

Your Guide to Heart Healthy Foods

Food Group	Recommended	Not Recommended
<p>Grains Serving Size: 1 slice bread ¾ cup dry cereal ½ cup cooked rice, pasta or cereal</p> <p>Daily Servings: 6 to 8</p>	<ul style="list-style-type: none"> • Whole grain breads and cereals, including oats and barley • Pasta, esp. Whole grain • Brown rice • Low-fat/low-sodium crackers and pretzels 	<ul style="list-style-type: none"> • High-fat bakery products (doughnuts, biscuits, croissants, Danish pastries, pies cookies) • Snacks made with partially hydrogenated oils (chips, cheese puffs, snack mixes, regular crackers, buttered popcorn)
<p>Vegetables Serving Size: 1 cup raw ½ cup cooked</p> <p>Daily Servings: 3 to 4</p>	<ul style="list-style-type: none"> • Fresh, frozen or canned vegetables without added fat or salt 	<ul style="list-style-type: none"> • Fried vegetables • Vegetables prepared with butter, cheese or cream
<p>Fruits Serving Size: 1 small piece fresh ½ banana ½ cup fresh, canned, or frozen ¼ cup dried</p> <p>Daily Servings: 2 to 3</p>	<ul style="list-style-type: none"> • Fresh, frozen, canned or dried fruit 	<ul style="list-style-type: none"> • Fried fruit • Fruits served with butter or cream

<p>Milk Serving Size: 1 cup milk 6 ounces yogurt 1.5 ounces cheese ½ cup low-fat cottage cheese</p> <p>Daily Servings: 2 to 3</p>	<ul style="list-style-type: none"> • Nonfat (skim), low-fat or 1 percent skim or buttermilk • Nonfat or low-fat yogurt or cottage cheese • Fat-free and low-fat cheese 	<ul style="list-style-type: none"> • Whole milk • 2 percent milk • Whole milk yogurt or ice cream • Cream • Half and Half • Full-fat cream cheese • Full-fat sour cream • Full-fat cheese
<p>Meat and Other Protein Foods Serving Size: 3 ounces of cooked beef, poultry, fish</p> <p>Daily Servings: 2 (6 ounces per day)</p>	<ul style="list-style-type: none"> • Lean cuts of beef and pork (loin, leg, round, extra lean hamburger) • Skinless poultry • Fish/shellfish • Venison and other wild game • Dried beans and peas • Nuts and nut butter • Meat alternatives made with soy or textured vegetable proteins • Egg whites or egg substitute • Cold cuts made with lean meat or soy protein that is lower in sodium 	<ul style="list-style-type: none"> • High-fat cuts of meat (ribs, T-bone steak, regular hamburger) • Bacon • Sausage • Cold cuts like salami or bologna • Corned beef • Hot dogs • Organ meats (liver, brains, sweet-breads) • Poultry with skin • Fried meat, poultry and fish • Egg yolks (no more than 3 per week)
<p>Fats and Oils Serving Size: 1 tsp. Oil, margarine 1 Tbsp. dressing</p> <p>Daily Servings: 2 to 3</p>	<ul style="list-style-type: none"> • Unsaturated oils (olive, peanut, soy, sunflower, canola) • Low-fat salad dressings • Seeds and nuts • Avocado 	<ul style="list-style-type: none"> • Butter • Stick margarine • Shortening • Partially hydrogenated oils • Tropical oils (coconut, palm, palm kernel oils)