

GUIDELINES FOR A HEART HEALTHY DIET

There are many risk factors that can lead to heart disease. Eating a healthier diet is one way to reduce your risk. Here are some general tips to get you started on your way to a healthier lifestyle. It's important that you schedule an appointment with a Registered Dietitian for guidelines that suit your individual needs. The Nutrition Consultation Service at Brigham and Women's Hospital can be reached at (617) 732-6054.

*Cut Down on Fats
that Raise Blood
Cholesterol...*

Saturated Fats:

Saturated fat raises blood cholesterol more than anything else in the diet. It's the type of fat found in large quantities in animal products, such as fatty meats, cheeses, butter, whole milk products and other foods such as coconut, coconut oil, and palm oil.

Trans-Fatty Acids:

Trans-fat can also significantly raise cholesterol levels. Trans-fatty acids are produced during the processing of margarine & vegetable shortenings. Many processed foods made with partially hydrogenated oil listed as an ingredient (i.e., some margarine, vegetable shortenings, commercially prepared cookies and crackers, fried foods, fast foods, and baked goods) contain trans-fatty acids.

Cholesterol:

Cholesterol is naturally produced by the body. Dietary cholesterol is also found in foods of animal origin, such as eggs, meats, and whole milk products, and shellfish but not in foods of plant origin.

Eat more...

Monounsaturated and Polyunsaturated Fats:

When substituted for saturated fat, monounsaturated and polyunsaturated fats help reduce your blood cholesterol. These Unsaturated fats are found in greatest amounts in food from plants, such as olive oil, canola oil, safflower oil, sunflower oil, and nuts.

Fiber:

A diet high in fiber may help reduce your cholesterol levels. Fiber is found in foods such as oatmeal, oat bran, kidney beans, black-eyed peas, chick peas, fruits & vegetables.

Fruits & Vegetables:

Populations that consume higher amounts of fruits & vegetables have lower rates of heart disease & stroke. Aim for 7-8 servings of fruit & vegetables each day.

Fish:

Aim for 2 servings per week. Tuna & salmon are great sources of omega-3 fatty acids.

	<i>Choose...</i>	<i>Instead of...</i>
<i>Limit intake of meat, poultry, & seafood to 6 oz. per day</i>	<ul style="list-style-type: none"> ⊘ Lean meats & fish (baked, broiled, or grilled) ⊘ Poultry (without skin) 	Prime & choice cuts, ground beef, sausage, cold cuts, hot dogs, fried foods
<i>Use low fat or fat-free dairy products...</i>	<ul style="list-style-type: none"> ⊘ Skim milk, lowfat milk, lowfat/part-skim cheeses (< 3 g sat fat/serving) ⊘ non fat yogurt 	Whole milk products, regular hard cheeses, cream soups, ice cream, cream & creamers, sour cream, cream cheese
<i>Choose the right type of fats...</i>	<ul style="list-style-type: none"> ⊘ Olive oil, canola oil, safflower oil, trans-fatty acid free margarines 	Butter, lard, partially hydrogenated margarines and vegetable oils
<i>Avoid commercially prepared foods with partially hydrogenated fats...</i>	<ul style="list-style-type: none"> ⊘ High fiber cereals, breads ⊘ Brown rice, whole wheat pasta, sweet potatoes ⊘ Beans & legumes ⊘ Fruits & vegetables (fresh or frozen) 	Doughnuts, biscuits, pastries, pies, french fries, fast food, crackers, cookies, cakes, chips

You should make an appointment to see a Registered Dietitian. Brigham and Women=s Hospital has dietitians available in our outpatient Nutrition Consultation Service. Appointments can be scheduled by calling (617) 732-6054.

If you live outside the Boston area, contact a hospital to locate a Registered Dietitian in your area.



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