


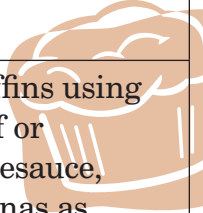
# Healthy Heart Food Choices

Heart Healthy Choices	Heart Healthy Tips
<p><b>Whole Grains</b></p> <ul style="list-style-type: none"> <li>• Bread made from whole wheat or sprouted grains</li> <li>• Cereals made with bran, oats, and psyllium</li> <li>• Whole wheat pasta, brown rice, barley and bulgur</li> </ul>	<ul style="list-style-type: none"> <li>• Spread only a thin layer of non-hydrogenated margarine or mayonnaise on bread, or try jam or jelly for a fat-free treat.</li> <li>• Use tomato based or lower fat versions of creamy sauces on pasta.</li> </ul>
<p><b>Vegetables and Fruits</b></p> <ul style="list-style-type: none"> <li>• All fresh, frozen or canned fruits and vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Choose fresh fruit over juice</li> <li>• Choose a variety of fruits &amp; vegetables that include dark green or orange vegetables like carrots, broccoli, oranges, apricots).</li> <li>• Try low fat or fat-free salad dressings</li> <li>• Use only a small amount of healthy oil for stir frying vegetables. Add a dash of sesame oil for an Oriental flavor.</li> </ul>
<p><b>Lower Fat Dairy and Soy Products</b></p> <ul style="list-style-type: none"> <li>• Low fat milk such as skim or 1% milk, 1% buttermilk, evaporated skim milk</li> <li>• Yogurt with less than 1% m.f. (milk fat)</li> <li>• Cheese with less than 15% m.f. like cottage cheese, quark and ricotta</li> <li>• Low fat or fat-free soy milk fortified with calcium</li> <li>• Lower fat sour cream or cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Mix herbs and spice into quark or ricotta cheese for a quick and healthy vegetable dip.</li> <li>• Flavored milk and soy beverages may have more fat and calories. Choose plain, low fat choices more often.</li> <li>• Fat-free products do not mean calorie free, so be sure to read labels and eat in moderation.</li> </ul>

Clinical Nutrition Services

UBC Hospital  
 G.F. Strong Rehab Centre  
 Vancouver General Hospital

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<b>Cooking Oil, Soft Margarine &amp; Salad Dressing</b> <ul style="list-style-type: none"> <li>• Canola oil, olive oil, grape seed and flax oil</li> <li>• Non-hydrogenated margarine</li> <li>• Low-fat or fat-free salad dressing or mayonnaise</li> <li>• Aim to reduce added fats: Male should limit to 6 servings per day Females should limit to 4 servings per day</li> </ul>	 <ul style="list-style-type: none"> <li>• 1 serving equals: 1 teaspoon oil, non-hydrogenated margarine 1 tablespoon salad dressing or gravy 1 tablespoon nuts, seeds or nut butter 7 small olives 1/8 of avocado</li> <li>• Use cooking spray or non-stick pans.</li> <li>• Boost flavor and add pizzazz with fancy mustards, relishes, ketchup, salsa, flavored vinegar, herbs and spices.</li> </ul>
<b>Fish, Skinless Poultry, Lean Meats &amp; Alternatives</b> <ul style="list-style-type: none"> <li>• All fresh, frozen or canned fish like tuna, salmon, white fish and shellfish like crab and lobster</li> <li>• Skinless chicken and turkey</li> <li>• Lean red meats (beef, pork, lamb) like pork tenderloin, inside round, sirloin and extra lean ground beef, leg of lamb</li> <li>• Lean deli meats like turkey and black forest ham</li> <li>• Legumes like kidney beans, soy beans, pinto beans, black beans, chick peas and tofu</li> </ul>	<ul style="list-style-type: none"> <li>• Limit meat, poultry, fish, or shellfish to 6 ounces a day. A serving size is 3 ounces cooked, about the size of a deck of cards.</li> <li>• Organ meats, egg yolks, shrimp, prawns, and squid are high in cholesterol, limit to 3 or fewer servings per week.</li> <li>• Try meatless meals twice a week like chili, humus, tofu and split peas.</li> <li>• Processed deli meats like bacon, hot dogs, salami, sausages, and bologna are very high in fat. Try to find lower fat versions like Canadian back bacon and low fat hot dogs.</li> <li>• Chicken pot-pie, tortiere, meat pies and quiche are high in fat. Try to find lower fat versions or make your own.</li> <li>• For marinades use wine vinegar, balsamic or fruit flavored vinegar, fruit juice or fat free broth.</li> </ul>

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<b>Heart Healthy Desserts or Baked Products</b> <ul style="list-style-type: none"> <li>• Fresh fruit, fruit salad, frozen juice bars</li> <li>• Angel food cake with fruit sauce</li> <li>• Ginger snap cookies</li> <li>• Low-fat yogurt</li> <li>• Low fat ice cream or sherbet or frozen yogurt</li> </ul>	 <ul style="list-style-type: none"> <li>• Make homemade loaves or muffins using no more than 1/4 cup oil per loaf or 12 muffins. Use fruits like applesauce, pureed prunes or mashed bananas as substitutes for fat or oil.</li> <li>• Choose desserts or baked goods with less than 3 grams fat per serving. Limit treats and desserts made with hydrogenated vegetable oil or shortening.</li> <li>• Sharing a dessert is a great way to reduce fat and calories.</li> </ul>
<b>Heart Healthy Snacks</b> <ul style="list-style-type: none"> <li>• Fruit, pretzels, plain hot-air popcorn, whole grain, low-fat crackers, and rusks, low-fat yogurt, small whole grain and low fat muffins</li> <li>• 1-2 tablespoons of almonds, walnuts, pecans, peanuts, or flax seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Snacks like potato chips, nachos and chocolate are high in fat. Limit these to an occasional treat.</li> <li>• Nuts and seeds are high in heart healthy fat. Be sure to reduce other added fats if including nuts and seeds in your diet.</li> </ul>
I can choose these heart healthy foods:	

For more information call Dial-A-Dietitian at 1-800-667-3438 or \_\_\_\_\_

Dietitian: \_\_\_\_\_, RD Telephone: (604) \_\_\_\_\_ Date: \_\_\_\_\_

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