

Healthy – Heart Eating Guidelines

- **Limit dietary cholesterol to 200 mg per day.** Read food labels to determine content of packaged foods.
- **Limit intake of meat, fish and poultry to 6 oz or less per day.** Choose only lean meats (those containing no more than 3 grams of fat per oz).
- **Limit sodium to 2400 mm/day.** (>400 mg per serving = **high sodium**).
- **Replace saturated fats with unsaturated fats.**
 - ✓ Limit saturated fat intake to <7% of total calories (15g/day for 2000 calorie diet).
 - ✓ Choose olive oil and canola oil rather than margarine or butter.
 - ✓ Stay away from “hydrogenated” foods even if it says “cholesterol free”, “fat free”, or “partially-hydrogenated”. This type of fat depletes your levels of essential fatty acids, leads to faulty cell-wall construction and aberrant nerve tissue formation.
- **Consume only fat-free or very low-fat dairy products.** (Skim and 1% milk are recommended; 2% and whole are not recommended).

- **Include fish in your diet 2-3 times weekly.** (good source of Omega-3 fatty acids which have unique health properties).

- **Eat generous amounts of plant-based foods** (whole grains, vegetables and fruits).
 - ✓ Choose high-fiber, whole grain carbohydrates, rather than refined. Brown rice, whole-wheat pasta, whole wheat bread, whole grain cereals, and legumes should be some of your choices (including kidney beans, chick peas, lentils, etc.).
 - ✓ Choose fresh fruit rather than fruit juice (at least 2 servings per day).
 - ✓ Consume at least 3 servings of vegetables daily.

- **Include a source of soluble fiber at least twice daily** (legumes, apples, oats, oat bran, barley, Bios life complete, flaxseed).

- **Include generous amounts of soy products in your diet.** (Plays a role in preventing the chronic conditions of aging, such as heart disease, osteoporosis and cancer).

- **Include 1oz of nuts every day.** (Supplies heart healthy fats, protein, fiber, and a range of vitamins and minerals and keeps blood vessels healthy).
 - ✓ A small tin from mints (such as Altoids) holds about an ounce of almonds or any other nuts of similar size, when loosely packed.
 - ✓ 1 oz serving has 160 to 200 calories.

- **Limit sugar, alcohol, and refined carbohydrates,** especially if triglycerides are elevated. (Sugar is quickly converted to fat, which raises the level of blood fats like triglycerides).
- **Exercise regularly** (3 – 6 times per week for at least 30 – 40 minutes to strengthen heart muscles and dilation of blood vessels). When you're sedentary, the muscles of your heart become rigid and hard, and then when you need to call upon them (in a stressful situation) they are not able to do their job. And that's when heart attacks strike.



Twice a day before meals

Contact Annmarie Waite, ARNP for questions or additional information. annmarie@girlfriendshealth.com