### Your Guide to Heart Healthy Foods

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Recommended</th>
<th>Not Recommended</th>
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| **Grains** | • Whole grain breads and cereals, including oats and barley  
• Pasta, esp. Whole grain  
• Brown rice  
• Low-fat crackers and pretzels | • 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) |
| Serving Size:  
1 slice bread  
¾ cup dry cereal  
½ cup cooked rice, pasta or cereal | Daily Servings: 6 to 8 |
| **Vegetables** | • Fresh, frozen or canned vegetables without added fat or salt | • Fried vegetables  
• Vegetables prepared with butter, cheese or cream |
| Serving Size:  
1 cup raw  
½ cup cooked | Daily Servings: 3 to 4 |
| **Fruits** | • Fresh, frozen, canned or dried fruit | • Fried fruit  
• Fruits served with butter or cream |
| Serving Size:  
1 small piece fresh  
½ banana  
½ cup fresh, canned, or frozen  
¼ cup dried | Daily Servings: 2 to 3 |
| Milk | • Nonfat (skim), low-fat or 1 percent skim or buttermilk  
• Nonfat or low-fat yogurt or cottage cheese  
• Fat-free and low-fat cheese | • 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 |
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| Serving Size:  
1 cup milk  
6 ounces yogurt  
1.5 ounces cheese  
½ cup low-fat cottage cheese | Daily Servings: 2 to 3 |  |
| Meat and Other Protein Foods | • 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 | • 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) |
| Serving Size:  
3 ounces of cooked beef, poultry, fish | Daily Servings: 2 (6 ounces per day) |  |
| Fats and Oils | • Unsaturated oils (olive, peanut, soy, sunflower, canola)  
• Low-fat salad dressings  
• Seeds and nuts  
• Avocado | • Butter  
• Stick margarine  
• Shortening  
• Partially hydrogenated oils  
• Tropical oils (coconut, palm, palm kernel oils) |
| Serving Size:  
1 tsp. Oil, margarine  
1 Tbsp. dressing | Daily Servings: 2 to 3 |  |