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

Vegetables and Fruits 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 barbequed 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

"Choose less often" foods are:

lower in fibre

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.

higher in sugar, sodium, or saturated fats

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 •

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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 plantbased 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 	

Read food labels

The Nutrition Facts table on the food label has information to help you make healthy choices.

Check the Daily Value

The Daily Value tells you whether a food has a little or a lot of a nutrient in one serving. The Daily Value is on the right side of the Nutrition Facts table.

5% or less is a little

Choose foods with less saturated fat, sugar, and sodium.

15% or more is a lot

Choose foods with more fibre, vitamins, calcium, and iron.

Nutrition Facts Per ¾ cup (175 g)		
Calories 160	% Daily Value*	
Fat 2.5 g	3 %	
Saturated 1.5 g <u>+Trans 0 g</u>	8 %	
Carbohydrate 25 g		
Fibre 3 g	11 %	
Sugars 15 g	15 %	
Protein 8 g		
Cholesterol 10 mg		
Sodium 75 mg	3 %	
Potassium 300 mg	6 %	
Calcium 300 mg	23 %	
Iron 1 mg	6 %	
*5% or less is a little , 15% or more is a lot		

Next steps

Change can be hard, especially if you try to make too many changes at once. Ask your healthcare provider if you would like support with goal setting. To learn more, visit <u>ahs.ca/nutritionhandouts</u> and search "setting goals".

For more support



- Talk to your healthcare team.
- Call Health Link at 811 and ask to talk to a dietitian or complete a <u>self-referral form</u> on ahs.ca/811.
- Visit ahs.ca/nutrition
- Call, text, or chat with 211 Alberta (<u>https://ab.211.ca/</u>) to find out about financial benefits, programs, and services.

Notes

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404321-NFS (Sep 2023)