

Dietitian's tips: for a healthy heart



Fruits & Vegetables

- Aim to fill half your plate with fruits and vegetables at most meals. Try to get at least 5 servings each day.
- Fresh, frozen or canned all count –just look for options with no (or low) added salt and no added sugar.
- Forgot to grab the low sodium version? No worries–try rinsing your vegetables under running water for 3-4 minutes to reduce sodium content by up to 40%!
- When choosing canned or frozen fruit, look for no-sugar added or 100% Juice.

Grains

- Aim for at least half of your daily grains to be whole grains. Whole grains contain more fiber than refined grains, helping support heart health.
- Stock your pantry with whole grain favorites–think bread, tortillas, pasta, popcorn, oats, brown rice, quinoa and more!

Protein

- Choose lean proteins to nourish your body and heart.
- Lean options include: skinless poultry, lean meats, fish, tofu, nuts, legumes and low-fat dairy products.
- Keep an eye out for key words like “chop”, “loin” and “round” as they usually point to leaner cuts of meat.
- Keep portions in check – about 3-4 oz. for meat, poultry and fish, and 2 tablespoons for nut butters, seeds and nuts.

Dairy

- Choose low-fat or fat-free milk.
- Look for reduced-fat cheeses.
- Try nonfat yogurt with lower added sugars (aim for <5 grams/serving).

Fats

- Fats play an important role in a balanced diet. They help our bodies absorb certain vitamins, provide us energy, and add flavor to our food. The key is knowing how different types of fats affect our health and how to enjoy them in a balanced way.

Supportive Fats (Enjoy Often)

- Unsaturated fats include monounsaturated and polyunsaturated fats. Look for these on the nutrition label—they are the fats we want more of.
- Unsaturated fats can help reduce “bad” cholesterol levels and provide other important nutrients.
- Food sources of unsaturated fats: oils such as olive, canola and peanut. Avocados, fatty fish, nuts.

Consume in Moderation

- Saturated fats raise levels of cholesterol in the blood (not cholesterol in food). High LDL cholesterol levels increase risk of heart disease and stroke.
- Saturated fats include animal products such as beef, lamb, pork, poultry with skin, butter, cream, cheese made from whole or 2% milk, as well as, coconut, coconut oil, palm oil, and cocoa butter.

Fiber & the benefits on heart health

- Fiber is a key nutrient for an overall heart healthy diet.
- Research has shown that fiber may reduce the risk of cardiovascular disease by improving blood cholesterol levels, lowering blood pressure and reducing inflammation in the body.¹
- Dietary fiber is the part of plants that our body is unable to digest.
- Fiber also helps keep you fuller long, therefore you may consume fewer calories, which may help with weight management among individuals.
- It's important to have a wide variety of fiber-rich food sources in the diet. Fiber can be found in fruits, vegetables, whole grains (including whole wheat, rye, brown rice, and oats) beans, and legumes.
- According to the 2020 Dietary Guidelines, men should aim for 34 grams of fiber daily, while women should target 25 grams.

References:

Precker, M. (2022, January 27). Sound the fiber alarm! Most of us need more of it in our diet. www.heart.org/en/news/2022/01/27/sound-the-fiber-alarm-most-of-us-need-more-of-it-in-our-diet

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They are available to answer your nutrition questions, share recipes, and provide resources.



Heart friendly foods shopping list

This list includes items low in saturated fat, sources of lean protein, sources of heart healthy fats, low sodium foods, foods that offer a good source of fiber, those that have plant sterols, and foods that are whole grain.

SOUPS/BROTH

Health Valley No Salt Added Soups and Broths
Full Circle Low Sodium Chicken Broth
Healthy Choice Soups
Swanson's No Salt Added Broth
Pacific Low Sodium Broths
Kitchen Basic Unsalted Stocks
Imagine
Amy's Light In Sodium Soups

PASTA SAUCE

RAO'S Roasted Garlic & Sensitive Marinara Sauces
Michael's of Brooklyn Marinara

GRAINS

Quinoa
Food Club Long Grain Brown Rice
Whole Wheat Pasta Noodles
Whole Grain Couscous
Boom Chica Popcorn
(or buy kernels to make at home using canola oil)
Four Brother's Long Grain Wild Rice
Bird's Eye Frozen Brown Rice
Farro
Barley
Banza Pasta

NUTS & SEEDS

No Salted Added Sunflower Seeds
Chia Seeds
Ground Flax Seeds
All Unsalted Nuts (almond, peanut, pistachio, etc)

CRACKERS

Triscuit Crackers-Hint of Salt
Wasa Light Rye Swedish Style Crispbread Crackers

CHIPS

Beanitos
Lightly Salted Lays
Donkey Unsalted Tortilla Chips
Lightly Salted Harvest Snaps

FROZEN MEALS

Healthy Choice
Lean Cuisine
Smart Ones

LUNCHEON MEAT

Oscar Mayer Turkey or Chopped Ham Lunch Meat
(in round container with yellow on bottom of pkg.)
Kretschmar Master Cut at Deli
Applegate Naturals Oven Roasted Turkey Breast
Dietz and Watson Turkey and Chicken Breast

BUTTER

Land O'Lakes Light Butter with Olive or Canola Oil
Smart Balance Butter with Omega 3s or Olive Oil

BARs

Fiber One Bars or Food Club Fiber Bars
KIND Nut Bars
That's It Fruit Bars
RXBars
Skout Organic Snack Bars

JUICE

100% Juices (orange, apple, pomegranate, etc)
Naked Juices
Four Brothers Cold Pressed Juices

OILS

Canola Oil
Extra Virgin Olive Oil
Smude's Sunflower Oil
Avocado Oil

SEASONINGS

Dash Salt-Free Seasonings
Rumford Baking Powder
Garlic Powder
Onion Powder
Fresh, Dried, and Freeze Dried Herbs and Spices
McCormick Salt Free Garlic and Herb Seasoning

CONDIMENTS/DRESSINGS

Mayo with Olive Oil
Salad Dressing-Olive Oil, Balsamic Vinegar and
Fresh Squeeze of Lemon with Dried Herbs
Heinz No Salt Added Ketchup
Mustard
Primal Kitchen Unsweetened BBQ Sauce
Mrs. Dash Marinades
Amino Acids instead of Soy Sauce
Marzetti Simply Dressed
Full Circle Ranch
Bolthouse Farms
Panera Bread Low Sodium Balsamic Vinaigrettes
Litehouse Dressings

BREAD

100% Whole Grain Sandwich Rounds
Brownberry Breads
Pepperidge Farms Breads
Ancient Grains
100% Whole Wheat
Sara Lee 45 Calories Whole Grain Bread
Dave's Killer Bread
Food Club 100% Whole Wheat Bread

NUT BUTTERS

Old Home Peanut Butter
Crazy Richard's Peanut Butter
Justin's Peanut Butter
Barney Butter Almond Butter

FRUITS & VEGETABLES

Avocados
Fruits and Vegetables
*all fresh produce
unseasoned, unsweetened and unsalted frozen
fruits and vegetables
canned fruit in 100% juice
no salt added canned vegetables*
Unsweetened applesauce

CEREAL

Fiber One Cereal
Shredded Wheat Cereal
Great Grains Cereal
Oatmeal
Cheerios
Bob's Red Mill Hot Cereals
Catalina Crunch Cereals

PROTEIN

Tofu
Boca
Quorn
Wild Planet No Salt Added Canned Tuna
Canned Salmon
Wild Planet No Salt Added Canned Chicken
93-95% Lean Beef
Fresh Skinless, Boneless Chicken Breasts
Unseasoned Ground Turkey and Chicken
Grass Fed Beef
Unbreaded Fish
Fresh or Frozen Salmon
Eggs Including the Yolk
Raw Almonds
Raw Walnuts
Variety of Beans - Black Beans, Kidney Beans,
Garbanzo Beans etc. *(opt for reduced sodium
canned versions or no salt added versions
and rinse off excess sodium, or buy dried beans
and cook at home)*

DAIRY

Skim Milk
Nonfat, Plain Greek Yogurt
Too Good, Oikos Triple Zero or Dannon Light
+ Fit Yogurts
Food Club Light String Cheese
Reduced Fat Swiss Cheese
Part Skim Mozzarella
Laughing Cow Cheese for Crackers
Plain, Unsweetened Kefir

ICE CREAM

Kefir
Skinny Cow
Kemps Vanilla Frozen Yogurt, No Added Sugar,
Fat Free