

Heart Healthy Eating Guidelines

To start a low-saturated fat, low cholesterol-eating program, use this checklist. Check off six tips. Post this checklist in your kitchen where you can't miss it. When you've become comfortable with your first six tips, try others.

- ♥ Eat a variety of fruits and vegetables. Choose 5 or more servings per day.

- ♥ Eat a variety of grain products, including whole grains. Choose 6 or more servings a day.

- ♥ Choose low saturated fat oils such as canola and/or olive oil.

- ♥ Instead of using butter and sauces, add new flavor to vegetables with herbs, seasonings, or lemon juice.

- ♥ Limit saturated fats, trans fat and cholesterol such as fatty meats, tropical oils, partially hydrogenated vegetable oils and egg yolks.

- ♥ Buy lean cuts of meat: top round steak, eye roast, pork tenderloin, lamb shank, veal leg, and skinless chicken/turkey breast. Trim off any visible fat before cooking.

- ♥ Limit meat, poultry and fish to 6 oz per day.

More Healthy Eating Tips

- ♥ Your goal should be to eat meat as a side dish rather than granting it center plate status. Reduce your portion size slowly to reach the goal of 3 oz per serving (about the size of a deck of cards).
- ♥ Add fish to your diet. Fish oils have omega-3 fatty acids, which may protect you from heart disease.
- ♥ Eat a meatless meal at least once a week.
- ♥ Try soy-based products such as tofu, tempeh, soymilk, veggie burgers and soy nuts.
- ♥ Enjoy 6-11 servings pasta, rice, bread and cereal a day. They are low in fat and rich in nutrients. Portion sizes are generally ½ to 1 cup in size.
- ♥ Eat 25-30 grams of dietary fiber a day.
- ♥ Instead of frying food, bake, steam, roast, grill, boil or broil.
- ♥ Limit egg yolks to 4 a week, including those used in cooking. Egg whites and egg substitutes are cholesterol free and fat free.
- ♥ In recipes, replace some of the whole eggs with egg whites. Two egg whites equal 1 whole egg.
- ♥ Use skim, fat-free or no more than 1% milk.
- ♥ Try low-fat, light and fat-free cheeses, salad dressings and yogurts.
- ♥ Try fruits and low-fat cookies and cakes instead of gooey, high fat desserts.