat than dark meat.
- Avoid organ meats such as liver, kidney, and brain.
- Eat fewer egg yolks. These can be replaced with more egg whites or egg substitutes.
- Consider eating more vegetarian meals. Explore alternative protein sources such as tofu, tofu products, lentils, beans, nuts, and soy meat replacements (soy burgers, sausages, hot dogs).

Dairy

- Use lowfat or nonfat dairy products such as milk, yogurt, sour cream, and cottage cheese.
- Buy reduced fat or lowfat versions of your favorite cheeses. Some cheeses, like mozzarella and ricotta, are naturally lower in fat.
- Avoid cream, cream sauces, and creamed soups.

More Helpful Tips

- Read Nutrition Facts labels on food packages. Choose foods with low or no saturated fat, hydrogenated fat, trans fat, or cholesterol. A lowfat choice has 3 grams of fat per ounce of meat or cheese, or 3 grams of fat per serving of snacks, sauces, or dairy products.
- Avoid deep-fried foods.
- Drain and discard visible fat when cooking.
- Baking, broiling, boiling, poaching, and steaming are lowfat cooking methods.
- Use vegetable oil sprays to coat pans and trays for cooking or baking.
- Use oil sparingly to control calories.
- Overall, aim to balance total calories consumed with your physical activity to achieve and maintain a healthy weight.
- Contact a registered dietitian if you have further questions about your diet.