

healthy heart shopping

A variety of choices are available for a heart healthy meal plan. Shopping for food on the perimeter of your grocery store provides foods that are fresher and more heart healthy.

When buying packaged foods, read the label to check if the food is heart healthy.

- Read labels carefully.
- Remember that not all foods labeled or advertised as healthy are good for you.
- Heart healthy foods are low in calories, sodium, total fat, saturated fat, trans fat and cholesterol, and high in fiber, vitamins and minerals.
- Strive to consume 500-700mg of Sodium or less per meal.

Food Label Definitions

Low Total Fat	3 gm or less per serving
Low Saturated Fat	1 gm or less per serving
Zero Trans Fat	0 gm per serving (If food has 0 grams of trans fat, but lists hydrogenated oil in the ingredient list, it can have up to 0.5 grams per serving. These foods should be limited.)
Low Cholesterol	20 mg or less per serving
Low Sodium	140 mg or less per serving
High Fiber	5 gm or more per serving

Other things to remember:

- “Free” means a food has the least possible amount of the specified nutrient.
- “Very Low” and “Low” means the food has a little more than foods labeled “Free.”
- “Reduced” or “Less” mean the food has 25 percent less of a specific nutrient than the regular version of the food.

Nutrition Facts

Serving Size 1 slice (47g)
Servings Per Container 6

Amount Per Serving

Calories 160 Calories from Fat 90

	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Quick Guide to % Daily Value:
5% or less is low
20% or more is high

Heart Healthy Buying Guide for Different Food Groups

fruits & vegetables

- Start with fresh fruits and vegetables. These foods do not have added sugar, salt and fat.
- For frozen or canned foods, look at the label.
- Choose fruits packed in water or fruit juice not syrup.
- When choosing fruit juices select juices that are 100% fruit juice and avoid fruit juices with added sugar.
- Avoid foods with sauces, gravies and added seasonings that may be high in salt or sodium.
- Canned vegetables have added salt so look for low sodium or no salt added versions.

bread, cereals, & grains

- Choose foods made of whole grains and high in fiber.
- On the ingredient list, look for a whole grain as the first ingredient, such as whole wheat, rye, or oats.
- For bread, choose foods with at least 2 grams of fiber.
- For cereal, choose foods with at least 5 grams of fiber.
- Select cereals without added sugars in their labels.
- Choose breads with 140 milligrams of sodium or less per serving.

milk & dairy

- Choose fat-free, non-fat, ½ % or 1% fat milk and yogurts because they are lower in saturated fat.
- Most cheeses are high in sodium and fat.
- Part skim mozzarella is naturally lower in fat.
- For other cheese, like Cheddar and Swiss, look for those low in total fat, saturated fat and sodium.
- Low-sodium cheeses are offered at the deli in the grocery store.
- Choose low-fat ice creams and frozen yogurts in place of their full-fat versions.



meat & other protein products

- Chicken or other poultry: choose the breast or white meat without skin.
- Beef and veal: select cuts with little to no marbling of fat. Lower fat choices are tenderloin, round steak or sirloin tips. Bison is also a leaner choice of meat.
- Pork and lamb: choose lean center cuts, such as tenderloin.
- Fresh fish: any type is good. Strive for 2-3 servings a week. Eat a variety of types of fish as some contain mercury or other contaminants and consumption of mercury should be limited. For salmon, select Alaskan/Pacific wild salmon (not farm-fed).
- Canned fish, such as tuna, is higher in sodium so select brands that are packed in water or labeled low sodium.
- Deli meats: although deli turkey and ham are usually lean, be aware of the amount of sodium in each serving. Look for deli meats that are listed as low-sodium and have the heart healthy seal.
- Vegetarian meals: make an effort to have at least once or twice a week. This is a great way to decrease your fat intake and increase your fiber. Select cooked dry beans, veggie burgers, and tofu. If premade veggie burgers are purchased, read the label to select ones that are lower in fat and sodium.
- Prepared or frozen entrees or sides: Only select entrees with less than 600 mg sodium per serving and side items with less than 300 mg sodium per serving.

Heart Healthy Buying Guide for Different Food Groups (cont)

other foods

- **Convenient foods:**

Convenient foods, such as canned soups, boxed pasta and rice dishes, frozen dinners and sides, and sauces are high in sodium and fat. If selecting something in this category, the sodium should be less than 300 mg per serving. Read the food label carefully.

- **Condiments:**

Select the lower fat or lower sodium version of mayonnaise, salad dressing, tartar sauce and soy sauce. Read the label, as some of these products are still high in sodium and you will need to limit how much you eat.

- **Snacks:**

Nuts, pretzels and seeds may be good choices. Avoid those with added salt. Also be aware of their calories. If you are watching your weight, measure out in a bowl, ¼- ½ cup prior to eating and just eat that amount of one serving rather than eating out of the can or bag.

- **Dessert:**

Fruit and low-fat yogurt are your best choices. Limit reduced fat and fat-free desserts because they can be high in calories and sugar. If you eat regular desserts, do so only occasionally and limit the portion sizes.

