



Guidelines for a

Heart Healthy Life







Maintain balance, enjoy life!

A LOW SATURATED FAT DIET

- lowers "bad" LDL cholesterol
- reduces chance of clogged arteries
- promotes better blood circulation

Eat less fat, especially saturated fats. Saturated fats raise your blood cholesterol. The largest amounts of saturated fats are found in fatty meats, poultry skin, high-fat dairy products and coconut and palm oils. Trans fatty acids raise blood cholesterol. Trans fatty acids from hydrogenated fats such as hard margarine and shortening are found in high-fat snack foods, cookies and crackers.

Variety is the Spice of Life

Food Groups	Best Choice	Limit	Avoid
 Meat and substitutes	<ul style="list-style-type: none"> • lean cuts of meat • skinless chicken and turkey • seafood • fish • legumes & tofu 	<ul style="list-style-type: none"> • egg yolks • nuts and seeds • shrimp 	<ul style="list-style-type: none"> • fatty cuts of meat • bacon, sausages, cold cuts, processed meats, pepperoni, bologna • organ meats
 Dairy products	<ul style="list-style-type: none"> • skim milk, yogurt with 1% or less Milk Fat (M.F.) • fat-free sour cream 	<ul style="list-style-type: none"> • milk, yogurt with 2% M.F. • cheese with 20% M.F. • frozen yogurt, ice milk 	<ul style="list-style-type: none"> • whole milk • regular cheese • cream, sour cream, ice cream, half and half cream
 Fruits and vegetables	<ul style="list-style-type: none"> • fresh or frozen vegetables and fruits 	<ul style="list-style-type: none"> • olives, avocados 	<ul style="list-style-type: none"> • vegetables prepared in butter, cream sauce or deep fried
 Grain products	<ul style="list-style-type: none"> • whole grain products, bread, pita, english muffin, bagel, rice, pasta • ready-to-eat or hot cereals 	<ul style="list-style-type: none"> • granola-type cereal, biscuits 	
 Fats and oils	<ul style="list-style-type: none"> • olive, canola, safflower, sesame oil • non-hydrogenated margarine 	<ul style="list-style-type: none"> • nuts and seeds • low-fat salad dressing 	<ul style="list-style-type: none"> • butter, lard, bacon fat, coconut and palm kernel oils, hard margarine
 Snacks and desserts	<ul style="list-style-type: none"> • plain popcorn, pretzels, baked potato chips • plain cookies, angel food cake 	<ul style="list-style-type: none"> • candy, popsicles 	<ul style="list-style-type: none"> • chocolate, potato chips, buttered popcorn • milkshakes, pies, large cake-like muffins, croissants, flaky pastry, donuts, sweet rolls, cakes and cookies