

Cardiac Rehabilitation – Steps to a Heart Healthy Diet

Choose Healthy Fats to lower LDL cholesterol, raise HDL cholesterol & lower triglycerides

- Monounsaturated Fats – olive oil, canola oil, peanut oil, avocados, peanut butter
- Polyunsaturated Fats – sunflower oil, safflower oil, soybean oil, nuts, tub margarine
 - Omega-3 Fats – wild salmon, mackerel, herring, tuna, walnuts, flaxseeds, chia seeds

Steer Clear of Unhealthy Fats as they raise LDL cholesterol & lower HDL cholesterol

Trans Fats

- Stick margarine, deep fried foods, processed foods (donuts, commercially baked goods), partially hydrogenated oils
- Goal = ZERO grams a day

Saturated Fats

- Red meat (beef, pork, lamb), processed meat, poultry skin, eggs yolks, butter, whole milk, cream, cheese, cookies, pastries, ice cream, coconut, palm oil, chocolate
- *Men* – limit saturated fat to 12 grams a day
- *Women* – limit saturated fat to 10 grams a day

Eat more fiber to lower cholesterol & triglycerides

- Whole Grains – oatmeal, 100% whole wheat bread, whole wheat pasta, brown rice, quinoa, wild rice, farro, whole wheat crackers
- Fruit – berries, melons, apples, pears, peaches, oranges, grapes
- Vegetables – broccoli, spinach, tomatoes, peppers, kale, sweet potatoes
- Legumes – kidney beans, black beans, lentils, chickpeas, soy beans (edamame)
- *Men and women* – aim for 25-30 grams a day

Limit your intake of salt for better blood pressure control

- High Sodium Foods – canned foods, frozen foods, rice pilaf, cereals, breads, cheese, processed meats (deli meat, bacon, sausages, hot dogs), restaurant foods, fast foods, snack foods (chips, crackers), condiments (ketchup, soy sauce, relish), olives, garlic salt
- Low Sodium Foods – fresh fruits and vegetables, fresh meat and poultry, fresh fish, low sodium canned foods, low sodium bread, low sodium crackers, herbs, spices
- *Men and Women* - limit sodium to 1500-2000 mg a day

Putting it all together...

Sample Menu 1

Breakfast – 2 slices 100% whole wheat bread, vegetable egg white omelet with low sodium salsa

Snack – 1 pear, 24 raw almonds

Lunch – tuna salad (4 oz no salt added tuna fish, 1 Tbsp olive oil, lemon juice) on a bed of mixed greens with diced avocado, tomatoes and cucumbers

Snack – fat-free plain Greek yogurt with 2 Tbsp chopped walnuts and 1 cup strawberries

Dinner – 5 oz grilled chicken with 1 cup brown rice, ½ cup corn, red peppers, scallions

12 grams saturated fat, 840 mg sodium, 31 grams fiber

Sample Menu 2

Breakfast – ~1 cup cooked steel-cut oatmeal with ½ cup blueberries, 2 Tbsp sliced almonds and cinnamon

Snack – apple with 2 Tbsp all-natural peanut butter

Lunch – sandwich with low-sodium deli turkey, Dijon mustard, lettuce, tomato, onion on 100% whole wheat bread

Snack – 10 multigrain tortilla chips with ¼ cup guacamole and salsa

Dinner – 5 oz salmon with lemon and dill yogurt sauce, sautéed spinach with garlic and olive oil, 1 cup roasted red potatoes with olive oil

12 grams saturated fat, 1250 mg sodium, 37 grams fiber