

Heart Healthy Diet

Decrease: Saturated Fat, Hydrogenated Fat, and Trans-Fat

Heart healthy food choices, exercise and weight control all improve heart health.

Saturated fat, hydrogenated fat, and trans-fat are linked to an increased risk for heart disease. A heart healthy diet is low in these fats and includes moderate amounts of healthy fats.

When it comes to your weight, all fats are equally high in calories.
When it comes to your heart, some fats and oils are better than others.

Which fats are heart healthy and which fats are not?



Limit These Fats Saturated, Hydrogenated, Trans-Fats	Choose These Healthier Fats Mono- and Polyunsaturated Fats Use in moderation
<ul style="list-style-type: none">• Solid at room temperature• Dairy Fats Butter, Cheese, Cream Cheese Sour Cream, Whole Fat Milk• Meat Fats Fatty Marbled Meats, Bacon, Ribs Sausage, Salami, Hot Dogs Chicken Skin, Lard, Manteca• Tropical Oils Coconut and Palm• Hydrogenated Oils Stick Margarines, Shortening• Trans-Fats Read food labels. Trans-fat is listed under total fat.	<ul style="list-style-type: none">• Liquid at room temperature• Plant Oils Olive, Canola, Peanut, Soy Safflower, Sunflower, Walnut Sesame, Grape Seed, Flax• Nuts Almonds, Cashews, Hazelnuts Pecans, Pistachios, Walnuts• Seeds Sesame, Sunflower, Pine, Pumpkin• Avocado• Omega-3 fats Salmon, Mackerel, Herring, Flaxseeds, Walnuts, Soybean and Canola Oils

Guidelines for a Heart Healthy Diet

Fats

- Replace saturated, hydrogenated, and trans-fats with heart healthy oils in food preparation, cooking, and at the table.
- Choose vegetable oils such as canola, olive, peanut, soy, and corn oils, instead of butter, lard, shortening, palm and coconut oils.
- Choose margarines that do not contain trans-fats.

Meats and Proteins

- Choose leaner cuts of meat such as **loin** or **round**.
- Choose meats that are not marbled with fat and trim visible fat before cooking.
- Limit high-fat meats such as hot dogs, sausages, salami, ribs, bologna, and bacon.
- Remove skin from poultry.
- Consider eating more vegetarian meals. Try tofu, lentils, beans, nuts, and soy meat replacements such as soy burgers, and vegetarian sausages and hot dogs.

Dairy

- Use low fat or nonfat version of dairy products such as milk, yogurt, sour cream, cream cheese and cottage cheese.
- Buy reduced fat or low fat versions of cheese. Look for 2% cheeses. Mozzarella and ricotta are naturally lower in fat.
- Limit cream, cream sauces, and creamed soups.

More Helpful Tips

- Read Nutrition Facts labels on food packages. Choose foods with low amounts of saturated fat and avoid trans-fats.
- Key to identifying low fat, medium fat, and high fat items when reading food labels: Look at the total grams of fat. The info below is **per ounce of meat or cheese**. The same key can be used for other foods, and for those foods it is **per serving**.
 - **0-3 grams of fat = lean, low fat**
 - **4-7 grams of fat = medium fat**
 - **8 or more grams of fat = high fat**
- Strictly limit deep-fried foods.
- Drain and discard visible fat when cooking.
- Baking, broiling, boiling, poaching, grilling, and steaming are low fat cooking methods.
- Use vegetable oil sprays to coat pans and trays for cooking or baking.