

# Guidelines for a

# Heart Healthy Life







**Maintain balance, enjoy life!**

## A LOW SATURATED FAT DIET

- lowers "bad" LDL cholesterol
- reduces chance of clogged arteries
- promotes better blood circulation

Eat less fat, especially saturated fats. Saturated fats raise your blood cholesterol. The largest amounts of saturated fats are found in fatty meats, poultry skin, high-fat dairy products and coconut and palm oils. Trans fatty acids raise blood cholesterol. Trans fatty acids from hydrogenated fats such as hard margarine and shortening are found in high-fat snack foods, cookies and crackers.

## Variety is the Spice of Life

Food Groups	Best Choice	Limit	Avoid
 Meat and substitutes	<ul style="list-style-type: none"> <li>• lean cuts of meat</li> <li>• skinless chicken and turkey</li> <li>• seafood</li> <li>• fish</li> <li>• legumes &amp; tofu</li> </ul>	<ul style="list-style-type: none"> <li>• egg yolks</li> <li>• nuts and seeds</li> <li>• shrimp</li> </ul>	<ul style="list-style-type: none"> <li>• fatty cuts of meat</li> <li>• bacon, sausages, cold cuts, processed meats, pepperoni, bologna</li> <li>• organ meats</li> </ul>
 Dairy products	<ul style="list-style-type: none"> <li>• skim milk, yogurt with 1% or less Milk Fat (M.F.)</li> <li>• fat-free sour cream</li> </ul>	<ul style="list-style-type: none"> <li>• milk, yogurt with 2% M.F.</li> <li>• cheese with 20% M.F.</li> <li>• frozen yogurt, ice milk</li> </ul>	<ul style="list-style-type: none"> <li>• whole milk</li> <li>• regular cheese</li> <li>• cream, sour cream, ice cream, half and half cream</li> </ul>
 Fruits and vegetables	<ul style="list-style-type: none"> <li>• fresh or frozen vegetables and fruits</li> </ul>	<ul style="list-style-type: none"> <li>• olives, avocados</li> </ul>	<ul style="list-style-type: none"> <li>• vegetables prepared in butter, cream sauce or deep fried</li> </ul>
 Grain products	<ul style="list-style-type: none"> <li>• whole grain products, bread, pita, english muffin, bagel, rice, pasta</li> <li>• ready-to-eat or hot cereals</li> </ul>	<ul style="list-style-type: none"> <li>• granola-type cereal, biscuits</li> </ul>	
 Fats and oils	<ul style="list-style-type: none"> <li>• olive, canola, safflower, sesame oil</li> <li>• non-hydrogenated margarine</li> </ul>	<ul style="list-style-type: none"> <li>• nuts and seeds</li> <li>• low-fat salad dressing</li> </ul>	<ul style="list-style-type: none"> <li>• butter, lard, bacon fat, coconut and palm kernel oils, hard margarine</li> </ul>
 Snacks and desserts	<ul style="list-style-type: none"> <li>• plain popcorn, pretzels, baked potato chips</li> <li>• plain cookies, angel food cake</li> </ul>	<ul style="list-style-type: none"> <li>• candy, popsicles</li> </ul>	<ul style="list-style-type: none"> <li>• chocolate, potato chips, buttered popcorn</li> <li>• milkshakes, pies, large cake-like muffins, croissants, flaky pastry, donuts, sweet rolls, cakes and cookies</li> </ul>