



HEART HEALTHY NUTRITION

Eating heart healthy foods can help control or reduce your risk for heart disease and high blood pressure. Here are daily goals for heart healthy eating:

- Low saturated fat (less than 15 grams, based on 2,000 calories per day)
- Low trans fat (as low as possible)
- Low cholesterol (200 milligrams, or less)
- Low sodium (2,000 milligrams, or less)
- High fiber (25-35 grams)

Eating heart healthy foods will help you feel better and improve your health.

Choose these healthy foods most of the time. Eat the other foods less often and in small portions.

FOOD GROUP	Healthy Foods	Foods to Limit
Meat, Chicken, Turkey, Fish, Eggs & Beans <i>Go lean on your protein.</i>	<ul style="list-style-type: none"> ▪ Fresh or frozen fish ▪ Chicken, turkey (remove skin; choose white meat more often) ▪ Canned water-packed tuna, chicken, salmon – rinsed and drained ▪ Canned sardines, drained (limit to 1/2 can or 2 ounces per day) ▪ Tofu, edamame, soybean products ▪ Low-sodium canned beans; dried beans and lentils ▪ Lean beef or pork (trim off fat) ▪ 7% or less fat ground beef or ground lean turkey ▪ Low-sodium lean deli meats ▪ Peanut butter ▪ Egg whites or egg substitutes ▪ Lobster, oysters, clams, scallops ▪ Shrimp, calamari/squid (limit to 3 ounces per week) 	<ul style="list-style-type: none"> ▪ Fatty meats (prime rib, spareribs, regular ground beef or pork, pork rinds) ▪ Duck, goose ▪ Fried chicken, breaded and fried meats or seafood ▪ Canned, salted, or smoked meats (Spam®, bologna, sausages, longanisa, hot dogs, bacon, ham, kalua pork, jerky) ▪ Canned, salted, smoked or dried fish ▪ Lomi salmon ▪ Crab, fishcake ▪ Canned, salted beans, refried beans, baked beans ▪ Whole eggs or egg yolks (limit to 2 per week) ▪ Organ meats such as liver, brains, kidneys, heart, sweetbreads (limit to 3 ounces per month)
Bread, Cereal, Rice, Pasta & other Starches <i>Make half of your grains whole.</i>	<ul style="list-style-type: none"> ▪ Whole grain products: breads, English muffins, bagels, rolls, pita bread, fat-free flour tortillas, soft corn tortillas ▪ Whole grain cereals: oatmeal, oat bran, puffed cereals, shredded wheat, bran cereals ▪ Rice, barley, millet, quinoa ▪ Whole wheat noodles, soba, somen, long rice ▪ Potato, poi, taro, breadfruit, green banana ▪ Bran muffins, whole wheat and low fat pancakes and waffles ▪ Unsalted, whole wheat crackers 	<ul style="list-style-type: none"> ▪ Breads with salt toppings, egg bread, croissants, butter rolls ▪ Instant cooked cereals, granola-type cereals ▪ Packaged mixes for pasta, rice, noodles, stuffing, or bread crumbs ▪ Croutons ▪ Egg noodles, chow mein, chow fun noodles, packaged fried ramen/saimin ▪ Instant, frozen, or prepared potatoes ▪ Quick breads, biscuits, corn bread, muffins, pancakes, waffles (frozen or from a mix), donuts, pastries, malasadas ▪ Salted crackers



FOOD GROUP	Healthy Foods	Foods to Limit
Fruits & Vegetables <i>Eat a variety of fruits and vegetables.</i>	<ul style="list-style-type: none"> ▪ Fruits: all fruits (fresh, frozen, dried, canned in light syrup or juice) ▪ Avocado (limit to 1/4 medium per day) ▪ Vegetables: all vegetables (fresh, frozen, or canned without salt or sauces) ▪ Low-sodium tomato or vegetable juices 	<ul style="list-style-type: none"> ▪ Preserved and pickled fruits and vegetables (dill pickles, sauerkraut, kim chee, takuan, ume, olives, relish) ▪ Vegetables with salt, butter, cheese, or cream sauce ▪ Deep fried vegetables
Milk, Yogurt, & Cheese <i>Select fat-free or low fat dairy products.</i>	<ul style="list-style-type: none"> ▪ Milk: fat-free (skim) or 1% fat ▪ Fat-free evaporated milk ▪ Yogurt: (plain or fruit*) fat-free or 1% fat ▪ Cheese: low-sodium and fat-free or low fat ▪ Cottage cheese: fat-free or 1% fat, rinsed (limit to 1/2 cup/day) ▪ Soy milk (calcium enriched) ▪ Soy cheese without trans fat ▪ Fat-free creamers 	<ul style="list-style-type: none"> ▪ 2% fat or whole milk ▪ Buttermilk, evaporated milk, condensed milk, chocolate milk, milk shakes, eggnog, coconut milk ▪ Yogurt made from 2% fat or whole milk ▪ Regular cheese made from whole milk (cheddar, jack, Swiss) ▪ Cottage cheese made from 2% fat or whole milk ▪ Cream, powdered creamers
Fats & Oils <i>Choose fats wisely.</i>	<ul style="list-style-type: none"> ▪ Olive or canola oil ▪ Margarines (or spreads) in tubs or spray bottles ▪ Margarines with plant stanols or sterols ▪ Fat-free or reduced-fat salad dressing ▪ Fat-free cream cheese or sour cream ▪ Fat-free or reduced-fat mayonnaise ▪ Unsalted almonds, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts, sunflower or pumpkin seeds (about 2 tablespoons per day) ▪ Sesame oil 	<ul style="list-style-type: none"> ▪ Butter ▪ Margarine with trans fats (hydrogenated or partially hydrogenated oils) ▪ Shortening, lard, salted pork fat, meat fats ▪ Coconut, palm or palm kernel oils ▪ Coconut, coconut milk ▪ Cream cheese, sour cream, whipped cream ▪ Regular chip dips and spreads ▪ Other nuts; salted nuts or seeds



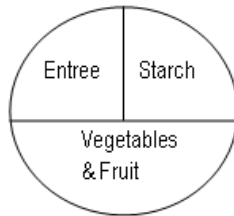
FOOD GROUP	Healthy Foods to Eat	Foods to Limit
Soups	<ul style="list-style-type: none"> ▪ Canned soups with less than 140 mg sodium per serving ▪ Homemade soups made without salt. Use low sodium broth or bouillon and/or fat-free milk. ▪ Fresh or frozen saimin noodles with low-sodium broth ▪ Low sodium bouillon or broth 	<ul style="list-style-type: none"> ▪ Most canned or frozen soups ▪ Portuguese bean soup, oxtail soup, pigs feet soup, regular chowders and cream soups ▪ Instant soups, including saimin/ramen ▪ Regular bouillon or broth ▪ Miso soup
Beverages	<ul style="list-style-type: none"> ▪ Water, mineral water, club soda ▪ Coffee, tea, fat-free flavored coffee ▪ 100% fruit juice*, carbonated beverages* 	<ul style="list-style-type: none"> ▪ Specialty coffee drinks ▪ Alcohol
Sugars*, Sweets*, and Snacks <i>Use a small portion.</i>	<ul style="list-style-type: none"> ▪ Gelatin, sherbet, sorbet, Popsicles®, angel food cake, pudding made with fat-free milk ▪ Fat-free or low-fat frozen yogurt or ice cream ▪ Unsalted whole wheat pretzels, air-popped popcorn, rice cakes ▪ Baked or low fat chips (limit to 1 ounce serving per day) ▪ Dark chocolate made with 70% cacao ▪ Jam, jelly, honey, sugar, hard candy, syrup, marshmallows, jelly beans 	<ul style="list-style-type: none"> ▪ Regular ice cream or frozen yogurt ▪ Regular cookies, cakes, pies, and baked desserts, pudding, custard ▪ Candies with butter, chocolate, cream, coconut or palm kernel oil, hydrogenated oils ▪ Pretzels, chips, cheese puffs, taro and shrimp chips, Chinese pretzels, arare ▪ Popcorn popped with butter or hydrogenated (trans) fats ▪ Oriental preserved seeds, li hing powder
Seasonings & sauces	<ul style="list-style-type: none"> ▪ Fresh or dried herbs & spices: allspice, basil, bay leaf, chives, chili powder, Chinese hot mustard, cilantro, cloves, coriander, curry powder, dill, horseradish, oregano, paprika, parsley, pepper, rosemary, sage, tarragon, thyme, wasabi, Mrs. Dash® ▪ Garlic, ginger, onions, green onions ▪ Lemon, lime, calamansi, chile peppers, citrus zest ▪ Vinegar, liquid smoke, Tabasco®, prepared mustard ▪ Low sodium tomato sauce ▪ Ketchup (limit 1 Tablespoon per day) ▪ Flavorings: vanilla, rum, mint 	<ul style="list-style-type: none"> ▪ Salt, Hawaiian salt, garlic salt and other seasoned salts ▪ Soy sauce (including light) ▪ Lemon pepper, MSG ▪ Steak sauces, Worcestershire sauce, bagoong, patis, most oriental sauces, miso ▪ Gravies, high-fat sauces ▪ Bragg Liquid Aminos® ▪ Salt substitutes (unless allowed by your physician)

*If triglycerides are high or you have diabetes, avoid or limit sugar and sweets.



Healthy Eating

- Take the soy sauce and salt shaker off the table.
- Eat the right portions. Divide your plate into three:



- Limit meat (including poultry and fish) to a 3 ounce cooked portion. This is the size of a deck of cards.
- Aim for at least two servings of fish each week.
- Have a vegetarian meal 2 to 3 times per week. Use tofu, beans, low fat cheese or other meatless entree.

Smart Shopping

- Buy fresh foods when possible. Processed foods often have more fat and sodium.
- Read nutrition labels. Look at the sodium, cholesterol, and fat content. Also check the serving size. Compare brands to make the best choice.
- Aim for foods with 140 milligrams, or less, of sodium per serving
- Choose foods with 2 grams, or less, of saturated fat per serving.
- Choose breads, crackers and cereals with at least 3 grams of fiber per serving.

Cooking Tips

- Bake, broil, microwave, or boil foods instead of frying in oil.
- Sauté in low-sodium broth, water, or small amounts of olive or canola oil.
- Use nonstick sprays.
- Dilute a small amount of shoyu with balsamic or rice vinegar.
- Flavor your foods with more herbs, spices and other low sodium seasonings. Leave out the salt and soy sauce. Enjoy the natural flavors of foods & spices!

Dining Out

- Ask to have foods cooked without salt or shoyu. Use lemon wedges for flavoring.
- Order foods that are grilled, steamed, baked or broiled instead of fried.
- Order salad dressings, sauces and gravies on the side. Use only a little of them.
- Have a vegetable salad instead of macaroni salad or soup.
- Share a dessert or order fruit.
- If portions are large, set some aside for another meal or share your meal.

Important Phone Numbers

After Hours Advice Nurse:

Oahu 432-7700

Neighbor Islands . . . 1-800-467-3011

If you think you may be experiencing a medical emergency, please call 911.

Where can you learn more?

Log-on: kp.org. Search for **Heart Healthy Nutrition**.

This information is not intended to diagnose health problems or take the place of medical advice or care you receive from your doctor or other health care clinician.