

MAYO
CLINIC

YOUR
HEART-HEALTHY
EATING GUIDE



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Why Eat Healthier?

Heart disease is the leading cause of death in the United States and a major cause of disability. Fortunately, there's a lot you can do to prevent it.

Sometimes you may hear the term *cardiovascular disease*. This is actually a group of diseases that affect your heart and blood vessels, such as coronary artery disease.

Coronary artery disease occurs when the arteries to your heart become narrowed by cholesterol-containing fatty deposits. A heart attack results when one of these arteries becomes blocked — by a blood clot, for example — cutting off the supply of oxygen and nutrients to your heart. Stroke occurs when the blood supply to your brain is disrupted by a blockage or a rupture in the arteries.

Major risk factors for cardiovascular disease include:

- Smoking
- Increasing age
- Obesity
- High cholesterol levels
- High blood pressure
- Diabetes
- Family history of heart disease
- Physical inactivity
- Gender*

You can't turn back the clock or change your family tree. But you do have a role in managing your weight, diet, activity level, blood pressure, cholesterol levels and conditions such as diabetes.

To help manage these risk factors, make a commitment to a lifestyle that emphasizes heart-healthy eating.

*Note: Although men have more heart attacks than premenopausal women do, women's risk of heart disease rises as they approach menopause and keeps rising as they age.

Normal artery

Progression of damage in arteries

Atherosclerotic plaques



When excess cholesterol is in your blood, cholesterol-containing fatty deposits can accumulate in your arteries — a process called atherosclerosis. As these deposits build up, blood flow is reduced, putting you at risk of a heart attack or stroke.

The Basics of Heart-Healthy Eating

You have the power to reduce your risk of heart disease — eating healthy foods and being physically active are two of the most important steps that you can take.

With today's hectic lifestyles, heart-healthy eating may seem like an admirable yet unrealistic goal. You don't have time to shop for special foods or spend hours preparing meals. And you don't want to give up the pleasure of eating flavorful food.

The good news is that you don't have to. Heart-healthy eating is all about eating well, even when time is short. And it may be easier than you think. At its simplest, heart-healthy eating is about eating more of some foods and less of others.

In this booklet, you'll find the basics of healthy eating — which foods to choose and which to limit. Then you can get started with a seven-day menu planner on page 17 that includes everyday foods and recipes for dinner entrees that take 30 minutes or less to make.

Soon, heart-healthy eating will become a habit. And once you notice how good you feel, it'll be a habit you won't want to break.



Foods rich in antioxidants

It's better to get antioxidants — vitamins C, E and carotenoids — from foods than from supplements.

Vitamin C

Good sources of vitamin C include green and red peppers, collard greens, broccoli, spinach, tomatoes, potatoes, strawberries, oranges, grapefruit and other citrus fruits.

Vitamin E

Rich sources include almonds, sunflower seeds and wheat germ. Vegetable oils also provide vitamin E.

Carotenoids

Beta carotene* is the best-known carotenoid but isn't the only one. Studies suggest that several carotenoids provided by a variety of fruits and vegetables reduce the risk of heart disease. For example, tomatoes — especially cooked tomatoes — are loaded with a carotenoid called lycopene. You'll find carotenoids in deep yellow, orange, dark green, and red vegetables and fruits.

*Note: Avoid beta carotene and vitamin E supplements. Studies show that these supplements offer no protection against heart disease, and beta carotene supplements may increase the risk of lung cancer among smokers and former smokers.

Choose healthy foods

Many foods contain substances that may reduce your risk of heart disease. So eat lots of vegetables, fruits, whole grains and fish with omega-3 fatty acids. Here's why.

Antioxidants. Antioxidants in foods may help prevent cholesterol from damaging the linings of your arteries. Antioxidants include vitamins C and E and the carotenoids. (Carotenoids are substances that make certain fruits and vegetables yellow, orange or red.) Antioxidants are found mainly in fruits and vegetables (see at left). It's better to get antioxidants from foods than from supplements. Studies indicate that taking beta carotene or vitamin E in supplement form can be risky.

Phytochemicals. Phytochemicals, also called phytonutrients, are compounds found only in plants and plant-based foods, such as whole grains, fruits and vegetables. These substances may help prevent chronic diseases such as heart disease, cancer and diabetes.

Dietary fiber. Soluble fiber is found in oats, dried beans, apples, citrus fruits, carrots and barley. Eating more soluble fiber may help lower your cholesterol. Insoluble fiber is found mainly in whole grains and vegetables. It may help prevent constipation and may reduce your risk of colon cancer.

Omega-3 fatty acids. Studies indicate that eating at least two servings a week of fish rich in omega-3 fats can help reduce your risk of heart disease, if eaten as part of a low-fat diet. You'll find omega-3s in certain fish — such as herring, salmon, sardines, bluefish, trout and albacore tuna — and in flaxseed, walnuts, canola oil and soybeans. See www.epa.gov/mercury/advisories.htm for advisories on mercury levels in fish.

Fats: Where you'll find the good and the bad

Monounsaturated fat (“good fat”) is found in olive, canola and peanut oils, as well as avocados and most nuts.

Polyunsaturated fat (“good fat”) is found in safflower, corn, sunflower, soy, sesame and cottonseed oils.

Saturated fat (“bad fat”) is found in animal foods, such as meats, poultry, lard, egg yolks, whole-fat dairy products (including butter and cheese); cocoa butter; tropical oils, such as coconut and palm; many crackers, baked goods, and other packaged foods.

Trans fat (“bad fat”) is found in stick margarine; animal and vegetable shortenings, often used in making cookies, muffins, pastry and other baked goods; and many crackers, candies, commercially prepared snack foods and fried foods such as french fries.

Limit certain foods

Choose foods that are low in saturated and trans fats, cholesterol and sodium. Many low-fat foods are high in calories, so choose carefully.

1. Fat. Some fats are heart healthy and some are bad for your health, but all fats are high in calories — 9 calories per gram.

Monounsaturated fat helps lower total and low-density lipoprotein (LDL, or “bad”) cholesterol and helps reduce risk of heart disease when used in moderation in place of saturated and trans fats.

Polyunsaturated fat helps lower total and bad cholesterol and helps reduce risk of heart disease, although monounsaturated fat is the best choice.

Saturated fat raises total and bad cholesterol. High cholesterol can lead to a buildup of plaques in your arteries, increasing your risk of heart disease, a heart attack and stroke.

Trans fat, also called *hydrogenated* or *partially hydrogenated vegetable oil*, raises bad cholesterol and lowers high-density lipoprotein (HDL, or “good”) cholesterol, increasing your risk of heart disease, a heart attack and stroke.

2. Cholesterol. Eating too many cholesterol-rich foods raises your blood cholesterol. All animal foods, such as meat and dairy products, have cholesterol, so eat smaller amounts of lean protein and choose fat-free or low-fat dairy (see page 10 for tips).

3. Sodium. Too much sodium can contribute to high blood pressure. If you're healthy, keep your sodium intake under 2,300 milligrams (mg) a day. If you have high blood pressure, are over 50, are African-American or have a chronic condition such as diabetes, aim for less than 1,500 mg a day. Many foods contain sodium naturally. And manufacturers add sodium to many packaged and canned foods.

Don't eat a lot of foods processed with added sodium, and avoid using the saltshaker in cooking and at the table.

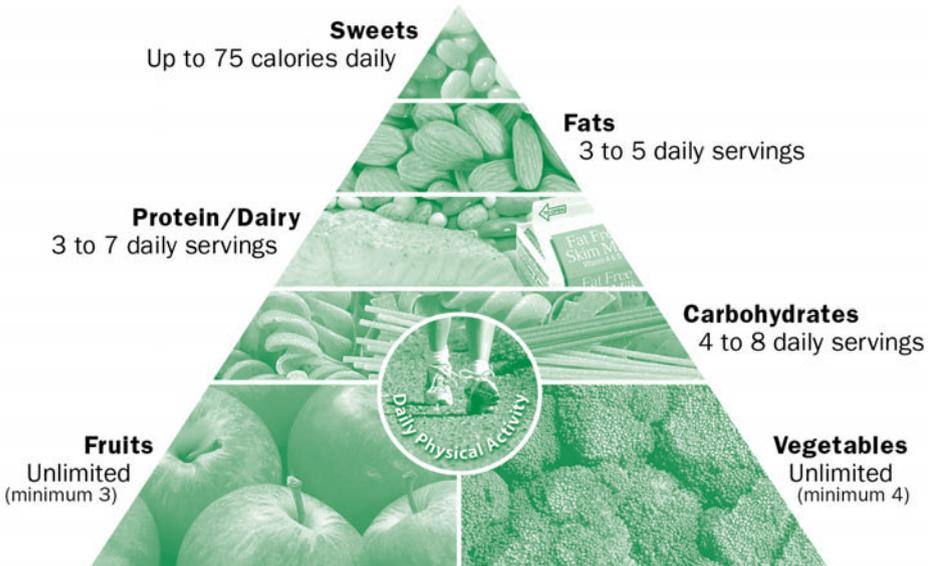
Learn about servings

How do you ensure that you're getting the right mix of foods for heart health?

Use the Mayo Clinic Healthy Weight Pyramid to help you get and stay on track. The pyramid divides foods into groups and recommends a daily number of servings from each group.

Fruits and vegetables form the foundation — they're rich in substances that can help reduce your risk of heart disease. They're also packed with nutrition but low in calories for their bulk, so they fill you up.

Following the pyramid's serving recommendations can help you minimize foods high in saturated and trans fats, cholesterol and sodium.



Mayo Clinic Healthy Weight Pyramid

Daily serving recommendations for different calorie levels

Food group	Starting calorie goals				
	1,200	1,400	1,600	1,800	2,000
Vegetables*	4 or more	4 or more	5 or more »		
Fruits*	3 or more	4 or more	5 or more »		
Carbohydrates [†]	4	5	6	7	8
Protein/Dairy [†]	3	4	5	6	7
Fats [†]	3	3	3	4	5
Sweets [†]	Up to 75 calories a day »				

* The recommended servings for fruits and vegetables are *minimums*.

† The recommended servings for carbohydrates, protein/dairy, fats and sweets are *maximums*.

Eggs and heart health

Eggs are a nutrient-rich food, but each egg yolk has about 210 milligrams (mg) of cholesterol. If you occasionally eat an egg, limit or avoid other high-cholesterol foods, such as meat and cheese, that day.

If you're healthy, don't eat more than 300 mg of cholesterol a day. If you have heart disease, diabetes or high LDL ("bad") cholesterol, limit your intake to less than 200 mg a day. Many cholesterol-free egg substitutes are available, and many recipes suggest using egg whites instead of whole eggs.

Sizing up a serving

Type of food	About the size of:
Vegetables (25 calories/serving) 1 cup cut-up vegetables 2 cups raw, leafy greens	1 baseball 2 baseballs
Fruits (60 calories/serving) 1 small apple or medium orange ¾ cup cut-up fresh fruit	Tennis ball
Carbohydrates (70 calories/serving) ½ cup whole-grain cooked pasta or cereal 1 slice whole-grain bread ½ small whole-grain bagel	Hockey puck
Protein/Dairy (110 calories/serving) 2½ ounces chicken or 3 ounces fish 2 ounces lean beef 2 ounces low-fat hard cheese	Deck of cards ½ deck of cards 4 dice
Fats (45 calories/serving) 1½ teaspoons peanut butter 1 teaspoon trans fat-free margarine	2 dice 1 die

How to read the nutrition label

Keep these simple tips in mind:

- ✓ **Check the serving information**
 - What is the serving size?
 - How many servings are in the container?
- ✓ **Check the calories in one serving**
- ✓ **Check the “% Daily Value”***
 - Limit total fat, saturated fat, trans fat, cholesterol, sodium and sugars
 - Get enough of dietary fiber, vitamins and minerals

*Percent Daily Value (DV): For example, the recommended goal for dietary fiber is 25 grams, so 3 grams would be 12% DV.

Nutrition Facts

Serving Size ½ cup (98 g)

Servings Per Container 4

Amount Per Serving

Calories 160

Calories from Fat 25

% Daily Value*

Total Fat 2.5 g **4%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 30 mg **11%**

Sodium 60 mg **2%**

Total Carbohydrate 26 mg **9%**

Dietary Fiber 0 g **0%**

Sugars 18 g

Protein 8 g

Vitamin A 2%

Vitamin C 0%

Calcium 20%

Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than		65 g	80 g
Saturated Fat	Less than		20 g	25 g
Cholesterol	Less than		300 mg	300 mg
Sodium	Less than		2,400 mg	2,400 mg
Total Carbohydrate			300 g	375 g
Dietary Fiber			25 g	30 g

Adapted from Food and Drug Administration, 2004

Getting on Track

Heart-healthy eating can fit into any lifestyle — no matter how hectic or hurried it may be. However, when you're still learning to make heart-smart food choices, balancing heart-healthy eating with your other responsibilities may require an adjustment until it becomes a habit.

The following tips can help you incorporate a variety of foods into your meals and choose the heart-healthiest options from each food group.

Fruits and vegetables are your allies in the battle against heart disease. They're rich in antioxidants and phytochemicals. In addition, they're low in calories and contain no fat or sodium. Aim for one fruit at each meal and two vegetables for lunch and for supper.

Raw vegetables and fruit also make great snacks. Keep carrots, cauliflower and broccoli ready to eat in your refrigerator. Keep apples, bananas, grapes or peaches in a bowl in your kitchen. When the urge for something sweet strikes, they'll be close at hand.

Choose: Fresh or frozen fruits and vegetables, particularly those rich in antioxidants (see “Foods rich in antioxidants,” page 4), and low-sodium canned vegetables.

Limit or avoid: Coconut, creamy sauces, fried and breaded vegetables, and canned fruit packed in heavy syrup. Limit intake of fruit juice to about 4 ounces a day because juice is high in calories and doesn't provide all the benefits, such as fiber, of whole fruit.

1 • Eat more fruits and vegetables.

2. Go with whole grains.

Grains — cereals, breads, rice and pasta — are naturally low in fat and calories and rich in vitamins and minerals. Whole-grain foods are better sources of both soluble and insoluble fiber and some nutrients, such as vitamin E and folate. Oats are a good source of soluble fiber.

However, be careful about which grains you select. Croissants, sweet breads and even some crackers are high in fat. Fat-laden cream sauces are often added to pasta, and bread may be topped with mayonnaise, butter or margarine.

Choose: Fortified whole-wheat flour, whole-grain breads, high-fiber cereals, brown rice and whole-grain pasta. Look for breads and cereals that provide at least 3 grams of fiber per serving.

Limit or avoid: Muffins, frozen waffles, corn bread, doughnuts, quick breads, granola bars, cakes, pies, egg noodles, buttered popcorn, high-fat snack crackers and chips.

3. Choose fat-free and low-fat dairy products.

Dairy foods provide essential calcium and protein, but they also can be high in saturated fat and cholesterol.

Choose: Fat-free or low-fat (1 percent) milk, fat-free yogurt, fat-free or low-fat cheeses, and fat-free or low-fat sour cream and cream cheese.

Limit or avoid: Reduced-fat (2 percent) and whole milk, cottage cheese that's 4 percent fat, and cheese and other products made from whole milk.

4. Get your protein from a variety of heart-healthy foods.

Your body uses protein to make and maintain tissues, such as muscles and organs. However, most Americans eat far more protein than they need. And unfortunately, a high-protein diet is often high in fat and cholesterol.

Legumes: A great-tasting alternative to meat

Legumes are a high-protein, low-fat alternative to meat. They have the added advantage of containing no cholesterol. Legumes are also rich in fiber.

Legumes include dried peas, lentils and beans. Choose from butter beans, kidney beans, black beans, lima beans, pinto beans, navy beans, soybeans, tofu, baked beans (meatless), black-eyed peas, garbanzos, lentils and split peas.

You can get protein from a variety of sources. Legumes, poultry, seafood, nuts and seeds, lean meat, and low-fat or fat-free dairy products are your richest sources of protein. Grains and vegetables supply smaller but ample amounts. Even if you don't eat any meat, you can easily get enough protein if you eat a variety of foods that provide enough calories to maintain a healthy weight. Try planning your meals around whole grains, vegetables and legumes instead of making meat the centerpiece.

Choose: Only 2 or 3 ounces of fish or skinless poultry at a meal, or a meatless meal. Legumes are an excellent source of protein. Use egg whites and egg substitutes in recipes that call for whole eggs.

Limit or avoid: Organ meats, egg yolks, fatty and marbled meats, spare ribs, cold cuts, frankfurters, sausage, bacon, fried meats and canned meats. Limit the amount of animal foods you eat because they contain saturated fat and cholesterol.

The best way to cut fat intake is to reduce the amount of pure fat (butter, margarine and vegetable oils) you add to food during cooking or serving. When you do use fat, choose oils high in monounsaturated fat.

Choose: Olive and canola oils and products made from them. Choose margarine that has liquid oil as its main ingredient and no trans fat. The term *hydrogenated* or *partially hydrogenated vegetable oil* on the ingredient label indicates trans fat. Avocados and olives are excellent sources of monounsaturated fat, but eat them in moderation because they're high in calories, and olives are high in sodium.

Limit or avoid: Butter, lard, bacon, gravy and cream sauces, hydrogenated margarine and shortening, cocoa butter (found in chocolate), coconut oil, palm oil and palm kernel oil.

5. Use fats and oils sparingly.

Cholesterol-lowering spreads

Regular use of spreads made from plant stanol or sterol esters (Benecol or Promise active) can help lower cholesterol. To be effective, use as directed, as part of a diet low in saturated fat and cholesterol. But keep in mind that these spreads may be high in calories. Talk with your doctor.

Putting It Together

All the best intentions and plans for healthy eating can be defeated if you cook with high-fat methods. And without planning your grocery trips, you may fall back into your old eating habits or stock up on impulse buys. In addition, when you eat out, large portions, unfamiliar menus and tempting desserts may discourage you from your commitment to healthy eating.

So, use the following strategies to make heart-healthy eating a permanent part of your life.

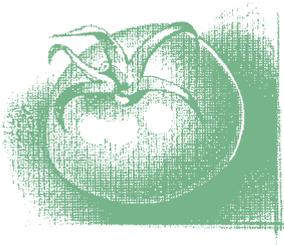


Use low-fat cooking methods.

One of the most important changes you can make in your kitchen is learning to prepare food with little or no oils. It's not difficult, but it may involve rethinking your approach to cooking.

Once you get used to these low-fat cooking techniques, it'll become second nature:

- Instead of frying, prepare food by baking, broiling, roasting, grilling, steaming or poaching. Let fat drip away during cooking and drain fat afterward.
- Buy nonstick cookware and a steamer basket so that you can cook foods without adding fat.
- Eliminate ingredients used mainly by habit or for appearance. Potatoes, for example, don't need gravy. Or try a sweet potato instead.
- Keep on hand an array of fat-free flavor enhancers, such as broth, herbs and spices, onions, or flavored vinegars.
- Use low-fat or fat-free cream cheese, sour cream or cheese instead of higher fat products.
- Use low-fat or fat-free creamed soups in casseroles. Choose soups low in sodium.





Develop supermarket strategies.



Make heart-healthy choices when dining out.

- Replace half the fat or oil in baked goods with an equal amount of applesauce, mashed banana or a special baking product designed to replace fat.
- Cut back on the amount of meat, poultry and seafood in casseroles and stews and add more vegetables, brown rice or whole-grain pasta.
- Trim the fat from any meat or poultry. Don't eat the skin on poultry.

With a little planning, your supermarket trip can stay focused on foods and ingredients that fit into a heart-healthy lifestyle. Here are some tips:

- Plan a week's worth of menus and make a list of the ingredients you need. Then stick to it.
- Read food labels. Compare products. Choose ones that are lower in fat, sodium and calories.
- Focus on fresh foods. They're generally healthier than packaged or canned foods and you can control what ingredients are added.
- Buy pre-cut vegetables and bagged salad if you need to fix something quick and easy.
- Avoid shopping when you're hungry. Impulse buys often are high-fat, high-calorie snack foods.

Eating out a lot can lead to weight gain. That's why it's especially important that you know how to fit restaurant dining into a heart-healthy eating plan.

Keep these key points in mind:

- Choose your restaurant carefully. Find out ahead of time if a restaurant offers healthy choices on its menu.
- Keep hunger under control. To avoid over-eating, don't skip a meal on the day you're going out to eat.

- Avoid high-fat appetizers. Although tempting, many contain large amounts of saturated fat.
- Look for heart-healthy choices on the menu. Choose entrees that minimize fat and meat while emphasizing vegetables and grains.
- Speak up. Ask your server to clarify unfamiliar terms or explain how a dish is prepared. Request smaller portions, substitutions and healthy-cooking methods. Ask for sauces and salad dressings on the side. Request fruit for dessert, even if it's not on the menu.
- Watch your serving size. Most restaurants serve oversized portions. To cut down on portions, request a carryout container when the food is served, split your meal with a companion, or request an appetizer-sized portion.

Eat more and lose weight

Feeling full is determined by the volume and weight of food — not by the number of calories. If you choose food with low energy density — few calories for their bulk — you can eat more volume but consume fewer calories because of two key factors:

- ✓ **Water.** Most vegetables and fruits contain a lot of water, which provides volume and weight but few calories. Half of a large grapefruit, for example, is about 90 percent water with just 50 calories.
- ✓ **Fiber.** The high-fiber content in foods such as vegetables, fruits and whole grains provides bulk to your diet, so you feel full sooner. Fiber also takes longer to digest, making you feel full longer.

Most high-fat foods, desserts, candies and processed foods are high in energy density — so a small volume has a lot of calories. Choose your foods wisely. Then you can eat more volume but fewer calories.

Making It Happen

Making a commitment to your heart's health involves more than healthy eating.

Include physical activity

Stay physically active. If you're regularly active, your overall risk of a heart attack is much lower than that of people who are physically inactive (sedentary) and out of shape. Regular exercise can:

- Increase your heart's ability to pump blood
- Reduce atherosclerosis — the buildup of plaques inside your arteries
- Reduce cholesterol
- Lower blood pressure slightly
- Reduce the risk of diabetes

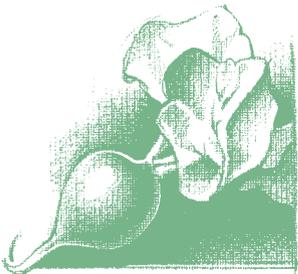
If you're a man over 45 or a woman over 55, are overweight, have any heart disease risk factors (listed on page 2) or other disease, ask your doctor for exercise recommendations.

How much do you need?

Experts recommend aerobic activity at least three days a week. The total weekly amount should be:

- At least two hours and 30 minutes (150 minutes) of aerobic activity at a moderate level
- **Or** one hour and 15 minutes (75 minutes) at a vigorous level
- **Or**, a mix of moderate and vigorous activity
- **And** muscle-strengthening activity (such as push-ups, modified push-ups or using resistance bands) of all major muscle groups on two or more days a week

To lose weight, you may need 200 to 300 minutes of aerobic activity a week.



How intense is your activity?

Moderate activity	Vigorous activity
Ballroom and line dancing	Aerobic dance
Biking on level ground or with few hills	Biking faster than 10 mph
Canoeing	Fast dancing
General gardening (raking, trimming shrubs)	Heavy gardening (digging, hoeing)
Sports where you catch and throw	Sports with a lot of running
Tennis, doubles	Tennis, singles
Walking briskly	Racewalking, jogging, running
Water aerobics	Swimming fast or doing laps

Source: *Physical Activity Guidelines for Americans, 2008*

If you're just starting, begin slowly with an activity you can do for about 10 minutes without becoming tired. Then gradually increase duration and intensity as your fitness improves. Include exercises that maintain or improve balance.

Remember, being inactive (sedentary) is a major health risk — some activity is better than none.

Getting started with healthy eating

You know which foods to choose and which ones to limit. You're ready to make a commitment to heart health. Now it's time to put your plans into action.

It's easy to get started. In the next section, you'll find a week's worth of heart-healthy menus. The plan includes breakfast, lunch and dinner, with seven recipes designed for your heart health and convenience.

When you follow the plan, you'll enjoy a variety of foods, flavors and textures. Soon you'll find that heart-healthy eating is all about eating well.

Day 1

7-Day Menu Planner

Breakfast

4 ounces orange juice
1 small whole-grain bagel (3-inch diameter)
1 teaspoon trans fat-free margarine
½ cup mixed fruit
8 ounces fat-free milk

Lunch

8 ounces fat-free, sugar-free yogurt
1 cup raw baby carrots
½ tablespoon peanut butter on 2 triple-rye crackers
1 small apple
Green tea

Snack

8 ounces low-sodium vegetable or tomato juice

Dinner

Tuna Salad Sandwich (see recipe on page 24)
1 cup sliced melon
2 cups mixed green salad
Dressing: 1 teaspoon extra-virgin olive oil mixed
with 2 teaspoons balsamic vinegar
8 ounces fat-free milk

Snack

1 medium orange
14 whole almonds, unsalted

Note: Healthy adults need less than 2,300 mg of sodium a day. If you have high blood pressure, are over 50, are African-American or have a chronic condition such as diabetes, aim for less than 1,500 mg a day. Four days of this 7-Day Menu Planner are under 1,500 mg of sodium: pages 17, 18, 21 and 23.

Food Servings

Fruits..... 5
Vegetables..... 5
Carbohydrates..... 6
Protein/dairy..... 4
Fats..... 6

Nutrition Analysis

Calories 1,450
Fat 36 g (saturated fat 7 g)
Cholesterol 47 mg
Sodium 1,487 mg
Fiber 29 g

Day 2

Breakfast

2 slices whole-wheat toast
2 teaspoons trans fat-free margarine
½ grapefruit
4 ounces orange juice

Lunch

Tuna salad
Mix 1 serving of tuna salad (left over from previous day) with 1 cup grapes. Place on 2 cups mixed green salad. Garnish with 8 cherry tomatoes.
6 low-sodium whole-wheat crackers
8 ounces fat-free milk

Snack

1 cup raw baby carrots

Dinner

Mediterranean-Style Grilled Salmon (see recipe on page 25)
½ cup steamed broccoli
3 baby red potatoes
1 teaspoon trans fat-free margarine
1 slice (1 ounce) angel food cake with 1 cup raspberries
8 ounces fat-free milk

Snack

1 small apple

Food Servings

Fruits.....	5
Vegetables.....	4
Carbohydrates.....	4
Protein/dairy.....	5
Fats.....	4
Sweets.....	1

Nutrition Analysis

Calories	1,560
Fat	36 g (saturated fat 6 g)
Cholesterol	119 mg
Sodium	1,183 mg
Fiber	36 g

Day 3

Breakfast

1 cup oatmeal
1 small banana
8 ounces fat-free milk
4 ounces orange juice

Lunch

$\frac{2}{3}$ cup 1% fat (or fat-free) cottage cheese
 $\frac{1}{2}$ cup peach halves
1 slice whole-wheat toast
1 teaspoon trans fat-free margarine
1 medium orange
1 cup broccoli and cauliflower, raw
Sparkling water

Dinner

Grilled Turkey Burger (see recipe on page 26)
 $\frac{1}{2}$ cup green beans
2 cups mixed green salad
2 tablespoons fat-free salad dressing
1 small apple
8 ounces fat-free milk

Snack

8 ounces fat-free milk
1 whole graham cracker (2 squares) with
 $\frac{1}{2}$ tablespoon peanut butter

Food Servings

Fruits.....	5
Vegetables.....	6
Carbohydrates.....	6
Protein/dairy.....	5
Fats.....	2

Nutrition Analysis

Calories	1,420
Fat	25 g (saturated fat 7 g)
Cholesterol	110 mg
Sodium	2,254 mg
Fiber	22 g

Day 4

Food Servings

Fruits.....	5
Vegetables.....	6
Carbohydrates.....	6
Protein/dairy.....	5
Fats.....	3

Breakfast

1 small oat-bran bagel (3-inch diameter)
3 tablespoons fat-free cream cheese
8 ounces fat-free milk
1 large banana

Lunch

Turkey sandwich
2 slices whole-wheat bread
3 ounces fresh roasted turkey breast
1 slice tomato
1 lettuce leaf
1 teaspoon Dijon mustard
1½ cups fresh strawberries
1 cup sliced raw carrots and celery sticks
8 ounces fat-free milk

Snack

8 ounces low-sodium vegetable juice

Dinner

Simple Pizza (see recipe on page 27)
2 cups mixed green salad
Dressing: 2 teaspoons extra-virgin olive oil mixed
with 1 tablespoon balsamic vinegar
8 ounces fat-free milk
1 small apple

Snack

1 small pear (fresh) or ½ cup pears (canned in
juice, drained)

Nutrition Analysis

Calories 1,688
Fat 27 g (saturated fat 8 g)
Cholesterol 108 mg
Sodium 2,226 mg
Fiber 39 g

Day 5

Food Servings

Fruits.....	4
Vegetables.....	4
Carbohydrates.....	7
Protein/dairy.....	4
Fats.....	5

Breakfast

- 1 cinnamon-raisin English muffin
- 2 teaspoons trans fat-free margarine
- 8 ounces fat-free milk
- ½ grapefruit

Lunch

- 1 cup whole-wheat pasta (about 1 ounce dry)
Top cooked pasta with combination of 1 cup chopped tomato, 1 or 2 garlic cloves, and ½ to 1 teaspoon dried basil (or 1 to 2 tablespoons fresh basil).
- 1 whole-grain hard roll
- 1 teaspoon trans fat-free margarine
- 1 cup raw baby carrots
- 1 cup sliced cucumbers, sprinkled with vinegar or cracked black pepper (or both)
- 8 ounces fat-free milk

Dinner

- Herb-Crusted Baked Cod (see recipe on page 28)
- Salad: 2 cups mixed greens, 2 tablespoons no-salt Italian dressing, ½ cup plain croutons
- 1½ cups fresh strawberries sprinkled with powdered sugar
- 8 ounces fat-free milk

Snack

- 1 fruit smoothie
Blend together 4 ounces orange juice, ½ banana and 2 ounces fat-free milk.

Nutrition Analysis

- Calories** 1,398
- Fat** 27 g (saturated fat 5 g)
- Cholesterol** 84 mg
- Sodium** 1,054 mg
- Fiber** 25 g

Day 6

Food Servings

Fruits.....	4
Vegetables.....	4
Carbohydrates.....	8
Protein/dairy.....	6
Fats.....	1
Sweets.....	1

Breakfast

Cinnamon French Toast (see recipe on page 30)
4 ounces orange juice
8 ounces fat-free milk

Lunch

1 whole-wheat pita stuffed with:
1 cup shredded lettuce
½ cup sliced tomato
¼ cup sliced cucumber
¼ cup reduced-fat feta cheese
2 tablespoons fat-free ranch dressing
1 kiwi
8 ounces fat-free milk

Dinner

Oriental Chicken (see recipe on page 29)
⅔ cup cooked brown rice
with 1 tablespoon chopped dried apricots
1 cup steamed broccoli mixed with ½ cup
steamed carrots
4 ounces white wine

Snack

1 whole graham cracker (2 squares)
½ cup fat-free frozen yogurt
¾ cup blueberries

Nutrition Analysis

Calories 1,478
Fat 17 g (saturated fat 6 g)
Cholesterol 105 mg
Sodium 2,112 mg
Fiber 18 g

Day 7

Food Servings

Fruits.....	3
Vegetables.....	6
Carbohydrates.....	5
Protein/dairy.....	4
Fats.....	3
Sweets.....	1

Breakfast

Omelet

- ½ cup egg substitute
- ½ cup green or red peppers
- ¼ cup sliced mushrooms
- 1 slice whole-wheat toast
- 1½ tablespoons low-sugar fruit spread
- 4 ounces orange juice

Lunch

Chicken salad in cantaloupe shell

- To make chicken salad, use chicken breast from previous night and chop to make ½ cup. Mix with 2 tablespoons plain, fat-free mayonnaise and add ¼ cup chopped celery and ½ tablespoon chopped onion. Add 1 cup diced cantaloupe. Mix well and scoop into melon shell.
- 6 low-sodium whole-wheat crackers
 - 8 ounces iced tea

Dinner

Pasta With Marinara Sauce and Grilled Vegetables (see recipe on page 31)

- 1 whole-grain roll
- 2 cups mixed green salad tossed with 1 tablespoon red wine vinegar and 1 teaspoon extra-virgin olive oil
- 1 cup grapes
- 8 ounces decaf coffee latte with fat-free milk

Snack

- ½ cup fat-free frozen yogurt

Nutrition Analysis

- Calories** 1,391
- Fat** 27 g (saturated fat 5 g)
- Cholesterol** 64 mg
- Sodium** 1,350 mg
- Fiber** 29 g

Recipes

Day 1



Gourmet Tip

To add pizzazz to your tuna salad, add $\frac{1}{2}$ teaspoon of chives or curry powder to the mayonnaise. Another option: Cut a fresh pineapple in half and hollow it out to make a bowl. Put some of the tuna salad into the pineapple bowl and sprinkle slivered almonds on top. Serve with whole-grain crackers.

Tuna Salad Sandwich

Serves: 4

2 cans (6 ounces each) water-packed unsalted tuna,
drained

$\frac{1}{2}$ cup diced celery

1 teaspoon lemon juice, optional

$\frac{1}{3}$ cup fat-free mayonnaise

4 lettuce leaves

8 slices whole-wheat bread

In a small bowl, flake the tuna. Add celery and lemon juice if desired. Add mayonnaise and mix well. Place one lettuce leaf onto a bread slice. Place $\frac{1}{4}$ of the tuna mixture on the lettuce leaf. If desired, top with cucumber or tomato slices. *Note:* Fat-free mayonnaise adds a significant amount of sodium to the tuna salad. Use unsalted tuna to keep the total sodium lower.

Suggestion: Double the tuna salad recipe, and you can use it for lunch the next day. You can put it on a green salad or make it into another sandwich.

Pyramid Servings

2 Carbohydrates

1 Protein/dairy

1 Fat

Recipe Nutrition Analysis (1 Serving)

Calories 231

Fat 3 g (saturated fat 1 g)

Cholesterol 26 mg

Sodium 436 mg

Fiber 4 g

Health Facts

Canned Tuna (unsalted)	Serving Size	Calories	Sodium (mg)
Packed in oil	3 ounces	158	42*
Packed in water	3 ounces	109	42*

*When packed with salt, 3 ounces of oil-packed tuna has 337 mg of sodium and water-packed tuna has 320 mg of sodium.

Mediterranean-Style Grilled Salmon

Day 2



Gourmet Tip

You may substitute halibut, cod, sea bass or any other whitefish, and the calorie values are similar. However, salmon is richer in heart-healthy omega-3s.

Serves: 4

- 4 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh parsley
- 1 tablespoon minced garlic
- 2 tablespoons lemon juice
- 4 salmon fillets, each 5 ounces
- Cracked black pepper, to taste
- 4 green olives, chopped
- 4 thin slices lemon

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. In a small bowl, combine the basil, parsley, minced garlic and lemon juice. Spray the fish with cooking spray. Sprinkle with black pepper. Top each fillet with equal amounts of the basil-garlic mixture.

Place the fish herb-side down on the grill. Grill over high heat. When the edges turn white, after about 3 to 4 minutes, turn the fish over and place on a small section of aluminum foil. Move the fish to a cooler part of the grill or reduce the heat. Grill until the fish is opaque throughout when tested with the tip of knife, and an instant-read thermometer inserted into the thickest part reads 145 F (about 4 minutes longer).

Remove the salmon and place on warmed plates. Garnish with green olives and lemon slices.

Pyramid Servings

2 Protein/dairy

Recipe Nutrition Analysis (1 Serving)

Calories 196
Fat 9 g (saturated fat 1.5 g)
Cholesterol 77 mg
Sodium 117 mg
Fiber 1 g

Health Facts

Salmon	Calories	Omega-3 (grams)
4 ounces (cooked)	206	3

Grilled Turkey Burger

Day 3



Gourmet Tip

Instead of a burger, try marinating a whole portobello mushroom in balsamic vinegar for 1 hour. Brush with olive oil. Grill the mushroom 7 to 10 minutes. Serve on a whole-grain bun with sliced onions, tomatoes, cucumbers, lettuce and a touch of fat-free salad dressing of choice.

Serves: 4

- 1 pound ground turkey breast
- ¼ cup dried bread crumbs
- ¼ cup chopped onion
- 2 tablespoons chopped fresh parsley
- 1½ tablespoons Worcestershire sauce
- 1 teaspoon Tabasco (hot) sauce
- 4 whole-grain buns
- 4 slices tomato
- 4 slices red onion
- 2 bibb lettuce leaves, halved
- 4 tablespoons ketchup

Combine the ground turkey breast, bread crumbs, chopped onion, parsley, Worcestershire sauce and hot sauce in a large bowl. Mix well. Divide turkey mixture into 4 equal portions and form into patties.

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Put the cooking rack 4 to 6 inches from the heat source. Grill burgers until browned on both sides and heated through, about 7 minutes a side. Serve on a bun with 1 tomato slice, 1 onion slice, ½ lettuce leaf and a little ketchup.

Pyramid Servings

- 3 Vegetables
- 2 Carbohydrates
- 1 Protein/dairy

Recipe

Nutrition Analysis* (1 Serving)

- Calories** 244
- Fat** 8 g (saturated fat 2 g)
- Cholesterol** 59 mg
- Sodium** 340 mg
- Fiber** 4 g

*Includes topping and bun

Health Facts

3 Ounces (ready to eat)	Calories	Fat (grams)	Saturated Fat (grams)	Cholesterol (milligrams)
Ground turkey breast	110	trace	trace	62
Extra-lean ground beef	137	5	2	62
Hamburger	290	25	9	75
Portobello mushroom	35	1	trace	0

Simple Pizza

Day 4



Gourmet Tip

Use one or a combination of these herbs to pep up your pizza sauce: cilantro, oregano, fennel or rosemary. Also, try these vegetables for toppings: sweet onions, green onions, eggplant, hearts of palm, mushrooms or asparagus.

Serves: 4

2 cups chunky tomato sauce, no added salt

8 4-inch whole-wheat pitas

4 onion slices, separated into rings

16 slices red or green peppers

1 cup chopped tomatoes

2 cups shredded low-fat mozzarella cheese

Spread tomato sauce over the pitas. Top with vegetables and mozzarella cheese. Place into a preheated oven at 400 F. Bake 8 to 10 minutes or until cheese is golden brown.

Pyramid Servings

2 Carbohydrates

1 Vegetable

1 Protein/dairy

Recipe

Nutrition Analysis

(1 Serving = 2 Pitas)

Calories 395

Fat 11 g (saturated fat 4 g)

Cholesterol 20 mg

Sodium 734 mg

Fiber 7 g

Health Facts

Pizza	Calories	Fat (grams)	Saturated Fat (grams)
½ of 12-inch cheese pizza	868	40	20
2 Simple Pizzas (2 pitas)	395	11	4

Herb-Crusted Baked Cod

Day 5



Gourmet Tip

Leftover herb-crusted cod can be faked and made into patties — a nice substitute for crab cakes!

Serves: 4

1 pound of cod

¼ cup honey

¾ cup herb-flavored bread stuffing

Preheat oven to 375 F. Wash cod. Spray baking dish with nonstick spray. Measure out honey. Brush honey on the cod. Discard any remaining honey.

Place bread stuffing in a bag and crush it to crumb texture. Place cod in bag with stuffing and coat cod. Place on pan and bake until done — about 10 minutes.

Pyramid Servings

1 Carbohydrate

1 Protein/dairy

Recipe Nutrition Analysis (1 Serving)

Calories 169

Fat 1 g (saturated fat: trace)

Cholesterol 49 mg

Sodium 162 mg

Fiber 1 g

Health Facts

Securely wrap fresh fish in a plastic bag or moisture-proof paper and store in the coldest part of the refrigerator. Use fresh fish within 2 days, and preferably 1 day, of purchase. Defrost frozen seafood in refrigerator overnight. Cook frozen fish within 1 day of defrosting.

Oriental Chicken

Day 6



Gourmet Tip

Dice the chicken and pineapple and serve over rice. For added fun, use chopsticks for your eating utensils.

Serves: 6

- 10 ounces white wine
- 3 tablespoons light soy sauce
- 1½ teaspoons sesame oil
- 3 tablespoons brown sugar
- 3 tablespoons cornstarch
- ¾ teaspoon oregano
- 3 garlic cloves, crushed
- 6 skinless, boneless chicken breasts
(about 5 ounces each, raw)
- 6 pineapple rings
- 3 teaspoons sunflower seeds

Mix wine, soy sauce, sesame oil, brown sugar, cornstarch, oregano and garlic together. Pour the mixture over chicken breasts after piercing them with a fork. Place chicken in a microwave-safe dish, cover and microwave on high for about 10 minutes or until done. Before serving, top each breast with a pineapple ring and ½ teaspoon sunflower seeds.

Pineapple rings: Spray a pan generously with cooking spray and brown the pineapple over medium heat.

Suggestion: Any extra chicken breasts can be used for lunch the next day.

Pyramid Servings

- 1 Fruit
- 1 Protein/dairy

Recipe Nutrition Analysis (1 Serving = 1 Chicken Breast)

- Calories** 277
- Fat** 4 g (saturated fat 1 g)
- Cholesterol** 82 mg
- Sodium** 349 mg
- Fiber** 1 g

Health Facts

Soy Sauce (2 tablespoons)	Calories	Sodium (milligrams)
Regular	20	2,512
Light (low sodium)	30	1,055

Cinnamon French Toast

Day 6



Gourmet Tip

For this and many recipes, the flavorful spices (such as cinnamon and nutmeg) and extract (vanilla in this recipe) enhance sweetness. So you only need a sprinkle of powdered sugar.

Serves: 2

4 egg whites or equivalent egg substitute

1 teaspoon vanilla

$\frac{1}{8}$ teaspoon nutmeg

4 slices cinnamon bread

Cinnamon

Powdered sugar

Spray pan with nonstick spray. Crack egg whites into a bowl, discarding the yolks. Add vanilla and nutmeg. Whip well. Dip bread into egg mixture, coating both sides. Put bread into heated pan. Pour any remaining egg mixture over the bread. Sprinkle with cinnamon. Turn when slightly browned and sprinkle other side with cinnamon. Don't overcook the toast — keep it moist. When done, sprinkle with powdered sugar and serve.

Pyramid Servings

2 Carbohydrates

1 Protein/dairy

Recipe

Nutrition Analysis

(1 Serving = 2 Slices)

Calories 184

Fat 2 g (saturated fat 0.5 g)

Cholesterol 0 mg

Sodium 465 mg

Fiber 1 g

Health Facts

One egg yolk contains about 210 milligrams of cholesterol. The white doesn't contain any cholesterol. See "Eggs and heart health," page 7.

Pasta With Marinara Sauce and Grilled Vegetables

Day 7



Gourmet Tip

For added color and flavor, consider using a specialty pasta, such as that made from spinach or herbs and tomatoes.

Serves: 4

- 2 tablespoons extra-virgin olive oil
- 10 large fresh tomatoes, peeled and diced
- ½ teaspoon salt
- ½ teaspoon minced garlic
- 2 tablespoons chopped onion
- 1 tablespoon chopped fresh basil or
1 teaspoon dried basil
- 1 teaspoon sugar
- ½ teaspoon dried oregano
- ⅛ teaspoon freshly ground black pepper
- 2 red peppers, sliced into chunks
- 1 yellow summer squash, sliced lengthwise
- 1 zucchini, sliced lengthwise
- 1 sweet onion, sliced into ¼-inch-wide rounds
- 8 ounces whole-wheat spaghetti

To make the marinara sauce, in a heavy skillet, heat 1 tablespoon of the olive oil over medium-high heat. Add tomatoes, salt, garlic, chopped onion, basil, sugar, oregano and black pepper. Simmer uncovered until the sauce thickens, about 30 minutes.

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Brush the red peppers, squash, zucchini and sweet onion with the remaining olive oil. Place the vegetables on the grill rack or broiler pan. Grill or broil, turning as needed, until the vegetables are tender, about 5 to 8 minutes. Transfer the vegetables to a bowl and set aside.

Fill a large pot ¾ full with water and bring to a boil. Add the pasta and cook until al dente (tender), about 10 to 12 minutes, or according to package directions. Drain the pasta thoroughly.

Divide the pasta evenly among individual plates. Top with the marinara sauce and grilled vegetables. Serve immediately.

(continued)

Pyramid Servings

- 3 Vegetables
- 2 Carbohydrates
- 1 Fat

Recipe Nutrition Analysis (1 Serving)

- Calories** 270
- Fat** 6 g (saturated fat 1 g)
- Cholesterol** 0 mg
- Sodium** 316 mg
- Fiber** 4 g

Pasta With Marinara Sauce and Grilled Vegetables *(continued)*

Health Facts

Olive oil contains monounsaturated fat, which, when substituted for saturated and trans fats, can lower total LDL (“bad”) cholesterol. Because olive oil is high in calories, don’t use large amounts.

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