



CARDIAC DIET

Low Fat, Low Cholesterol, Low Sodium

PURPOSE:

The cardiac diet will help you to make food choices that will allow you to modify and / or reduce your sodium, fat and cholesterol intake.

The Cardiac diet provides guidelines for:

- * Reducing and modifying your total fat intake by making informed food choices and controlling portion sizes.
- * Reducing your intake of foods containing saturated fats, trans fats and cholesterol.
- * Substituting mono and polyunsaturated fats for saturated and trans fats.
- * Reducing your sodium intake by selecting foods lower in salt or sodium.
- * Increasing your intake of complex carbohydrates and soluble fiber.
- * Increasing your intake of omega 3 fatty acids.
- * Using the Food Pyramid as a guide for making your daily food choices.
- * Evaluating specific food items since all foods (especially commercial products) cannot be listed in this booklet and manufacturers may alter ingredients or develop new products.

CHARACTERISTICS OF DIET:

- Defines low-fat foods (commercial or homemade) as those foods containing no more than 3 grams of fat per 100 calories.
- Recommends choosing foods that add up to no more than 300 milligrams of cholesterol per day.
- Recommends selecting a variety of foods from the “choose” list.
- Recommends increasing intake of omega 3 fatty acids by consuming fatty fish 3 times per week.
- Limits beef, lamb and veal (red meats) to a 3-ounce cooked lean portion no more than 3 times per week.
- Suggests incorporating whole grain products, beans, fruits & vegetables to maximize fiber intake.
- Recommends reducing sodium intake to less than 3 grams a day by choosing foods with less than 300mg per serving.

SUGGESTIONS:

The food lists on the following pages will help you to make more healthful food choices. There are no “good” or “bad” foods, but by selecting most of your foods from the “FOODS TO CHOOSE” column you can achieve a Heart Healthy diet.

If you have questions about the **Cardiac Diet**, the **HeartWise Class** or are interested in private nutrition consultation, weight management groups or cholesterol management programs offered by the **Nutrition Wellness Center** please ask your **Registered Dietitian**.

CARDIAC DIET

FOOD CATEGORY	FOODS TO CHOOSE	FOODS TO DECREASE
<p>Breads, cereals, rice, and pasta (eat 6-11 servings a day)</p> <p>Breads and baked products: 1 slice bread ½ English muffin or bagel 1 ounce baked products</p> <p>Cereals ¾ Cup cold cereal ½ Cup cooked cereal</p> <p>Pastas, Rice and Grains 1/3 Cup cooked pasta 1/3 Cup cooked rice</p>	<p>White, wheat, pumpernickel, rye, raisin, Italian, and French bread, pita, bagels (not salted), English muffins, fat free tortillas, hard rolls, hamburger and hot dog buns; Low-fat or fat-free: coffee cake, muffins, pancakes, waffles, French toast, cornbread, biscuits.</p> <p><i>(Look for breads and cereals that have at least 3 grams of fiber per serving.)</i></p> <p>Hot or most cold, whole grain cereals, including ones that are less than 300 milligrams of sodium and less than 3 grams of fat per serving.</p> <p>Pasta, noodles, whole wheat pasta, bulgur, kasha, millet, quinoa, white rice, brown rice, wild rice, barley, cous cous, cornmeal, kamut, spelt.</p>	<p>Cheese or egg breads (challah), egg bagels, sweet rolls, fried tortillas, taco shells, matzo balls, popovers, salted bagels; Other coffee cakes, muffins, pancakes, waffles, cornbread, biscuits, French toast, croissants, danish pastry, donuts, nut breads, breakfast bars, toaster products, fritters, hush puppies.</p> <p>Granola, hot or cold cereals containing coconut or other high fat ingredients, any cereal with more than 300 milligrams of sodium or more than 3 grams of fat per serving.</p> <p>Egg pasta, egg noodles, chow mein noodles, pasta dishes with cream or cheese sauce, commercial</p>

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<p>Crackers and snacks 1 ounce serving (about 3-4 crackers) less than 300 milligrams sodium per serving</p>	<p>Graham and oyster crackers, bread sticks, flatbread, lavasch, matzo, melba toast, rice wafers or cakes, rusk, low-fat or fat-free unsalted croutons, unsalted pretzels, fat-free unsalted snack crackers, air popped popcorn, baked, low-fat unsalted tortilla chips.</p>	<p>mixes for pasta, rice, casserole or stuffing.</p> <p>Butter, cheese or peanut butter sandwich crackers; salted pretzels, crackers with salted tops, breadcrumbs, all other chips.</p>
<p>Vegetables (eat at least 3 servings a day)</p> <p>1 Cup raw ½ Cup cooked ½ Cup vegetable juice</p>	<p>Plain; fresh, frozen (without added salt), and canned that has been drained and rinsed; mashed potatoes made without salt or fat; vegetable salads made with fat-free dressings, low-sodium vegetable juices (limit regular tomato and vegetable juice to 1/2 cup per day).</p>	<p>Vegetables that are creamed, scalloped, in brine (sauerkraut, pickles) or made with cheese sauce or hollandaise sauce; instant mashed potatoes, vegetable salads made with regular mayonnaise, sour cream or oil-based dressings.</p>
<p>Milk, yogurt and cheese (eat 2-3 servings a day)</p> <p>Milk 1 Cup</p>	<p>Skim milk, 1% milk, (evaporated, condensed, fluid or powdered),</p>	<p>2% milk, whole milk, (evaporated, condensed,</p>

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<p>Yogurt 1 Cup</p> <p>Cheese 1 ½ ounce</p>	<p>buttermilk (no more than 1 Cup per day), low-fat or skim, lactose reduced skim milk, low-fat chocolate milk; fat-free or 1% calcium enriched soy and rice milk.</p> <p>Low-fat and fat-free: yogurt and frozen yogurt.</p> <p>Fat-free or low-fat and low-sodium cheeses including: ricotta cheese, mozzarella cheese; 1% or fat-free farmer or pot cheese, any other low-fat low-sodium or fat-free low-sodium cheese (should be less than 3 grams fat per serving and less than 140 milligrams sodium per serving), no salt added, 1%, 2% or fat-free cottage cheese.</p>	<p>fluid, powdered), malted milk, coconut milk.</p> <p>Whole milk yogurt.</p> <p>Whole milk mozzarella, 4% cottage cheese, all other high fat and hard cheeses.</p>
<p>Dried beans, fish, poultry, meat/meat substitutes, eggs (eat 2-3 servings a day; eat no more than 3 servings a week of lean red meat and no more than 4 egg yolks per week)</p> <p>1 Cup cooked beans</p>	<p>FISH: Plain; fresh or frozen; low-sodium water-packed tuna or salmon, herring without cream sauce or pickling.</p> <p>SHELLFISH: Plain; fresh or frozen: shrimp, mussels, clams, oysters, lobster, crab (up to 2-3 servings per</p>	<p>FISH: Roe, smoked fish, caviar, anchovies, gefilte fish; fish battered and fried; fish cooked in butter, stick margarine or oil; fish canned in oil.</p> <p>SHELLFISH: Fried or batter-baked shellfish; shellfish salads made with mayonnaise, canned</p>

FOOD CATEGORY	FOODS TO CHOOSE	FOODS TO DECREASE
<p>2-3 ounces cooked fish, lean meat, pork, veal, lamb or poultry 1/2 Cup tofu 1/2 Cup egg substitute 2 Eggs</p> <p>Texturized Vegetable Protein: 1/2 Cup dry chunks 1/4 Cup dry granules</p> <p>Dried beans, fish, poultry, meat/meat substitutes, eggs (eat 2-3 servings a day; eat no more than 3 servings a week of lean red meat and no more than 4 egg yolks per week), (continued...)</p>	<p>week).</p> <p>POULTRY: Plain, skinless; fresh or frozen breast, thigh, leg, lean ground chicken or turkey (99% fat-free).</p> <p>BEEF: Plain and lean fresh or frozen choice or select grade: chuck arm pot roast, top loin steak, tenderloin steak (filet mignon), T-bone steak, Porterhouse steak, wedge bone sirloin steak, top sirloin steak, eye round, top round steak, bottom round roast, round tip roast, shank cross cuts, flank steak, 95% lean ground beef.</p> <p>LAMB: Plain; fresh or frozen - trimmed foreshank, leg (shank half or top round), loin chops.</p> <p>VEAL: Plain; fresh or frozen - arm steak, loin chops, cutlets, shank cross cuts.</p> <p>PORK: Plain; fresh or frozen - tenderloin, boneless sirloin chops, boneless loin roast, boneless top loin chops, loin chops</p>	<p>shellfish.</p> <p>POULTRY: Poultry skin, ground chicken and turkey (less than 99% fat-free), chicken or turkey wings, turkey or chicken giblets; goose, duck, poultry cooked with butter, stick margarine or oil; turkey or chicken roll; canned poultry, other poultry lunch meats, chicken or turkey bacon or sausage.</p> <p>BEEF: All prime grade meats, chuck blade roast, short ribs, rib roast or steak, rib-eye roast or steak, cubed steak, fresh brisket, corned beef, skirt steak, chipped beef, kosher meats, organ meats, high fat/sodium lunch meats, frankfurters, canned, smoked or salt cured meats.</p> <p>LAMB: Leg (sirloin half), loin roast, rib chops or roast, shoulder arm or blade chops, shoulder roast, ground lamb.</p> <p>VEAL: Breast, rib roast or chops, riblets, ground, lunch meats.</p> <p>PORK: Blade chops, fresh or smoked; Boston shoulder cuts, arm roast or steak, arm picnic,</p>

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	<p>OTHER MEATS: Bison, Venison, Emu, Ostrich.</p> <p>MEAT SUBSTITUTES: Whole eggs, egg whites, fat and cholesterol-free egg substitutes, vegetable protein: tempeh, tofu, texturized vegetable protein (TVP); peanut butter (no more than 4 Tablespoons per serving and no more than twice per week), all dried peas and beans.</p> <p>FROZEN DINNERS: Those that are less than 3 grams of fat per 100 calories and less than 600 milligrams sodium per serving.</p>	<p>hock, pigs feet, salt pork, fat back, scrapple, chitterlings, frankfurters, smoked ham - butt or shank portion, ground pork, sausage, bacon, spareribs.</p> <p>MEAT SUBSTITUTES: Egg yolks exceeding 2 per week; pork and beans.</p> <p>FROZEN DINNERS: All other frozen dinners.</p>
<p>Fats and oils (use sparingly)</p> <ul style="list-style-type: none"> 1 Teaspoon margarine 1 Tablespoon diet margarine 1 Teaspoon oil 1 Tablespoon salad dressing 2 Tablespoons cream cheese 	<p>OILS: Monounsaturated oils such as: olive, canola, and peanut.</p> <p>Polyunsaturated oils such as: safflower, corn, soybean, cottonseed, sesame, sunflower.</p> <p>Soft margarine or spreads made from polyunsaturated or monounsaturated oils listed "diet", "light" "reduced fat" or "fat-free". Use those that are soft, tub or in liquid forms.</p> <p>SALAD DRESSINGS: Fat-free and</p>	<p>OILS: Saturated oils such as: coconut, palm and palm kernel oil, butter, lard, cocoa butter, bacon or chicken fat, solid shortenings made from partially hydrogenated or hydrogenated oils.</p> <p>Margarine or shortening made from hydrogenated, partially hydrogenated fats or in stick form</p>

FOOD CATEGORY	FOODS TO CHOOSE	FOODS TO DECREASE
	<p>low- fat mayonnaise and mayonnaise-type dressing; fat-free and low-fat commercial salad dressing.</p> <p>CREAM CHEESE: Fat-free, low-fat.</p> <p>VEGETABLE SPRAYS: All</p> <p>OTHER: Au jus gravy, fat-free or low-fat sour cream and coffee creamers.</p>	<p>SALAD DRESSING: Regular and low fat mayonnaise or mayonnaise-type dressing; regular and low-fat salad dressing.</p> <p>CREAM CHEESE: Regular, reduced fat or light cream cheese.</p> <p>OTHER: Regular non-dairy creamer, cream, regular sour cream, whipped cream, gravy prepared with meat drippings or added fat, snack chips made with processed cheese or dips made with instant soup mixes.</p>
<p>Nuts and Seeds</p> <p>1 Tablespoon seeds 1 ounce nuts</p>	<p>Unsalted: Almonds, beechnuts, butternuts, chestnuts, filberts, hickory nuts, peanuts, pecans, pistachios, walnuts, sunflower seeds.</p>	<p>Brazil nuts, cashews, coconut, macadamia nuts, pine nuts, pumpkin and sesame seeds.</p>
<p>Beverages</p> <p>8 ounces (1 Cup)</p>	<p>Water, caffeine-free carbonated drinks, decaffeinated coffee, herbal tea, fruit flavored drinks, instant breakfast type milk beverage mixes (mixed with skim milk); chocolate malted mix, hot cocoa flavored mix (mixed with skim milk or water)</p> <p>Note that consumption of caffeinated and alcoholic beverages is upon the advice of your physician.</p>	<p>Flavored instant coffee beverages, commercially prepared milk-based drinks, milkshakes, eggnog, commercially softened water.</p>

FOOD CATEGORY	FOODS TO CHOOSE	FOODS TO DECREASE
<p>Soups</p> <p>8 ounces (1 Cup)</p>	<p>Commercial low-sodium and low-fat or fat-free soups, broth-based soups such as minestrone, chicken noodle, and vegetable.</p>	<p>All others</p>
<p>Sweets, candy, and desserts (use sparingly)</p>	<p>Sugar, cocoa, chocolate syrup, fruit and butterscotch toppings, maple syrup, honey, marshmallow sauce, molasses, sorghum, jam, jelly, marmalade, fruit spreads, fruit butters, preserves, hard candy, jelly beans, gumdrops, gummy bears, lollipops, marshmallows, peppermint, gelatin (all kinds). Fig bars; ginger snaps, angel food cake, Low fat or fat-free: gingerbread, cookies, cakes, pies, tapioca, vanilla or chocolate pudding (made with skim milk), Low fat or fat-free: frozen desserts, yogurt, ice cream, sherbet; Fruit ice, popsicles, sorbet.</p>	<p>Milk chocolate, chocolate baking squares; chocolate fudge topping, and hard sauce, carob. All other desserts other than recommended "Foods to Choose" including: commercially baked cookies, cakes, pies, pastries, ice cream, custard, pudding made with whole milk, salt, baking soda, baking powder, candy containing salted nuts or milk chocolate.</p>
<p>Condiments, Sauces, and Spices</p> <p>1/4 Cup Sauce</p>	<p>Low-sodium or homemade: bolognese, marinara, tomato, clam, spaghetti, barbecue, sweet and sour, chili sauces, salsa, apple butter; aromatic bitters, catsup, fresh horseradish & mustard (1 Tablespoon), lemon and lime juices, vinegar, herbs, spices, extracts, imitation butter granules, low-sodium soy sauce and teriyaki sauce (1tablespoon), Tabasco. Limit added salt or equivalent to 1/4 teaspoon per day used at the table or in cooking; Salt substitute made with potassium chloride may be used with Physicians approval.</p>	<p>White sauce, cheese sauce, sour cream based sauce, hollandaise, Béarnaise, Alfredo, béchamel, tartar sauces, salt, onion salt, celery salt, seasoned salt, garlic salt, rock salt, kosher salt, MSG (Monosodiumglutamate), soy/ teriyaki sauce, commercially prepared sauces, meat tenderizers, Worcestershire sauce, relish, baking soda. All others except as listed in "Foods to Choose"</p>

High sodium foods: Each of the following items contain about 300-400 milligrams of sodium. Only two of these items may be eaten each day:

Miscellaneous

¼ Tsp. salt	1 Tsp. Soy or teriyaki sauce
4 Tsp. Worcestershire sauce	2 Tbs. mustard
4 Tbsp. low-fat salad dressing	4 Tbsp. sweet pickle relish
2 Tbsp. chili sauce or barbecue sauce	2 Tbsp. ketchup
4 medium, 3 extra large, or 2 giant green olives	

Soups

½ Cup prepared canned or dehydrated regular soups

Breads/Desserts

Salted pretzels: 20 small, 3 medium twisted, 1 Dutch, or 1 soft

Vegetables

2 servings (1/2 cup each) Regular canned vegetable (in addition to those that are recommended)

1/3 canned regular sauerkraut, drained

½ large dill pickle

Meat or meat substitutes

1½ Ounce regular canned tuna	¾ Cup 1% or fat free cottage cheese
3 Ounces regular canned salmon	2 Ounces low-fat cheese
1½ Ounce regular canned crab	1 Ounce herring
1 Ounce Canadian bacon	

Sample Menu: Cardiac Diet

Breakfast

¾ Cup blueberries	1 fruit
¾ Cup whole grain cereal	1 bread
8 oz nonfat milk	1 milk
1 slice whole grain bread	1 bread
1 Tsp plant sterol margarine (or soft tub margarine)	1 fat

Lunch

3 oz sliced turkey breast on	1 meat
2 slices whole grain bread	2 bread
lettuce, tomato	½ veg
mustard	
½ Cup carrot sticks	1 veg
8 oz nonfat milk	1 milk
fresh apple	1 fruit
16 oz flavored seltzer	

Dinner

3 oz broiled salmon	1 meat
1 Cup brown rice	3 bread
½ Cup steamed broccoli	1 veg
1 Cup mixed greens	1 veg
1 Tbsp oil and vinegar	1 fat
whole grain roll with	1 bread
1 Tsp plant sterol margarine (or soft tub margarine)	1 fat
½ Cup sorbet	1 sweet
16 oz flavored seltzer	

Snacks

10 almonds	2 fats
1 medium orange	1 fruit
4 oz low sodium vegetable juice	1 veg
8 oz flavored seltzer	

Adequacy Statement: Provided a variety of foods are selected and consumed in adequate amounts, the Cardiac diet meets the 1989 RDA for men and women. Diets that are lower than 1200 calories per day may require vitamin and mineral supplementation.

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.

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