## **Heart Healthy Eating Guidelines Action Plan Principles** Ideas Plan some meatless meals. How often do you have ...? Reduce Meat Intake Bacon Sausage Choose chicken, turkey, fish. Sour cream Chops Select top round or flank steak Bologna Salami or other lean cuts of meat. Steak Half&half Meats contain saturated fat: Gravies Pepperoni Solid at room temperature Reduce meat portion at meals to Cheese Ribs 3oz (palm of hand size serving) Raises blood cholesterol Hamburger Hot dogs Pastrami Butter Creates inflammation Buy lower fat milks, cheeses. Inflammatory fats are found in... Improved Shopping List Limit Fried Foods Most fried snack chips Nonfat plain yogurt and Harmful Fats French fries and onion rings Dry roasted unsalted nuts Donuts and pastries Dark chocolate Frostings Crisp bread crackers Fruits & vegetables Creamy, cheesy sauces Stick margarine Deep fried foods Read Food Labels Nutrition Facts Chocolate Fudge Brownie Serving Size 1 Brownie (65g) Servings Per Container 6 Ingredients: Sugar, Enriched Flour, Butter, Partially Amount Per Serving Hydrogenated Soybean Oil, Calories 300 Calories from Fat 170 Cocoa, High Fructose corn Syrup, %Daily Value Dextrose, Cornstarch, Whey, Total Fat 19g Baking Soda, Salt, Vanilla. Saturated Fat 4g Cholesterol 55mg 18% Sodium 95mg 4%

Total Carbohydrate 32g

Dietary Fiber 2g

Sugars 21g Protein 4g

Calcium 4%

Find the facts about what

is in your food.

11%

8%

Iron 10%