



Nutrition for Cholesterol Control

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Heartwise food selections

Select foods every day from each food group, with special attention on grains, fruit, and vegetables. Choose a variety of foods in each group, especially those that are low in saturated fat and total fat (choose daily column). The recommended daily number of servings for anyone over the age of 2 is listed for each food group as a guide. Low-fat foods contain 3 grams or less of fat per serving.

Food groups	Choose daily	Choose Less Often	Choose rarely
MEAT, POULTRY, SEAFOOD <i>Maximum 5 ounces per day</i> 8 grams or less fat per 3 oz (cooked & well trimmed) Cooking methods: bake, broil, roast, or grill without adding fat.	<ul style="list-style-type: none"> • CHICKEN, TURKEY: no skin; 93% lean ground turkey or chicken • SEAFOOD: Fish, shellfish (2 servings fatty fish/week) • BEEF: Top round, bottom round, eye of round, sirloin, tenderloin, top loin, 93% lean ground beef • LAMB: Loin chop • PORK: Sirloin, top loin or center loin chops, tenderloin, ham*, Canadian bacon*, hot dogs*: 3 grams or less fat per hot dog • VEAL: All trimmed cuts except ground • LUNCHEON MEATS*: 95% or greater fat free • WILD GAME: Venison, elk, rabbit, pheasant, quail 	<ul style="list-style-type: none"> • Shrimp and squid • Reduced-fat/light hot dogs* • Wild duck without skin 	<ul style="list-style-type: none"> • Prime grades of meat • Domestic duck, goose • Bacon*, sausage*, scrapple* • Regular luncheon/deli meats* • Hot dogs*: chicken, turkey, beef and/or pork with more than 8 grams of fat/hot dog • Ribs • Organ meats (OK once/month)
MEAT ALTERNATIVES 1-2 servings per day SERVING SIZES: Tofu, dried beans/peas – ½ cup Soy nuts – ¼ cup	<ul style="list-style-type: none"> • Peanut Butter: (limit to 1-2 tbsp; 1 tbsp = 1 fat) • Soy products: tofu, tempeh, soy nuts*, soy burgers/crumbles* (check fat and saturated fat content) • Dried beans and peas • Vegetarian baked beans* • Fat-free refried beans* 		
DAIRY PRODUCTS Adults: 2-3 servings per day Pregnant and lactating women and children - 3 servings per day Teenagers - 4 servings per day SERVING SIZES: Milk or yogurt - 1 cup Cheese 1 oz (1" cube)	<ul style="list-style-type: none"> • Fat-free, 1% milk or soy or rice drinks • Nonfat or low-fat buttermilk*, nonfat dry milk • Evaporated skim milk • Nonfat or low-fat yogurt • Nonfat or low-fat sour cream • Nonfat or 1% cottage cheese* • Nonfat or low-fat cheese* or soy cheese* (3 grams fat or less per ounce) 	<ul style="list-style-type: none"> • 2% reduced-fat milk • Light or reduced-fat cream cheese • Light or reduced-fat sour cream • 2% cottage cheese* • 2% or reduced-fat cheese* 	<ul style="list-style-type: none"> • Whole milk, sweetened condensed milk, • Evaporated whole milk, coconut milk • Cream, half & half; sour cream • Real/nondairy whipped cream/topping • Nondairy creamers/imitation milk products • Cream cheese; 4% cottage cheese* • Whole milk or custard style yogurt • Hard cheeses* such as Swiss, cheddar, feta • Processed cheeses* such as American
EGGS	<ul style="list-style-type: none"> • Egg whites; fat free egg substitute 	<ul style="list-style-type: none"> • Egg yolks: 2 per week 	

*Indicates foods which are higher in sodium; in some cases there are low sodium or unsalted alternatives.

Food groups	Choose daily	Choose less often	Choose rarely
FATS, OILS, NUTS AND SEEDS <i>Maximum 6-8 servings/day</i> SERVING SIZES: One serving = 5 grams fat One serving = 1 tsp oil or margarine, 1 tbsp light margarine, low-fat salad dressing* or mayonnaise, 8-10 olives, 1/8 avocado Nuts* and seeds* — 1/4 cup = 3 fat servings	<ul style="list-style-type: none"> • Monounsaturated vegetable oils: olive, canola • Polyunsaturated vegetable oils: corn, safflower, sesame, soybean, sunflower • Tub margarine or trans fat-free margarine: 1 gram or less of saturated fat per tablespoon • Fat-free margarine or vegetable cooking spray • Fat-free, low-fat, reduced-fat, light salad dressing* • Fat-free, low-fat, reduced-fat, light mayonnaise 	<ul style="list-style-type: none"> • Cottonseed oil, peanut oil 	<ul style="list-style-type: none"> • Butter, lard, beef tallow • Bacon fat* • Vegetable shortening or hydrogenated oils • Palm, palm kernel, or coconut oils • Regular mayonnaise and salad dressing* • Stick margarine • Coconut • Coconut milk
GRAINS Make half your servings grains whole. 3 grams or less fat per serving 6-11 servings per day SERVING SIZE: Bread- 1 slice Bagel/English muffin- ½ Pasta/rice- ½ cup, cooked Hot cereal- ½ cup, cooked Dry cereal- 1 oz (30 gm)	<ul style="list-style-type: none"> • Sliced breads, preferably whole grain breads • Pita bread, plain dinner rolls • Hamburger or hot dog rolls • Bagels, English muffins, low-fat tortillas • Fat-free muffin mixes and baked products • Fat-free or low-fat crackers*: matzo, bread sticks*, Ry-krisp, saltines*, melba toast, rice cakes • Hot cereals/most dry cereals, preferably oat cereals • Pasta, rice, preferably whole wheat pasta or brown rice 	<ul style="list-style-type: none"> • Quick breads: muffins, biscuits, pancakes, cornbread, waffles, French toast • Reduced-fat crackers* 	<ul style="list-style-type: none"> • Croissants, sweet rolls, pastries, donuts • High-fat crackers*: cheese crackers, butter crackers, peanut butter crackers • Granola cereals • Rice or pasta made with cream, butter or cheese sauces • Egg noodles
FRUITS AND VEGETABLES 3-5 servings fruit per day 4-6 servings vegetables per day SERVING SIZE: Fresh fruit – 1 medium Canned fruit – ½ cup Raw/cooked vegetables – 1/2 cup Leafy raw vegetables – 1 cup	<ul style="list-style-type: none"> • Fresh, frozen, canned, or dried fruit • Fresh, frozen, or canned* vegetables • Fresh potatoes • Tomato* and vegetable* juice 	<ul style="list-style-type: none"> • Fruit juice (1/2 cup equals one serving. Limit to one serving per day) 	<ul style="list-style-type: none"> • Vegetables in butter, cream or cheese sauces • French fries • Fried vegetables
SOUPS 3 grams or less fat per serving SERVING SIZE: 1 cup	<ul style="list-style-type: none"> • Broth based soups* • Cream soups* made with fat-free or 1% milk 	<ul style="list-style-type: none"> • Soups* made with 2% milk 	<ul style="list-style-type: none"> • Soups* made with whole milk, cream, or half & half
SWEETS, SNACKS AND BEVERAGES USE IN MODERATION WITH A WELL BALANCED DIET Select items containing 3 grams or less fat/serving; check serving sizes. Avoid sweetened beverages and juice and limit sweets to no more than one serving per day if blood glucose or triglycerides are elevated or if you are trying to lose weight.	<ul style="list-style-type: none"> • Sherbet, sorbet, italian water ice, popsicles • Fat-free or low-fat ice cream or soy ice cream • Fat-free or low-fat frozen yogurt • Fat-free puddings • Angel food cake, low-fat or fat-free cake mixes/frostings • Fig bars, gingersnaps, animal crackers, vanilla wafers, graham crackers, fat-free cookies • Pretzels*, air popped popcorn, light popcorn* • Coffee, tea (without cream or sugar) 	<ul style="list-style-type: none"> • Light/reduced-fat ice cream • Fruit crisps and cobblers • Carbonated drinks 	<ul style="list-style-type: none"> • Ice cream • High fat baked goods: cakes, pies, cookies • Chocolates and creams • Candy bars • High fat snacks*: chips, buttered popcorn • Milkshakes, floats, eggnog

*Indicates foods which are higher in sodium; in some cases there are low sodium or unsalted alternatives.

How heart healthy is your diet?



How often do you:

Eat fried chicken or fish, French fries or creamy soups and sauces

Eat fatty meats such as bacon, sausage, hot dogs, prime rib, or luncheon meats (like bologna or salami)

Eat whole milk dairy products (cheese, ice cream, whole milk)

Eat desserts (pie, cake, cookies, pastries, donuts)

Eat high fat snack foods (chips, nuts, candy bars)

Add mayonnaise, margarine, salad dressing or oil to food

Eat fast foods/take-out foods

A. 0-1 times/ week	B. 2-3 times/ week	C. 4-6 times/ week	D. ≥7 times/week
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How often do you:

Eat dinner cooked at home

Eat 2-3 cups of vegetables

Eat 1 ½ - 2 cups of fruits

Eat fish

Eat dried beans (like kidney or pinto), peas, lentils, or oats

Eat soy or soy products

Eat plant stanol or sterol containing products. Available in pill form, chews or some margarines)

A. daily	B. 4-6 days/ week	C. 2-3 days/ week	D. 0-1 days/week
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*If most of your checks are in columns A and B you are eating a heart healthy diet.

*If most of your checks are in column C, you could make some improvements by reducing how often you eat the items in SECTION 1 and increasing the frequency of items in SECTION 2.

*Items checked in column D, will increase your risk for an elevated blood cholesterol level and heart disease. A good goal would be to make changes in your eating habits so that most of your checks are in columns A and B.

REGIONAL HEALTH EDUCATION. HEALTH PROMOTION

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Estimate of 10-year risk for men

RISK SCORING TABLE (Using Framingham Point Scores)

Circle your point score for each category, add up your total point score, and determine your risk of having a heart attack in the next 10 years. A risk score of 20% means that 20 of 100 people in that risk category will have a heart attack within 10 years.

YOUR SCORE	
Age	
Cholesterol	
Smoking	
HDL	
Blood Pressure	

TOTAL POINTS	
10-Year Risk	

10-Year Risk by Total Framingham Point Scores			
Points Total	10-Year Risk	Points Total	10-Year Risk
<0	<1%	9	5%
0	1%	10	6%
1	1%	11	8%
2	1%	12	10%
3	1%	13	12%
4	1%	14	16%
5	2%	15	20%
6	2%	16	25%
7	3%	≥17	≥30%
8	4%		

Setting Your LDL Goal	
If you have:	Your LDL goal:
Diabetes and heart disease, your doctor may use this as a goal.	<70 mg/dl
Heart disease, diabetes or a risk score greater than 20%	<100mg/dl
2 or more risk factors and a risk score less than 20%	<130 mg/dl
0 or 1 risk factor	<160 mg/dl

Point Score by Age Group			
Age	Points	Age	Points
20-34	-9	55-59	8
35-39	-4	60-64	10
40-44	0	65-69	11
45-49	3	70-74	12
50-54	6	75-79	13

Point Score by Age Group and Total Cholesterol					
Total Cholesterol	Age 20-39	Age 40-49	Age 50-59	Age 60-69	Age 70-79
<160	0	0	0	0	0
160-199	4	3	2	1	0
200-239	7	5	3	1	0
240-279	9	6	4	2	1
≥280	11	8	5	3	1

Point Score by Age and Smoking Status					
	Age 20-39	Age 40-49	Age 50-59	Age 60-69	Age 70-79
Nonsmoker	0	0	0	0	0
Smoker	8	5	3	1	1

Point Score by HDL Level	
HDL	Points
≥60	-1
50-59	0
40-49	1
<40	2

Point Score by Systolic Blood Pressure and Treatment Status		
Systolic BP	If Untreated	If Treated
<120	0	0
120-129	0	1
130-139	1	2
140-159	1	2
>160	2	3



Estimate of 10-year risk for women

RISK SCORING TABLE (Using Framingham point scores)

Circle your point score for each category, add up your total point score, and determine your risk of having a heart attack in the next 10 years. A risk score of 20% means that 20 of 100 people in that risk category will have a heart attack within 10 years.

YOUR SCORE	
Age	
Cholesterol	
Smoking	
HDL	
Blood pressure	

TOTAL POINTS	
10-Year risk	

10-Year risk by total Framingham point scores			
Points total	10-Year risk	Points total	10-Year risk
<9	<1%	17	5%
9	1%	18	6%
10	1%	19	8%
11	1%	20	11%
12	1%	21	14%
13	2%	22	17%
14	2%	23	22%
15	3%	24	27%
16	4%	25	≥30%

Setting your LDL goal	
If you have:	Your LDL goal:
Diabetes and heart disease, your doctor may use this as a goal.	<70 mg/dl
Heart disease, diabetes or a risk score greater than 20%	<100mg/dl
2 or more risk factors and a risk score less than 20%	<130 mg/dl
0 or 1 risk factor	<160 mg/dl

Point score by age group			
Age	Points	Age	Points
20-34	-7	55-59	8
35-39	-3	60-64	10
40-44	0	65-69	12
45-49	3	70-74	14
50-54	6	75-79	16

Point score by age group and total cholesterol					
Total Cholesterol	Age 20-39	Age 40-49	Age 50-59	Age 60-69	Age 70-79
<160	0	0	0	0	0
160-199	4	3	2	1	1
200-239	8	6	4	2	1
240-279	11	8	5	3	2
≥280	13	10	7	4	2

Point score by age and smoking status					
	Age 20-39	Age 40-49	Age 50-59	Age 60-69	Age 70-79
Nonsmoker	0	0	0	0	0
Smoker	9	7	4	2	1

Point score by HDL level	
HDL	Points
≥60	-1
50-59	0
40-49	1
<40	2

Point score by systolic blood pressure and treatment status		
Systolic BP	If untreated	If treated
<120	0	0
120-129	1	3
130-139	2	4
140-159	3	5
>160	4	6

Kaiser Permanente nutrition services

What is a Nutritionist?

A registered dietitian who specializes in providing nutrition care and counseling to people of all ages.

Nutrition Classes: All members welcome and there is no co-pay. To register, call 703-359-7878, 1-800-777-7904 or TTY: 703-359-7616, 1-800-700-4901

Nutrition and healthy lifestyles with high blood pressure (1½ hour class)

High blood pressure, or hypertension, can happen to anyone. Join us to learn the basics about high blood pressure, the role of medications, self-care skills, and positive lifestyle changes that can help keep your heart healthy.

Nutrition for Cholesterol Control (1½ hour class)

Designed for people with high blood cholesterol and/or high blood triglyceride levels. Learn how to lower cholesterol levels by eating less saturated fat and more fiber and soy. Eating out and food shopping will also be discussed.

Nutrition for Weight Control – Adults (1½ hour class)

Designed for people desiring to lose weight. Goals include providing participants with tools needed to achieve/ maintain a reasonable body weight through sensible eating and regular exercise in today's world.



Nutrition for Weight Control – Kids (1½ hour class)

A fun and interactive class designed for members 11 to 17 years of age. Learn how to eat sensibly and be active. Come join a nutritionist in a fun filled class geared to helping you learn to eat healthy and find fun ways to become more physically active.

Objectives:

1. Learn how to put together a healthy plate.
2. Discover keys to healthy snacking when you get the munchies.
3. Find tips for making healthy food choices at fast food restaurants.
4. Participate in some fun physical activities.

There is no charge to attend. Pre-registration is required & a parent or guardian must accompany the member.

InSTEP with Diabetes (2 session class – 3 hours each session co-taught by a nutritionist, registered nurse and pharmacist)

Designed for people with diabetes & their families focusing on skills needed for living healthy with diabetes/pre-diabetes. The nutrition component focuses on meal timing, carbohydrate/fat intake, food selection, portion control and exercise. Also taught in Spanish as a one-day class.

InSTEP 3–The Next Step (3-hour class co-taught by a nutritionist and registered nurse)

For people who have completed InSTEP with Diabetes, this class provides additional help with meal planning, and label reading. It also teaches patients how to make sense of blood glucose monitoring results.

Individual Nutrition Counseling: Requires referral/a specialty copay

Members can be seen on an individual basis for nutrition-related problems, other than those listed above, by referral from their health care provider. Call 703-359-7878 to schedule an appointment.

Health Education Classes: For Kaiser Permanente members and non-members. To register, call 301-816-6565 or 800-444-6696 Some classes charge a fee.

Beyond Burgers (2-hour class)

Learn how to choose and prepare meatless dishes without compromising good nutrition.

Your Changing Nutritional Needs (2 hour class)

Learn how to enhance your nutrition to maintain your health after age 65.

Healthy Body, Healthy Weigh (4 session class – 2 hours each session)

A program that integrates the essential components of effective weight loss, including sensible eating, behavior modification, and regular physical activity.



Make a **CHANGE** for better health.

CALL A WELLNESS COACH TODAY.

We all strive to improve our health—to be more energetic, more focused, and more productive. But whether you're trying to manage your weight, quit tobacco, or reduce stress, getting started and staying motivated can be a challenge. Now you can get the extra support you need to make healthy changes and stick with them—**just by making a phone call.**

How it works

Sometimes a lack of time, resources, or support can make it hard to live your healthiest. Wellness coaching by phone can help you eliminate those barriers, allowing you to make positive changes.

Partner with a coach today to:

- **Focus on healthy habits**—Make healthy behavior changes to help you manage your weight, quit tobacco, reduce stress, get more active, or make healthier food choices.
- **Create a customized plan**—Work with your coach to outline manageable steps you can take to reach your goals. Little changes over time can help you achieve long-term success.
- **Schedule convenient telephone sessions**—Coaching takes place over the phone, so you can set up calls at times that work for you.

Wellness coaching is available at no charge for Kaiser Permanente members. Coaching is offered in English and Spanish, and no referral is needed. Coaches also have access to a language line to facilitate coaching in most languages.

Simply pick up the phone and call to get started.

Call 1-866-862-4295, Monday through Friday, from 7 a.m. to 8 p.m. Eastern time, to make an appointment.

References to "Kaiser Permanente members" or "members" include individuals covered under either a Kaiser Permanente health plan or an employer self-funded coverage plan administered through Kaiser Permanente. Information relating to the coaching sessions you receive will be included in your electronic health record and accessible by your Kaiser Permanente care team.

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C.
2101 E. Jefferson St., Rockville, MD 20852
12228 03/30/12–03/30/13

Lifestyle management of cholesterol

Living well for your heart starts with knowing your blood lipid levels and taking steps to learn what you can do to improve your lifestyle. You can make a difference!

Know your blood lipid (cholesterol) levels

My lab results		What does it mean?	
Total Cholesterol		Total Cholesterol	
Date	Results	Less than 200 mg/dl	Desirable
		200–239 mg/dl	Borderline high
		240 mg/dl and higher	High
LDL Cholesterol		LDL Cholesterol	
Date	Results	Less than 70 mg/dl	Optional goal your doctor may use if you have diabetes AND heart disease
		Less than 100 mg/dl	Optimal
		100-129 mg/dl	Near optimal/above optimal
		130-160 mg/dl	Borderline high
		160-189 mg/dl	High
		190 mg/dl and higher	Very high
HDL Cholesterol		HDL Cholesterol	
Date	Results	Less than 40 mg/dl	Major heart disease risk factor
		60 mg/dl and higher	Gives some protection against heart disease
Triglycerides		Triglycerides	
Date	Results	Less than 150 mg/dl	Normal
		150-199 mg/dl	Borderline high
		200-499 mg/dl	High
		500 mg/dl or higher	Very high

Source: ATP III, National Cholesterol Education Program, NHLBI, NIH, 5/2001; ATP III Update, 2004

WHAT IS YOUR RISK FOR HEART DISEASE?

High blood cholesterol is a **major** risk factor for heart disease. Your risk for heart disease is greater if you also have any of the following risk factors:

- _____ Cigarette smoking
- _____ Hypertension (BP > 140/90 or you take medication for high blood pressure)
- _____ Low HDL (< 40 mg/dl)
- _____ Age (> 45 years for men and >55 years for women)
- _____ Family history of early heart disease (<55 years in father or brother or <65 years in mother or sister)

Did you check two or more of the risk factors? If so, consider doing the Risk Scoring Table to check your risk of having a heart attack over the next ten years. (left pocket of folder)

WHAT IS CHOLESTEROL?

Cholesterol is a waxy, fat-like substance that your body uses to make things you need such as cell walls and hormones. Your cholesterol levels are affected by two factors:

- How much cholesterol your body makes-this is influenced by your genes and the amount of saturated fat and trans fat you eat
- The amount of cholesterol in the foods you eat

Your liver makes more cholesterol if your diet is high in saturated fat and trans fat. If there is too much cholesterol in the blood - especially LDL cholesterol - some of the excess cholesterol may become trapped in the artery walls. This fatty build up, called plaque, narrows the arteries, limits blood flow, and can raise blood pressure. Sometimes plaque can break off and form clots. This may cause a heart attack or stroke.

Good versus bad cholesterol

Cholesterol is carried through the body attached to protein "packages" called lipoproteins.

- LDL (low density lipoprotein) cholesterol is also called "bad" cholesterol. If your LDL cholesterol is high, plaque is more likely to build up on the walls of the arteries. This increases your risk for heart disease.
- HDL (high density lipoprotein) cholesterol is also called "good" cholesterol. It takes cholesterol from the arteries to the liver, which removes it from the body. A high HDL cholesterol protects the walls of the blood vessels. A low HDL cholesterol increases your risk for heart disease.

Triglycerides

Almost all of the fat you eat is in the form of triglycerides. Triglycerides are made in the liver. The levels of triglycerides in the blood may increase if:

- You regularly eat more calories than you burn
- Your fat intake is high
- Your sugar intake is high
- You drink too much alcohol – more than 2 drinks per day for men and more than 1 drink per day for women
- You are overweight
- You smoke
- You don't get enough physical activity

High triglyceride levels can clog arteries and very high triglycerides may cause the pancreas to become inflamed (swollen).

How much does lifestyle change lower cholesterol?

Cholesterol-lowering medicine, like statin drugs, lower LDL cholesterol by 20-55%.

Based on research studies, lifestyle changes as well as medications can lower cholesterol. The more changes you make, the greater the benefit.

- Each 1% **drop of LDL** cholesterol reduces risk of coronary heart disease by 2-4%.
- Each 1% **increase of HDL** cholesterol reduces risk of coronary heart disease by 1-3%.

LDL cholesterol improvements from lifestyle

Lifestyle component	Change	LDL reduction
Saturated fat	Decrease to less than 7% of calories	8 – 10%
Dietary cholesterol	Decrease to less than 200 mg/day	3 – 5%
Soy protein	Add 25 grams/day	3 – 5%
Soluble fiber	Add 7 - 13 grams/day	3 – 5%
Plant sterols	Add 2 grams/day	5 – 15%
Weight	Lose 10 pounds if overweight	5 – 8%
Activity	Burn 200 calories/day	3 – 5%
Total		30 – 53%

What you can do to improve your cholesterol numbers

What to do:	Lower LDL	Raise HDL	Lower triglycerides
Decrease saturated fat (<7% total calories)	♥		♥
Avoid trans fats	♥		♥
Moderate total fat (25 – 35% total calories)	♥		♥
Less dietary cholesterol (<200 mg/day)	♥		♥
Increase omega-3 fats			♥
Increase soluble fiber (7 - 13 gm/day)	♥		
Increase plant stanols/sterols (2 gm/day)	♥		
Substitute soy protein for animal protein	♥		
Less sugars and sweets			♥
Less alcohol			♥
Decrease body weight if overweight	♥	♥	♥
Engage in daily physical activity	♥	♥	♥
Stop smoking	♥	♥	♥

What you can do to keep your heart healthy

There are three types of dietary fats: saturated fat, polyunsaturated fat, and monounsaturated fat. Foods contain a mixture of these fats.

Fats to eat

Monounsaturated fats tend to be liquid at room temperature. These fats lower total cholesterol and LDL cholesterol if substituted for animal fats. Monounsaturated fats do not lower HDL cholesterol. They are found in olives, avocado, olive and canola oils, and most nuts.

Polyunsaturated fats are usually liquid at room temperature. These fats help lower total blood cholesterol. They are found in corn, cottonseed, safflower, sesame and soybean oils, and in seeds.

Omega-3 fats are a type of polyunsaturated fat that help prevent plaque build-up. Food sources of omega-3 fats are fatty fish (salmon, mackerel, albacore or bluefin tuna, sardines, herring), flax meal, and walnuts.

Dietary cholesterol is only found in animal products. Meat, poultry, fish, seafood, and dairy products all contain cholesterol. Large amounts are found in egg yolks, organ meats, shrimp, and squid.

Fats to limit

Saturated fats are usually solid at room temperature. They are found in animal foods like meat, poultry skin, and whole milk dairy products (cheese, butter, cream, ice cream). Coconut, palm and palm kernel oils, and cocoa butter (chocolate) contain saturated fat. **Saturated fats raise blood cholesterol more than anything else in the diet.**

Trans fats are made when unsaturated fats are made hard and more stable by the chemical process of hydrogenation. Trans fats raise total and LDL cholesterol and lower HDL cholesterol. Stick margarine, shortening, crackers, baked goods (cookies, cake, pie), and peanut butter contain trans fats.

Suggested daily saturated fat and fat intake

Daily calories	Saturated fat in grams	Total fat in grams	
	7% of Calories	25-35% of Calories	
		25 – 30%	30 – 35%
1200	9	33 – 40	40 – 47
1600	12	44 – 53	53 – 62
1800	14	50 – 60	60 – 70
2000	16	56 – 67	67 – 78
2500	19	69 – 83	83 – 97
2800	22	78 – 93	93 – 109

Meats, poultry & seafood



Fat, saturated fat, cholesterol, and omega-3 fat content

The choices in **bold print** are recommended for a **low-fat, low saturated-fat diet**. Meats labeled as **LEAN** have less than 10 grams of total fat, 4.5 grams or less saturated fat and less than 95 mg cholesterol per 100 gram serving (about 3 ounces). **Portions are 3 ounces cooked, which is about the size of a deck of cards, unless otherwise noted.**

Food item	Fat/gm	Saturated fat/gm	Cholesterol/mg	Omega-3 fat/mg
Beef				
Eye of round roast beef, roasted	3.5	1.2	63	10
Round tip roast beef, roasted	3.7	1.3	60	10
Bottom round, roasted	6.6	2.4	67	30
Ground beef (5% fat), broiled	5.6	2.5	65	50
Tenderloin, broiled	6.7	2.6	69	20
Sirloin tip roast, roasted	8.3	3.1	69	40
Ground beef patty (20% fat), baked	15.2	5.8	77	70
Porterhouse steak, broiled	15.3	6.0	54	160
Prime rib, roasted	27.8	11.6	72	270
Pork				
Tenderloin, roasted	3.0	1.0	62	10
Cured ham (5% fat), roasted	4.7	1.5	45	50
Center cut loin chop, broiled	6.2	1.8	71	20
Spareribs, braised	25.8	9.5	103	90
Lamb				
Loin chop, broiled	8.3	3.0	81	50
Rib roast, roasted	11.3	4.1	75	70
Leg of lamb, roasted	14.0	5.9	79	190
Shoulder roast, roasted	17.0	7.2	78	290
Veal				
Shoulder, roasted	7.2	2.9	96	40
Loin chop, braised	14.6	5.7	100	90
Poultry				
Turkey breast w/o skin, roasted	0.6	0.2	71	20
Ground turkey breast, raw (1% fat)	1.1	0.4	42	N/A
Turkey breast w/skin, roasted	2.7	0.7	77	50
Chicken breast w/o skin, roasted	3.0	0.9	72	60
Chicken breast w/skin, roasted	6.6	1.9	71	90
Turkey dark meat w/o skin, roasted	6.6	2.2	68	140

Food item	Fat/gm	Saturated fat/gm	Cholesterol/mg	Omega-3 fat/mg
Chicken leg w/o skin, roasted	6.6	1.8	109	80
Ground turkey patty (13% fat), cooked	8.9	2.3	79	150
Duck w/o skin, roasted	9.5	3.4	76	120
Turkey dark meat w/skin, roasted	10.9	3.3	71	200
Chicken leg w/skin, roasted	13.4	3.7	77	200
Duck w/skin, roasted	24.1	8.2	71	250
Seafood				
Haddock, baked/broiled	0.5	0.1	56	140
Fresh yellowfin tuna, baked/broiled	0.5	0.2	40	110
Blue crab, steamed/boiled	0.6	0.2	83	160
Scallops, steamed/boiled	0.7	0.2	35	160
Cod, baked/broiled	0.7	0.1	47	150
Canned tuna, water packed, drained	0.7	0.2	26	250
Orange roughy, baked/broiled	0.8	0.0	68	30
Atlantic halibut, baked/broiled	1.4	0.3	51	330
Shrimp, steamed/broiled*	1.5	0.4	179	260
Snapper, baked/broiled	1.5	0.3	40	290
Clams, steamed/boiled	1.7	0.2	57	360
Sole, baked/broiled	2.0	0.5	48	310
Oysters, steamed/boiled	2.9	0.8	67	770
Mussels, steamed/boiled	3.8	0.7	48	800
Squid/calamari-baked*	4.0	0.9	240	570
Rainbow trout, baked/broiled	5.0	1.4	59	1190
Fresh bluefin tuna, baked/broiled	5.3	1.4	42	1460
Salmon, baked/broiled	5.7	0.8	54	890
Catfish, baked/broiled	6.1	1.4	56	170
Swordfish, baked/broiled	6.7	1.6	66	940
Canned tuna packed in oil, drained	6.9	1.1	26	400
Sardines, packed in oil, drained*	9.7	1.3	121	1370
Herring, baked/broiled	9.9	2.2	65	2120
Makerel, baked/broiled	15.2	3.6	64	1210
Miscellaneous				
Large egg white (1), raw	0.1	0	0	0
Bison/buffalo, roasted	2.1	0.8	70	30
Goat, roasted	2.6	0.8	64	20
Venison, roasted	2.7	1.1	95	80
Beef liver, braised	4.5	1.4	337	20
Large whole egg (1), raw	4.8	1.6	186	60
Chicken liver, pan-fried	5.5	1.7	480	20
Ostrich, ground, broiled	6.0	1.5	71	40

NA-Not Available

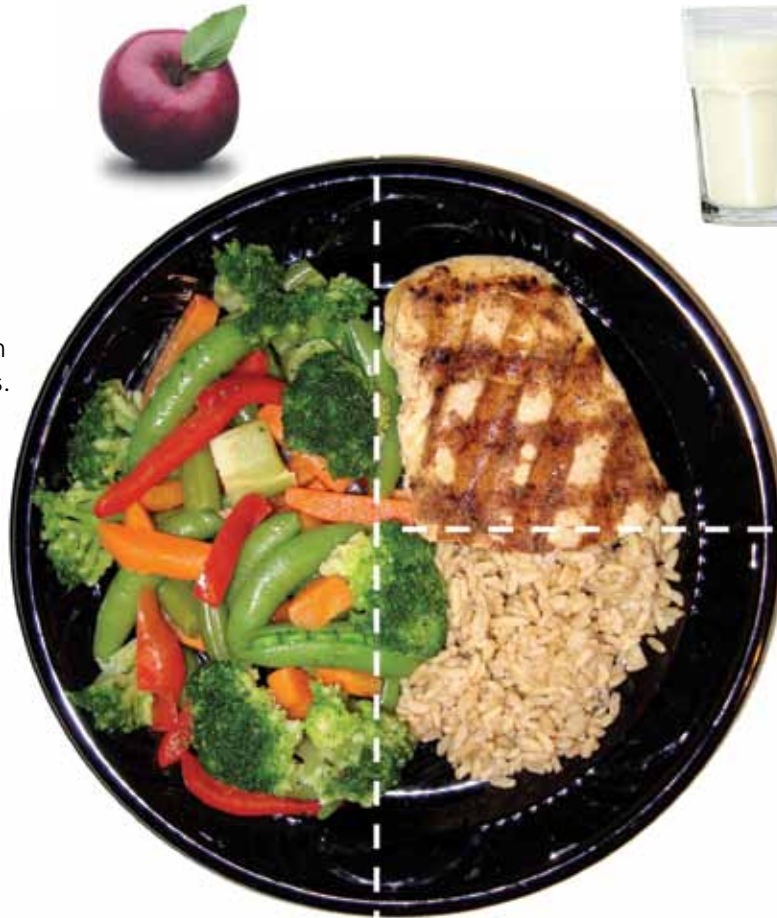
Source: Genesis R & D Product Development & Labeling Software;
USDA National Nutrient Database for Standard Reference.

*The low-fat and saturated fat content offsets the higher cholesterol content.

The Plate Method

Vegetables

Fill ½ of your plate with non-starchy vegetables.



Protein

Fill ¼ of your plate with lean meat or protein.

Carbohydrate

Fill ¼ of your plate with grains or starchy foods.



Select a 9 inch plate and use this guide to help keep your portions in control.

- 1.Reduce portion sizes and calorie intake.
- 2.Eat 3 meals a day with healthy snacks if necessary versus 1-2 meals or constant eating throughout the day.
- 3.Increase fruits and vegetables. Aim for 2-3 cups of vegetables and 1½-2 servings of fruit per day.

1 cup



Baseball

½ cup



Light bulb

⅓ cup



Egg

2 Tbs



Golf ball

1 Tbs



Walnut

1 tsp



Penny

3 oz.



Deck of cards

1 oz.



Four dice



Joy of soy

Soybeans are a rich source of plant-based protein that contains about the same high quality protein as meat. Therefore, soy products are a good protein alternative in meatless meals. Soy comes in a variety of forms, shapes and textures, which makes it a versatile and nutritious food. Soy protein may reduce the risk of heart disease when substituted for animal foods.

Product	Helpful facts	Uses	Serving size
TOFU -made from soy milk similar to how cheese is made	Has many uses because it is tasteless and picks up the flavors of the foods it is mixed with. It comes in different kinds: soft, regular, firm and extra-firm.	Soft or silken tofu is good in salad dressings, beverages, desserts and dips. Firm tofu can be grilled, pan-fried or used in stir-frys, egg dishes, casseroles and sandwiches.	½ cup 10 g protein
SOY DRINK - a non-dairy drink made by pressing liquid from ground soybeans	Nutty flavor, good source of protein, low in saturated fat and cholesterol free. Choose products that are fortified with calcium.	Use as a drink, mix into soups or puddings, make fruit shakes or smoothies, add to cereal or use in recipes for quick bread or cookies.	1 cup 7-10 g protein
GREEN SOYBEANS Also called edamame	They are picked just before they are ripe.	Eat raw as a snack, mix into soups, casseroles or vegetables, or toss with pasta or rice salads.	½ cup 11 g protein
DRIED SOYBEANS	Prepare like other dried beans by soaking and cooking.	Add cooked soybeans to soups, stews, chilies or casseroles.	½ cup 9 g protein
SOY NUTS -roasted soybeans	Lower in fat than other nuts.	Eat as a snack or add to salads, soups or stir-frys.	1 oz (about ¼ cup) 15 g protein
SOY FLOUR Available defatted, full fat or low-fat	Made from roasted soybeans which have been ground into a powder.	Use in baking and sauces; best when mixed with other flours. Replace ¼ of all-purpose flour with soy flour.	¼ cup 8-12 g protein
TEXTURED SOY PROTEIN (TSP)	Made from squeezed defatted soy flour that is made into granules or larger pieces.	Add to casseroles, chili or soups. It is found in products like hot dogs, soy burgers or soy crumbles. After soaking in water, they are similar to ground meat.	¼ cup dry 11 g protein
TEMPEH	A smoky, compact, fermented soybean cake.	Grill or add to soups or casseroles.	¼ cup 8 g protein
SOY POWDER Made from defatted soy meal	Not recommended as a major source of soy. Some soy powders have added isoflavones. The effects of consuming more than 100 mg. of isoflavones is unknown.	Add to beverages, desserts, soups, casseroles, and baked goods, such as muffins, pancakes, quick breads or cookies.	1 oz (about 2-3 tablespoons) 23 g protein

Your body's scrub brush: fiber

Dietary fiber is found in all plants, including fruits, vegetables, grains, and legumes. Fiber is a carbohydrate that our bodies cannot digest. Several large studies have found that people who eat enough dietary fiber, especially soluble fiber, have a lower risk of heart disease. There are two kinds of dietary fiber: soluble and insoluble-most foods have both.

Soluble fiber may help lower blood cholesterol. Examples are:

- beans (kidney, navy, pinto, soy)
- split peas (green or yellow), lentils
- oats and barley
- figs, apples, oranges, sweet potatoes

Insoluble fiber helps in digestion and promotes regularity. Examples are:

- wheat bran
- whole grain breads and cereals
- pears, apples, green beans, peas
- chick peas, lentils, pinto beans

How much fiber is enough?

- Aim for 21-38 grams of dietary fiber* each day.

Men: (19-50 yrs) = 38 gm/day,
(51+ yrs) = 30 gm/day

Women: (19-50 yrs) = 25 gm/day,
(51+ yrs) = 21 gm/day

*Include 7-13 grams of your total fiber from soluble fiber.

- *More is not better.* A very high fiber diet, 50–60 grams per day, can make it harder for your body to absorb important vitamins and minerals
- Too much fiber may fill up children too quickly, making it hard for them to get enough calories

Reference: Dietary Reference Intakes (2002/2005)
@ www.nap.edu

Rough it up with fiber:

- Gradually add fiber to your diet over a period of a few weeks so that your body can adjust to the change
- Drink 8–10 glasses (64 to 80 ounces) of liquids every day to prevent constipation
- Choose whole-grain breads, cereals, and crackers instead of white bread or cereals and crackers without any fiber
- Quick ways to add fiber:
 - » one or two tablespoons of wheat bran to your cereal or yogurt

- » fruit as a snack
- » double the amount of vegetables in a casserole
- » give brown rice a try
- » combine a high fiber cereal (All-Bran, Fiber One, Kashi Go Lean) with your favorite cereal to increase the fiber content in your cereal bowl
- Use beans:
 - » dried beans, peas, and lentils can be eaten with whole grains, nuts or seeds for a high-protein vegetarian meal
 - » add to a salad or soup to make it more hearty
 - » combine with cooked pasta or rice; add tomato sauce, salsa or low-fat salad dressing
 - » use for part of the meat in recipes that call for ground meat, such as in meat loaf, spaghetti sauce, lasagna, or other casseroles
 - » try pureed beans (hummus or fat-free refried beans) as a sandwich spread or dip
 - » gas or bloating a problem? Soak beans in a large pot of water overnight. Drain off the soaking water, add fresh water, and then season and cook

Sources of Dietary Fiber and Soluble Fiber

Food Item	Serving Size	Dietary Fiber/gms	Water Soluble Fiber/gms
Beans			
Navy Beans	1/2 cup	6.7	4.0
Small White Beans	1/2 cup	9.3	2.7
Refried Beans	1/2 cup	6.7	2.5
Pinto Beans	1/2 cup	5.5	2.1
Garbanzo Beans	1/2 cup	6.2	1.9
Kidney Beans	1/2 cup	5.5	1.3
Lentils	1/2 cup	7.8	1.3
Breads			
Whole Wheat Bagel	1–4.5"	10.3	3.7
Whole Wheat Pita	1	3.3	1.5
Rye Bread	1 slice	1.9	0.8
Wholewheat Bread	1 slice	1.9	0.4
Cereals/Grains			
All-Bran Buds	1/3 cup	13.0	3.0
Total Wheat	1 cup	3.5	2.4
Oatmeal,cooked	1 cup	4.0	2.3
Spaghetti, cooked	1 cup	2.4	1.7
Life Cereal	1 cup	2.8	1.6
Oat Bran	1/4 cup	3.6	1.5
Grape Nuts	1/4 cup	2.7	1.5
Barley, cooked	1/2 cup	6.8	1.4
Bran Flakes	1 cup	6.2	1.3
Cheerios	1 cup	3.0	1.0
Brown Rice	1 cup	3.5	0.4
Crackers			
Rye Wafers	4	10.1	2.3
Fruits			
Dried Figs	4	9.1	2.6
Orange	1	3.0	1.8
Blackberries	1 cup	7.6	1.7
Mango	1/2	1.9	1.1
Pear	1 medium	5.2	1.1
Dried Prunes	4	2.4	1.0
Kiwi	1 medium	2.6	0.9
Grapefruit Sections	1/2 cup	1.3	0.9
Apple	1 medium	3.3	0.3
Vegetables			
Sweet Potato	1 small	3.1	1.3
Green Peas	1/2 cup	4.4	1.2
Fordhook Lima Beans	1/2 cup	4.9	1.2
Brussels Sprouts	1/2 cup	3.2	1.1
Carrots, cooked	1/2 cup	2.3	1.0
Broccoli	1/2 cup	2.6	0.3

Source: Genesis R&D Product Development and Labeling Software; food labels for All-Bran and Cheerios

READING THE FOOD LABEL

HEALTH NOTES

Serving size

Tells you the portion for one serving. Be sure to ask yourself: "how many servings am I eating?"

Calories

Tells the total amount of calories in one serving.

Sodium

A low sodium food has 140 milligrams or less of sodium per serving. Aim for an intake of no more than 2,300 mg a day.

Fiber

Aim for 21 to 38 grams each day.

Nutrition Facts			
Serving Size 1 cup (228g) Servings Per Container 2			
Amount per Serving			
Calories 250 Calories from Fat 110			
			% Daily Value*
Total Fat	12g		18%
Saturated Fat	3g		15%
Trans Fat	3g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	2g		8%
Sugars	5g		
Protein	5g		
Vitamin A 4% • Vitamin C 2%			
Calcium 20% • Iron 4%			
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Fat

Low fat foods have 3 grams of fat or less per serving. Saturated and trans fats raise bad (LDL) cholesterol and increase the risk for heart disease and stroke.

Carbohydrate

To count carbohydrates look at the grams of total carbohydrate rather than the grams of sugar. Sugar and dietary fiber count as part of the total carbohydrate.

Percent Daily Value (DV)

Percent daily value is based on a 2000 calorie diet which may be more or less than the amount you need.

- 5% or less is low
- 20% or more is high



For more information

Online resources

- Visit kp.org/healthyliving/mas for tools to help you live well.

Healthy Living classes

- To register call **(703) 359-7878** or **(800) 777-7904**, toll free. TTY: **(885) 632-8278**.
- Commit to Quit
 - » Nutrition for Weight Control
 - » Nutrition for Cholesterol Control

Nutrition claims

The Food and Drug Administration (FDA) approved these health claims to help you find foods that are lower in calories, fat, or sodium. These claims usually appear on the front of the package.

- **Calorie-free:** less than 5 calories per serving
- **Low calorie:** 40 calories or less per serving
- **Reduced calorie:** at least 25% fewer calories than regular product
- **Fat-free:** less than 0.5 grams of fat per serving
- **Low fat:** three or less grams of fat per serving
- **Low saturated-fat:** one or less grams of saturated fat per serving. No more than 15% of calories from saturated fat
- **Reduced fat:** at least 25% less fat than a regular product
- **Unsalted, without added salt, or no salt added:** permitted if;
 - » no salt is added during processing
 - » the product it resembles is normally processed without salt
 - » the label bears the statement “not a sodium free food” or “not for control of sodium in the diet” if the food is not sodium free
- **Sodium-free:** less than 5 mg sodium per serving
- **Very low sodium:** 35 mg or less sodium per serving
- **Low sodium:** 140 mg or less sodium per serving
- **Reduced sodium:** at least 25% less sodium than regular product
- **Light in sodium:** 50% less sodium than regular product
- **Light or lite:** product has at least $\frac{1}{3}$ less calories or 50% less fat; if more than half the calories are from fat, fat content must be reduced by 50% or more
- **Sugar-free:** less than 0.5 grams of any type of sugar
- **Reduced sugar:** at least 25% less sugar than regular product.

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent medical problems, or if you have further questions, please consult your doctor or member of your health care team.

Cooking the heart healthy way

Simple changes of ingredients and how food is prepared can help cut down on saturated fat, cholesterol, and sodium (salt) in the food you serve.

Meats, poultry (chicken and turkey), and fish

- Before you cook, trim fat you can see from meats; take off the skin and fat from poultry.
- Buy canned fish packed in water. Rinse the fish in a strainer to remove most of the salt.
- Bake, broil, roast, or grill. Roast meats on a rack so that the fat drips away.
- To fry, use a nonstick pan with a cooking spray or a very small amount of oil.
- Use ingredients like low-sodium tomato juice and fat free, low-sodium broth, lemon juice, or wine to brush onto meats and poultry to prevent drying out.
- Try a meatless meal for a change using soy products (such as tofu), or dried peas and beans, (such as split peas or pinto beans), with a whole-grain rice or pasta.



Sauces, soups, and casseroles

- Chill soups and sauces in the refrigerator; skim the hardened fat from the top before eating.
- Use smaller amounts of sharp-flavored, lower fat cheeses when making casseroles.
- Make cream soups or white sauces with fat-free, 1%, or evaporated skim milk.
- Include larger amounts of vegetables, dry beans, whole wheat pasta, or brown rice in main dishes. Add meat, fish, or poultry in small pieces for flavoring.

Side dishes

- Flavor steamed vegetables with herbs, spices, or lemon juice instead of high fat sauces, cheese, and butter.
- Use small amounts of lean meats instead of salt pork or fat to flavor vegetables.
- Use fewer canned sauces, mixes, and “instant” products, flavored rice, pasta, potatoes, and cereal to cut back on sodium.

Many cookbooks can help you find recipes that are lower fat, saturated fat, cholesterol, and sodium (see resource list). Improve your favorite recipes by substituting healthier ingredients. Some recipes may change in texture and thickness when you use a substitution.

Recipe substitutions:

Instead of	Use
Whole milk	Fat-free or 1% milk
Evaporated milk, heavy cream	Evaporated skim milk
Light cream	1% milk + evaporated skim milk
1 cup butter (baking)	1 cup soft margarine or 2/3 cup oil
1 whole egg	1/4 cup egg substitute or 2 egg whites
Sour cream	Fat-free sour cream or yogurt
Fat for greasing pan	Nonstick cooking spray
1 ounce baking chocolate	3 tablespoons cocoa powder + 1 tablespoon vegetable oil
Pork bacon	Turkey bacon, Canadian bacon
Pork sausage	Seasoned, ground skinless turkey
Fatback, ham hocks	Skinless chicken thighs

Take your heart to dinner



Think ahead

- Choose restaurants that have low saturated fat, low cholesterol menu choices. And, don't be afraid to make special requests -- it's your right as a paying customer.
- Control serving sizes by asking for a side-dish, or appetizer-size serving, sharing a dish with a companion, or taking some home.
- Ask that gravy, butter, rich sauces, and salad dressing be served on the side. That way, you can control the amount of saturated fat and cholesterol that you eat.
- Ask to substitute a salad, or baked potato for chips, fries, coleslaw, or other extras -- or just ask that the extras be left off of your plate.
- When ordering pizza, order vegetable toppings like green pepper, onions, and mushrooms instead of meat, or extra cheese. To make your pizza even lower in saturated fat and fat, order it with half of the cheese, or no cheese.
- Controlling sodium is often difficult when you eat in a restaurant. If you want to limit sodium, try to eat out no more than once a week, or ask for foods to be prepared without salt.

Reading the menu

Look out for words that mean the food is prepared with added fat and saturated fat:

Fried, deep-fried, batter-fried, crispy
Breaded and fried
Butter, cream, or cheese sauce
Au gratin, au fromage
Escalloped, parmesan
Pot pie, pastry crust
Hollandaise, béarnaise sauces
With gravy, in gravy, pan gravy
Casserole, hash
Prime meats

Adapted from How Can You Lower Your Cholesterol Levels; Dining Out on the Heart Healthy Diet; NHLBI, NIH.

Instead of this meal					Order this meal				
On The Border	Cal	Fat	S. Fat	Sod	On The Border	Cal	Fat	S. Fat	Sod
Border sampler (1/2 order)	1030	71	27	2055	House salad fat free mango citrus vinaigrette	280	12	4	405
Big steak bordurrito w/side salad	1750	89	29	3480	Jalapeno BBQ Salmon	590	21	6	1220
Ranch dressing	230	24	4	460	El Diablo vegetable	60	2	0	0
Soda, large	310	0	0	20	Iced tea	0	0	0	0
Totals	3320	184	60	6015	Totals	930	35	10	1625
Outback	Cal	Fat	S. Fat	Sod	Outback	Cal	Fat	S. Fat	Sod
Bloomin' onion (1/6)	325	27	8	683	6 oz filet	218	9	4	206
Baby back ribs (1/2 order)	670	43	17	846	Broccoli/butter	109	8	4	211
Dressed baked potato	353	13	7	843	House salad w/ tangy tomato dressing	228	11	5	410
Caesar salad	342	29	8	699	Sweet Potato	318	5	1	172
Soda, large	310	0	0	20	Iced Tea	0	0	0	0
Totals	2000	112	40	3091	Totals	873	33	14	999

Source: www.Outback.com and www.OnTheBorder.com Last edited on 7/12
Sod = Sodium S. Fat = Saturated Fat Cal = Calories



Tips for healthy restaurant choices

Breakfast

Fresh fruit, or small glass of citrus juice
Whole grain bread, bagel, or English muffin
with jelly, or honey
Whole grain cereal with 1% or fat-free milk
Oatmeal, cream of wheat, grits, or hominy with
fat-free milk and fruit
Omelet made with egg whites or egg
substitute
Multigrain pancakes
Nonfat yogurt topped with cereal and
fresh fruit

Appetizer

Shrimp cocktail (small)-use cocktail sauce
sparingly as it is high in sodium
Melon or fresh fruit
Fruit cup
Bean or broth based soups (high in sodium)
Salad with low fat dressing, lemon juice, or
vinegar
Grilled vegetables
Raw vegetables with low fat dip or salsa
Pita bread with hummus or low fat bean dip

Entrees

Chicken, turkey, or fish grilled/broiled without
added fat
Meatless dishes with pasta, rice, or other
grains, beans and low fat sauce
Look for words like baked, broiled, steamed,
poached, lightly sautéed, or stir-fried
Ask for sauces and dressings on the side
Limit amount of added butter, margarine,
and salt

Side dishes

Side dishes without butter, margarine, cheese
sauce, or fried foods
Top baked potato with mustard, salsa, or low
fat yogurt

Salads/Salad bars

Fresh greens, lettuce, and spinach
Fresh vegetables: tomatoes, mushrooms,
onions, carrots, cucumbers, peppers,
radishes, broccoli
Chick peas, kidney beans
Skip the non-vegetable choices: deli meats,
bacon, eggs, cheese, croutons, and
mayonnaise based salads
Choose lower calorie, reduced fat or fat free
dressings, lemon juice, or vinegar with a
splash of olive oil

Dessert

Fresh fruit
Low fat or nonfat frozen yogurt
Sherbet or fruit sorbet
Angel food cake
Fat free cheesecake
Share a dessert

Beverages

Water
Calorie free flavored sparkling water
Fat-free or 1% milk
100% fruit juice, regular or low calorie
Juice spritzer (50/50 juice and sparkling water)
Tomato juice (reduced sodium)
Lemonade
Iced tea
Coffee, tea (black)

Condiments

Jams and jellies
Horseradish
Hot sauce
Salsa
Mustard
Ketchup
Vinegar
Lemon
Herbs
Spices
Ginger

Making smart fast food choices

Often fast food meals are high in calories, fat and sodium while providing little vitamins, minerals or dietary fiber. To make up for nutrients missing in fast food meals, include a variety of fruits, vegetables, whole grains and milk at other meals of the day.

- Smart choice entrees**
 - Regular size hamburger, roast beef or cheeseburger without creamy sauces or mayonnaise
 - Broiled or grilled chicken sandwich without mayonnaise or creamy sauces
 - Plain baked potato with vegetables
 - Thin crust vegetarian or cheese pizza; eat 2 slices and add a side salad with low calorie salad dressing
 - Chili with crackers and a side salad
 - Kid’s meal
- Smart choice sides**
 - Side salad and low-calorie dressing, vegetables or small fries
- Smart choice beverages**
 - Water, fat free or 1% milk, diet soda, unsweetened tea

Nutritional comparisons of selected fast food items

Food item	Calories	Fat (g)	Carb (g)	Sodium (mg)
Hamburger (McDonald’s)	250	9	31	490
Cheeseburger (McDonald’s)	300	12	33	720
BigMac (McDonald’s)	540	29	45	1000
Whopper (Burger King) – no cheese	670	40	51	980
BK Tender grill chicken sandwich	470	18	40	1100
BK Tender crisp chicken sandwich	750	45	58	1560
Spicy chicken sandwich (Wendy’s)	530	22	55	1140
Chicken McNuggets, 4-piece (McDonald’s)	190	12	12	360
Chicken McNuggets, 10-piece (McDonald’s)	470	30	30	900
Filet-O-Fish (McDonald’s)	380	18	38	640
French fries, small (McDonald’s)	230	11	29	160
French fries, large (McDonald’s)	500	25	63	350
Thin n’ Crispy cheese pizza, large, 1 slice (Pizza Hut)	260	11	29	740
Personal pan pizza, pepperoni (Pizza Hut)	620	28	68	1540
Breadstick – 1 (Pizza Hut)	140	5	19	260
Fiesta Taco salad chicken (Taco Bell)	720	35	70	1260
Soft taco, beef (Taco Bell)	200	9	19	510
Gordita supreme – steak (Taco Bell)	270	11	29	550
Bean burrito (Taco Bell)	370	10	56	960
Chalupa, supreme chicken (Taco Bell)	370	18	29	530
Vanilla reduced-fat icecream cone (McDonald’s)	170	5	27	70
Fruit’n Yogurt parfait with granola (McDonald’s) -5.3oz	150	2	31	85
Cinnamon melts (McDonald’s)	460	19	19	370
Egg McMuffin (McDonald’s)	300	12	30	820
Sausage biscuit with egg - regular biscuit (McDonald’s)	510	33	36	1170
Big breakfast - large biscuit (McDonald’s)	740	48	51	1560
Diet soda, large (McDonald’s)	0	0	0	30
Soda, large (McDonald’s)	210	0	0	15
Chocolate McCafe shake, 12oz (McDonald’s)	560	16	91	240
Frosty, chocolate, small (Wendy’s)	300	8	49	140
Chili, small (Wendy’s)	210	6	21	880
Onion rings, medium (Burger King)	410	21	53	1080

Instead of this meal					Order this meal				
McDonald's	Cal	Fat	Carb	Sod	McDonald's	Cal	Fat	Carb	Sod
Quarter pounder w/ cheese	520	26	40	1190	Hamburger	250	9	31	520
Fries, large	500	25	63	350	Fries, small	230	11	29	160
Sweettea, large	280	0	71	10	Tea, unsweetened, large	0	0	0	15
TOTALS	1290	51	174	1550	TOTALS	480	20	60	695
McDonald's Breakfast	Cal	Fat	Carb	Sod	McDonald's Breakfast	Cal	Fat	Carb	Sod
Sausage egg biscuit – reg	510	33	36	1170	Egg McMuffin	300	12	30	820
Hash browns	150	9	15	310	1%Milk	100	3	12	125
Coffee, 2 cream, 2 sugar	70	4	8	30					
TOTALS	730	46	59	1510	TOTALS	400	15	42	945
Pizza Hut	Cal	Fat	Carb	Sod	Pizza Hut	Cal	Fat	Carb	Sod
Large hand tossed meat-lovers - 2 slices	820	46	70	2140	Large Thin N' Crispy cheese pizza - 2 slices	520	22	44	1580
Cheese breadstick – 1Pc	170	6	20	390	Side Garden Salad w/ 2 tbsp lite ranch	180	29	9	330
Soda, 22oz.	280	0	0	70	Diet soda, 22oz.	0	0	0	70
TOTALS	1270	52	90	2600	TOTALS	700	51	53	1980
Popeye's	Cal	Fat	Carb	Sod	Popeye's	Cal	Fat	Carb	Sod
Chicken wing 3 pieces (mild)	630	42	24	1830	Naked tenders (3 pieces)	170	2	2	550
Biscuit	260	15	26	450	Mashed potatoes, regular	110	4	18	590
Red bean & rice, regular	230	14	23	580	Green beans, regular	40	2	6	420
Soda, 22oz.	230	0	59	22	Diet soda, 22oz.	0	0	0	38
TOTALS	1350	71	132	2882	TOTALS	320	8	26	1598
Panera	Cal	Fat	Carb	Sod	Panera	Cal	Fat	Carb	Sod
Broccoli cheddar soup 12oz.	300	19	21	1250	Low-fat garden vegetable w/pesto soup 8oz.	80	2	13	750
Chicken caesar sandwich on 3-cheese bread	750	32	71	2020	Mediterranean veggie on tomato basil bread	590	13	96	1400
Oatmeal raisin cookie	390	14	62	310	Fresh fruit cup	60	0	17	15
Low-fat frozen mango, 16oz.	230	2	51	90	Iced green tea, 20oz.	130	0	31	10
TOTALS	1760	67	205	3670	TOTALS	860	15	157	2175
Subway	Cal	Fat	Carb	Sod	Subway	Cal	Fat	Carb	Sod
6" Italian BMT sub	410	16	46	1270	6" Roast beef sub	320	5	45	700
Lay's Classic chips 15oz.	230	15	23	230	Baked Lay's chips 1oz.	130	2	23	200
Soda, large	260	0	71	15	Bottled water	0	0	0	0
TOTALS	900	31	140	1515	TOTALS	450	7	68	900
Wendy's	Cal	Fat	Carb	Sod	Wendy's	Cal	Fat	Carb	Sod
Baconator	660	40	40	1140	Small chili, 2 tbsp cheese	270	11	17	190
French fries, medium	320	16	42	350	Saltines crackers, 6	75	1.5	15	240
					Garden side salad	210	3	18	345
Frosty, small, vanilla	280	7	47	135	Milk, low-fat, plain	100	2.5	23.5	125
TOTALS	1260	63	129	1625	TOTALS	625	18	74	900
Starbucks	Cal	Fat	Carb	Sod	Starbucks	Cal	Fat	Carb	Sod
Blueberry scone	420	17	61	510	Hearty blueberry oatmeal	270	2.5	43	125
Vanilla Bean Blended Creme Frappaccino, grande	400	16	59	240	Caffé latte, non-fat milk grande	190	0	18	150
TOTALS	820	33	120	750	TOTALS	420	2.5	61	275

Cal = Calories, **Fat** = grams of fat, **Carb** =grams of carbohydrates, **Sod** = milligrams of sodium
 Source: Nutrition information from fast food restaurant websites, 6/16
 Check your favorite fast food meal and alternatives by going to the restaurant website, ie www.mcdonalds.com.

Heart disease and physical activity

Most people with heart disease, and those at high risk of developing heart disease, can benefit from light to moderate exercise.

Regular physical activity may help you:

- Lower LDL “bad” cholesterol
- Raise HDL “good” cholesterol
- Lower blood pressure
- Increase energy level
- Lower triglyceride levels
- Reduce excess weight
- Improve the fitness of your heart and lungs

Get ready

1. Talk with your doctor to be sure you are choosing a safe exercise for you.
2. Schedule your activity on your calendar.
3. Plan to start gradually.

Get set

1. Find an exercise buddy.
2. Take a class.
3. Have a plan for all types of weather.
4. Select comfortable clothes and shoes with good support.
5. Increase your every day activities:

Take the stairs

Take extra steps
whenever possible

Walk the groceries to the
car

Mow the grass/weed the
garden

Rake the leaves/shovel
the snow

Walk the dog

Park the car farther away

Put away the remote
control

Wash the car

Clean the house

Go

1. Drink water before, during, and after exercise.
2. Listen to your body. Stop exercising if it hurts.
3. Work up to at least 30 minutes of aerobic activity 5 or more days per week.

Brisk walk

Ski

Exercise machine

Jog

Exercise video

Jog

Dance

Tennis

Shoot hoops

Hike

4. Begin by doing the activity for a few minutes each day and increase gradually.
5. Do the “talk test” – slow down if you can not talk or speak a full sentence.
6. If you have chest pain, feel faint or light-headed, or become extremely out of breath while exercising, stop the activity immediately and notify your doctor as soon as possible.

Adapted from The Virtual Fitness Room, Therapeutic Lifestyle Changes, NHLBI, NIH



**Don't just sit there!
Get up and get moving**



Be a heart healthy skeptic

OMEGA-3 FATS (Fish Oil and Flaxseed)

Omega-3 fats may protect the heart by preventing plaque build up, lowering triglycerides, and reducing blood pressure.

- * EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are omega-3 fats found in fatty fish like salmon, herring, mackerel, sardines, rainbow or lake trout, and albacore or blue fin tuna. (Each contains more than 1000 mg omega-3 fatty acids per 3-1/2 oz serving).
- * ALA (Alpha-linolenic acid) is an omega-3 fat which is found in seeds, ground flax meal, oils, leafy green vegetables, nuts, and beans. The body can convert ALA to EPA and DHA, but the conversion is very small, so fatty fish are a greater source of omega-3 fats.

Population	Recommendation
Patients without documented coronary heart disease (CHD)	Eat a variety of fish, preferably fatty, at least twice a week. Include oils and foods rich in alpha-linolenic acid (flaxseed, canola, and soybean oils, whole ground flaxseeds, and walnuts).
Patients with documented CHD	Consume about 1 g of EPA+DHA per day, preferably from fatty fish. EPA+DHA in capsule form could be considered in consultation with the physician.
Patients who need to lower triglycerides	2 to 4 grams of EPA+DHA per day provided as capsules under a physician's care.

*Source: November, 2002 Scientific Statement, "Fish Consumption, Fish Oil, Omega-3 Fatty Acids and Cardiovascular Disease." American Heart Association

- High intakes of fish oil supplements could cause excessive bleeding in some people.
- Patients taking more than 3 grams of omega-3 fatty acids from capsules should do so only under a physician's care.
- Combining fish oil supplements with some medications, e.g. Coumadin or aspirin, could cause excessive bleeding. Check with your doctor before using a fish oil supplement.

PLANT STANOLS AND STEROLS

Plant stanols and plant sterols are naturally occurring compounds found in plant cell membranes. They attach to the cholesterol in the blood and keep it from getting absorbed into cells. Studies show that a daily intake of about 2 grams per day reduces LDL by about 5-15 percent - often within weeks. There are some products available to which plant sterols and stanols have been added including some margarines or stanol chews.

If you are taking cholesterol lowering medications, please check with your doctor before using these products.

ANTIOXIDANTS

Antioxidants are vitamins, minerals, and other natural plant compounds that are thought to protect against heart disease by neutralizing harmful molecules in our bodies called free radicals. It is safer and healthier to eat foods rich in antioxidants rather than taking supplements.

Food sources are:

- **Vitamin C:** oranges, kiwi, papaya, strawberries, tomatoes, broccoli, and potatoes
- **Vitamin E:** wheat germ, seeds, nuts, avocado, and vegetable oils
- **Beta-carotene:** green leafy vegetables and red, orange, yellow, and purple fruits and vegetables like apricots, blueberries, carrots, mangos and sweet potatoes.
- **Selenium:** Brazil nuts, halibut, meat, oysters, salmon, tuna.



ALLIUM FAMILY

Members of the allium family (onions, leeks, and especially garlic) have naturally occurring, sulfur-containing compounds that may protect against hardening of the arteries, high blood pressure, and stroke. **Using garlic in large amounts as a supplement may have side effects, such as anemia or allergic reactions.** More research is needed before supplementing with garlic can be recommended, but using garlic in cooking will not hurt you and will enhance the flavor of your food. One-third teaspoon garlic powder equals 1 garlic clove.

HOMOCYSTEINE

Homocysteine is an amino acid found in the blood stream. Levels that are too high are thought to increase the stickiness of the artery walls, which allows blood cholesterol to build up and then block the blood flow throughout the body. Getting too little of the B vitamins (B6, B12 and especially folate), may lead to a high blood level of homocysteine. The goal should be to try to get the recommended amounts of B vitamins from food. If you think that your diet does not have enough of these vitamins, consider taking a multi-vitamin/mineral supplement which does not contain more than 100% of the Daily Value (DV).

Food sources of B vitamins include:

- **Folic Acid:** citrus fruits, dark leafy greens, asparagus, broccoli, peanuts, lentils, and dried beans
- **Vitamin B6:** bananas, dried beans, whole grains, broccoli, tuna, nuts, and seeds
- **Vitamin B12:** only in animal foods and some Brewer's yeast

Cereals are often fortified with these vitamins.

TEA

Tea has naturally occurring plant chemicals called polyphenols which may help reduce total and LDL cholesterol levels. The amount and types of polyphenols depends on the type of tea: white, green, Oolong, or black. White and green teas are highest in polyphenols. Studies do not give us a definite answer to whether or not drinking tea protects us from heart disease, but there is good evidence that people who drink three to four cups of tea each day may lower their risk. More research is needed to determine the amount, type and how long tea needs to be taken to be effective in lowering cholesterol.*

ALCOHOL

Having one or two drinks a day may reduce the risk of coronary heart disease by approximately 30% to 50%. Alcohol may increase HDL cholesterol and reduce the risk of blood clotting. Alcohol is not without risk because it may elevate blood pressure, cause damage to the liver or pancreas, contribute to weight gain, increase risk for some cancers, and lead to accidents, suicide and homicide. Alcohol may elevate triglycerides which is a risk factor for heart disease. **If you do not drink now, don't start- diet and exercise are a healthier way to reduce cardiovascular risk.** If you drink, you should do so in moderation-**no more than two drinks per day for men and one drink per day for women.**

One drink equals 12 oz beer, 5 oz wine or 1.5 oz liquor

L-ARGININE

L-arginine is an amino acid that the body uses to make nitric oxide. Nitric oxide is a substance that opens arteries, allowing blood to flow freely and may help prevent plaque from building up on the walls of blood vessels. Possible side effects of getting too much L-arginine with supplements include increased blood flow to tumors and worsening of inflammatory conditions like arthritis. There is also a possible interaction with nitroglycerin. A safe way to increase your intake of L-arginine is by increasing your intake of soy, fish, pine nuts, and peanuts.

COENZYME Q10

Coenzyme Q10, or ubiquinone, helps the cells make energy. It occurs naturally in a variety of foods, such as organ meats, beef, soybean oil, sardines, mackerel, and peanuts. Currently studies are looking at the effectiveness of CoQ10 supplements to improve heart muscle function and treat congestive heart failure. Diets low in B-vitamins and vitamin C reduce the body's ability to make coenzyme Q10.

*Kim, A., Chiu, A., Barone, M., Avino, D., Wang, F., Coleman, C., Phung, O. Green Tea Catechins Decrease Total and Low-Density Lipoprotein Cholesterol: A Systematic Review and Meta-Analysis J Am Diet Assoc. 2011;111:1720-1729.

Putting it all together

Choosing heart healthy foods can help keep your heart in shape and reduce your risk of heart disease.

- Eat a variety of vegetables, fruits, and whole grains every day
- Choose lean meats and poultry without skin
- Eat fish, especially fatty fish, at least two times a week
- Eat more meatless meals with beans, lentils, or soy foods
- Select low-fat or fat free dairy products
- Choose and prepare foods with herbs and spices instead of salt
- Choose monounsaturated and polyunsaturated fatty acids like nuts, avocado, and vegetable oils
- Avoid partially hydrogenated fats and trans fats
- If you drink alcohol, limit the amount
- Choose whole or minimally processed foods rather than packaged, processed convenience foods



Eating for your heart

here's an example

BREAKFAST

- 1 cup oatmeal
- 2 tbsp raisins
- Coffee or tea
- 1 cup soy milk
- 2 tbsp walnuts

MORNING SNACK

- ¼ cup roasted, salted soy nuts
- 1 banana

LUNCH

- Sandwich made with
 - » 2 slices whole wheat bread
 - » 2 oz roasted turkey
 - » 2 slices tomato and 1 lettuce leaf
 - » Mustard
- 12 baby carrots
- Fresh pear
- Water

AFTERNOON SNACK

- Light yogurt
- 1 Benecol Smart Chew (available online)

DINNER

- 4 oz salmon
- 1 cup brown rice
- 1 cup steamed broccoli
- 1-2 tbsp light stanol-containing spread on broccoli and/or rice
- 1 cup mixed green salad with 2 tsp olive oil and 2 tbsp vinegar
- Unsweetened iced tea

EVENING SNACK

- 1 cup blueberries topped with
- ½ cup light vanilla ice cream

NUTRIENT ANALYSIS

- 1875 calories (53% carbohydrate, 20% protein, 27% fat)
- 225 grams carbohydrate, 32 grams dietary fiber, 7 grams soluble fiber
- 96 grams protein (16 grams soy protein)
- 58 grams total fat, 9 grams saturated fat (4% saturated fat), 0 grams trans fat, 140 milligrams cholesterol, 3 grams omega-3 fatty acids
- 1,069 milligrams sodium
- 2 grams plant stanols



Resources for the heart healthy eater

WEBSITES

www.calorieking.com – A resource for checking how much saturated fat, total fat, calories, sodium, or cholesterol you are eating.

ChooseMyPlate.gov – A resource for learning the basics of healthy eating.

www.sparkpeople.com – A resource for keeping a food diary, planning menus, and much more.

www.healthydiningfinder.com – Log on to search for healthier meals at restaurants ranging from fast food to fine dining, and view nutrition information (calories, fat, sodium, etc.).

www.soyfoods.org – A trade association which gives information on ways to enjoy and cook soy foods.

www.nhlbi.nih.gov – Go to Therapeutic Lifestyle Changes for suggestions and a personal eating plan

www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf – DASH Diet provides information on lowering blood pressure through diet and is compatible with diet for lowering cholesterol; sample menus and recipes are included.

www.pcrm.org – Physicians Committee for Responsible Medicine features vegan, low fat recipes and meal ideas under the heading "Nutrition MD, 21-Day Vegetarian Diet".

Fast food and restaurant nutrition information can often be found by going to the restaurant's website, for example, **www.mcdonalds.com**.

ORGANIZATIONS

American Dry Bean Board, 115 Railway Plaza, Scottsbluff, NE 69361, 308 632-8239. Information on beans, with attention on taste, nutrition and foods easy to prepare.

www.americanbean.org

American Heart Association, 7272 Greenville Avenue, Dallas, Texas 75231, 1-800-242-8721. Free heart health information.

www.americanheart.org

Flax Council of Canada, 465-167 Lombard Avenue, Winnipeg, Manitoba, Canada 1-204-982-2115. Flaxseed information and recipes. www.flaxcouncil.ca

National Fisheries Institute, 1901 N. Fort Myer Drive, Suite 700 Arlington, VA 22209, 703-524-8880. Information on seafood-related issues. www.aboutseafood.com

National Heart, Lung, and Blood Institute Information Center, P.O. Box 30105, Bethesda, MD 20824-0105, 301-592-8573. Free information on heart health.

www.nhlbi.nih.gov/chd

United Soybean Board, 16640 Chesterfield Grove Rd., Suite 130, Chesterfield, MO 63005, 1-800-825-5769. Resources and information about soy and soy products. www.soyconnection.com.

MAGAZINES

Cooking Light. A magazine on food and fitness. Call 800-336-0125 for ordering information Also, check the website: www.cookinglight.com for ordering information, recipes and healthy cooking tips.

Eating Well. A magazine with information on food and health. The Eating Well website: www.eatingwell.com/, has subscription information, locations of where the magazine may be purchased and healthy recipes.

Diabetic Cooking. Features low fat, lower sodium recipes with exchanges for diabetics. 6 issues/year. Diabetic Cooking, P.O. Box 8507, Big Sandy, TX, 75755-9951. www.DiabeticCooking.com

BOOKS

AHA The Diabetes-Heart Cookbook	Over 170 recipes that help you both eat well and eat right with a focus on recipes that make two servings.
AHA Quick and Easy Meals Cookbook	Recipes and time saving tips for shopping and eating well.
The New American Heart Association Cookbook	American Heart Association. This updated cookbook provides over 600 tasty, good-for-your heart recipes.
Cooking Light Cookbook	Oxmoor House. Combines food taste with good health.
Cooking Light Fresh Food Fast: Weeknight Meals	Oxmoor House. Over 280 5-ingredient, 15-minute recipes with options for 2,4, or 6 servings.
Cooking Light: Cooking Through the Seasons	Oxmoor House. Cook your way through the year and enjoy the finest ingredients each season has to offer.
Delicious Heart Healthy Latino Recipes	NIH Pub 96-4049*. Learn to cook some of your favorite traditional Latin dishes in a heart-healthy way.
Diabetes and Heart Health Cookbook	American Heart Association and American Diabetes Association provide recipes that are good for the heart and good for diabetes.
Heart Healthy Home Cooking African American Style	NIH Pub. 97-3792*. Make your favorite African American dishes in ways that protect you and your family from disease and stroke.
Keep the Beat™: Heart Healthy Dinners	NIH Pub. 10-2921*. Seventy-five healthy recipes with focus on dinner entrees and side dishes.
Keep the Beat™ Recipes: Deliciously Healthy Family Meals	NIH Pub. 10-7531*. Forty recipes with focus on family friendly meals and snacks.
1001 More Low-Fat Vegetarian Recipes: Delicious easy-to-make, healthy recipes for everyone.	Edited by Sue Spitler. Great tasting recipes that are easy to make, as well as nutritious and delicious.
Quick and Healthy Recipes and Ideas for People Who Say They Don't Have Time to Cook Healthy Meals.	By Brenda Ponichtera. Over 200 easy to prepare low fat recipes.

*NIH recipe books can be ordered, viewed, or downloaded for free at www.nhlbi.nih.gov. Under Health Topics, click on Heart and Vascular Diseases. Click on recipes.