




# Heart Healthy Eating Guidelines

Principles	Ideas	Action Plan																								
<p><b>Reduce Meat Intake</b></p>  <p><i>Meats contain saturated fat:</i></p> <ul style="list-style-type: none"> <li>▪ Solid at room temperature</li> <li>▪ Raises blood cholesterol</li> <li>▪ Creates inflammation</li> </ul>	<p>How often do you have...?</p> <table border="0"> <tr> <td>Bacon</td> <td>Sausage</td> </tr> <tr> <td>Sour cream</td> <td>Chops</td> </tr> <tr> <td>Bologna</td> <td>Salami</td> </tr> <tr> <td>Steak</td> <td>Half&amp;half</td> </tr> <tr> <td>Gravies</td> <td>Pepperoni</td> </tr> <tr> <td>Cheese</td> <td>Ribs</td> </tr> <tr> <td>Hamburger</td> <td>Hot dogs</td> </tr> <tr> <td>Pastrami</td> <td>Butter</td> </tr> </table>	Bacon	Sausage	Sour cream	Chops	Bologna	Salami	Steak	Half&half	Gravies	Pepperoni	Cheese	Ribs	Hamburger	Hot dogs	Pastrami	Butter	<p>Plan some meatless meals.</p> <p>Choose chicken, turkey, fish. Select top round or flank steak or other lean cuts of meat.</p> <p>Reduce meat portion at meals to 3oz (palm of hand size serving)</p> <p>Buy lower fat milks, cheeses.</p>								
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<p><b>Limit Fried Foods and Harmful Fats</b></p> 	<p>Inflammatory fats are found in...</p> <p>Most fried snack chips French fries and onion rings Donuts and pastries Frostings Creamy, cheesy sauces Stick margarine Deep fried foods</p>	<p><b>Improved Shopping List</b></p> <table border="1"> <tr><td>Nonfat plain yogurt</td></tr> <tr><td>Dry roasted unsalted nuts</td></tr> <tr><td>Dark chocolate</td></tr> <tr><td>Crisp bread crackers</td></tr> <tr><td>Fruits &amp; vegetables</td></tr> <tr><td> </td></tr> <tr><td> </td></tr> </table>	Nonfat plain yogurt	Dry roasted unsalted nuts	Dark chocolate	Crisp bread crackers	Fruits & vegetables																			
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<p><b>Read Food Labels</b></p>  <p>Find the facts about what is <i>in</i> your food.</p>	<p><b>Nutrition Facts</b></p> <p>Serving Size 1 Brownie (65g) Servings Per Container 6</p> <table border="1"> <thead> <tr> <th colspan="2">Amount Per Serving</th> </tr> </thead> <tbody> <tr> <td><b>Calories</b> 300</td> <td>Calories from Fat 170</td> </tr> <tr> <td colspan="2" style="text-align: right;"><b>%Daily Value*</b></td> </tr> <tr> <td><b>Total Fat</b> 19g</td> <td><b>29%</b></td> </tr> <tr> <td>Saturated Fat 4g</td> <td><b>20%</b></td> </tr> <tr> <td><b>Cholesterol</b> 55mg</td> <td><b>18%</b></td> </tr> <tr> <td><b>Sodium</b> 95mg</td> <td><b>4%</b></td> </tr> <tr> <td><b>Total Carbohydrate</b> 32g</td> <td><b>11%</b></td> </tr> <tr> <td>Dietary Fiber 2g</td> <td><b>8%</b></td> </tr> <tr> <td>Sugars 21g</td> <td></td> </tr> <tr> <td><b>Protein</b> 4g</td> <td></td> </tr> <tr> <td>Calcium 4%</td> <td>Iron 10%</td> </tr> </tbody> </table>	Amount Per Serving		<b>Calories</b> 300	Calories from Fat 170	<b>%Daily Value*</b>		<b>Total Fat</b> 19g	<b>29%</b>	Saturated Fat 4g	<b>20%</b>	<b>Cholesterol</b> 55mg	<b>18%</b>	<b>Sodium</b> 95mg	<b>4%</b>	<b>Total Carbohydrate</b> 32g	<b>11%</b>	Dietary Fiber 2g	<b>8%</b>	Sugars 21g		<b>Protein</b> 4g		Calcium 4%	Iron 10%	<p><b>Chocolate Fudge Brownie</b></p> <p><b>Ingredients:</b> Sugar, Enriched Flour, Butter, Partially Hydrogenated Soybean Oil, Cocoa, High Fructose corn Syrup, Dextrose, Cornstarch, Whey, Baking Soda, Salt, Vanilla.</p>
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