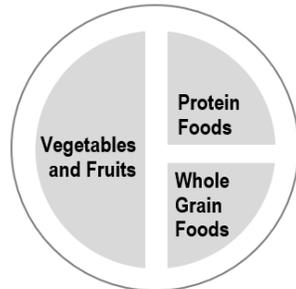


Heart Healthy Eating

Following the eating tips in this handout can help you lower your risk of heart disease and stroke.

Plan your meals using Canada's food guide

- Have plenty of vegetables and fruits
- Choose whole grain foods
- Eat protein foods



Eat lots of vegetables and fruits

- Choose many kinds of vegetables and fruits everyday.
- Include vegetables and fruits at meals and snacks.

Choose whole grains and high fibre foods

- Eat foods higher in fibre, like whole grains, beans, peas, lentils, vegetables, and fruit.
- Soluble fibre is heart healthy. Find it in foods like cereals with psyllium, oat bran, oatmeal, peas, beans, lentils, barley, ground flax, apples, oranges, pears, avocado, and sweet potatoes.

Eat fish at least 2 times each week

- Eat fish high in omega-3 fats: salmon, sardines, herring, mackerel, trout, and tuna.
- Choose fresh, frozen, or "no salt added" canned fish.

Use heart healthy fats every day

Heart healthy fats include:

- olive, canola, peanut, avocado, sunflower oil, or soft margarines
- ground flax, whole chia seeds, or hemp seeds; add to foods like yogurt or hot cereal
- unsalted nuts like walnuts, almonds, pecans, or pistachios

Limit saturated fats

- Choose lean cuts of meat or skinless poultry.
- Avoid processed meats like hot dogs, bacon, sausage, and pepperoni.
- Replace butter or lard in cooking with heart healthy fats.
- Plan meals with beans, peas, lentils, or tofu instead of meat.

Limit foods and drinks with added sugar

- Limit sugars like honey, molasses, syrups, brown, and white sugar.
- Limit sweets like candies, chocolates, sweet desserts like pastries, and baked goods.
- Limit drinks with added sugar like pop, fruit drinks, energy drinks, sports drinks, and sweetened teas, coffees, and juices.

Choose and prepare foods with little or no added salt (sodium)

- Eat more meals and snacks made at home.
- Use fresh or dried herbs, spices, and no added salt seasonings.
- Choose lower sodium or no added salt packaged foods.
- Limit pickles, snack foods, deli meats, canned and dry soup, sauces, and condiments.

When you eat food prepared outside your home

- Order small servings or share an order to help manage portions.
- Order salad or choose vegetables as a side.
- Choose baked, boiled, steamed, grilled, or barbecued foods.
- Limit foods that are fried, deep-fried, sautéed, creamed, or in sauces.
- Choose water, milk, or sugar-free drinks.

Limit the alcohol you drink

Drinking less is better for your health. Talk to your healthcare provider if you have questions about alcohol and your health.

For more information, visit ccsa.ca

Weight and heart disease

Sometimes, carrying extra weight can increase your risk of heart disease.

If you are interested in learning more about your weight and risk of heart disease, talk to your healthcare provider.

Guide to healthy food choices

Use the food lists below to pick heart healthy choices for your meals and snacks.

“Choose more often” foods are:

- lower in sugar, sodium, or saturated fats
- higher in fibre

“Choose less often” foods are:

- higher in sugar, sodium, or saturated fats
- lower in fibre

Vegetables and Fruits

Choose more often:

- fresh or frozen vegetables and fruits
- canned fruit in water or juice
- canned vegetables with no added salt
- dried fruit with no added sugar



Choose less often:

- canned or frozen fruit in syrup
- canned or pickled vegetables
- French fries and hash browns
- fruit juices or fruit drinks
- tomato juice, vegetable juice, and vegetable cocktail
- vegetables in sauces

Grain Foods

Choose more often:

- barley, bulgur, quinoa, and millet
- plain air popped popcorn
- unsweetened whole grain hot cereals, such as oatmeal and oat bran
- whole grain bagels, bannock, bread, English muffins, naan, pancakes, pitas, roti, and tortillas
- whole grain cereals with more fibre and less sugar
- whole grain pasta, couscous, and rice



Choose less often:

- butter rolls, croissants, store-bought muffins
- cold or hot cereals with less fibre and more sugar
- cakes, Danishes, donuts, pies, and strudels
- granola-type cereal
- instant noodles or instant rice
- pancake mix, waffle mix, or muffin mix
- potato chips, taco chips, and nacho chips
- store-bought garlic bread, egg bread, and cheese bread

Protein Foods

Milk, plant-based beverages, and dairy foods

Choose more often:

- skim, 1%, or 2% milk
- cheese with reduced fat
- less than 4% milk fat (or M.F.) plain yogurt or kefir
- no salt added cottage cheese with no added salt
- unsweetened fortified plant-based beverages (such as soy, oat, or almond)
- skim, 1%, or 2% evaporated milk



Choose less often:

- 3.25% homogenized milk
- buttermilk
- cottage cheese
- frozen yogurt, ice cream, or dairy free frozen desserts
- processed cheese
- sweetened condensed milk
- sweetened flavoured milk, yogurt, or plant-based beverages
- whole evaporated milk

Meat, poultry, eggs, fish

Choose more often:

- eggs
- extra lean or lean ground beef
- fish like salmon, sardines, tuna, herring, mackerel, and trout; fresh or canned with no salt added
- lean beef, pork, lamb, and veal
- skinless chicken and turkey
- shellfish including clams, oysters, lobster, crab, mussels, and shrimp
- wild game like moose, elk, bison, and rabbit



Choose less often:

- bacon, bologna, sausage, smokies, and wieners
- battered or breaded fish and chicken
- chicken wings
- deli or processed meats
- heavily marbled meats
- organ meats
- regular ground beef

Plant-based protein foods

Choose more often:

- beans, peas, and lentils
- edamame (soybeans), tofu, and tempeh
- soy nuts



Choose less often:

- plant-based sausages and deli meats

Oils and Fats

Choose more often:

- avocado
- chia seeds, hempseed, and ground flaxseed
- light cream cheese
- light (less than 7% M.F.) sour cream
- peanut butter, almond butter
- salad dressings made with canola or olive oil
- soft margarine
- vegetable oils such as canola, olive, peanut, avocado, and sunflower
- unsalted nuts



Choose less often:

- butter and lard
- cream
- flavoured coffee creamers
- gravy
- regular cream cheese
- regular (14% M.F.) sour cream
- salted nuts
- tropical oils such as palm or coconut oil

