Eating right for a healthier heart

Eating fewer high-fat, high-cholesterol foods and watching calories are important steps to a healthier diet and a healthier heart.

Guidelines for a healthy diet

With your doctor, determine the number of calories you need each day to achieve or maintain a healthy body weight.

- Eat fewer high-fat foods
- Keep fat intake to ≤30% of your total daily calories
- Replace some saturated fat with unsaturated fat (limit saturated fat to 8% to 10% of total daily calories)
- Lower cholesterol intake to less tha 300 mg per day
- Choose foods high in starch and fiber
- If you drink alcohol, do so in moderation

Read the labels to find the fat

To calculate the percentage of fat per serving:

Take the number of fat calories and divide it into the total number of calories

90/100 = 90% of calories from fat (this is a food to avoid)

INGREDIENTS: PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, STABILIZERS
(XANTHAN AND/OR CAROB BEAN AND/OR GUAR GUMS)

Nutrition	Amount/serving	% DV*	Amount/serving	% DV*
Facts	Total Fat 10g	15%	Total Carb less than 1g	0%
Serv Size 1 oz (28g/1/8 pkg.)	Sat Fat 6g	30%	Fiber Og	0%
Servings 8	Cholest 30mg	10%	Sugars less than 1g	er la
Calories 100 Fat Cal 90	Sodium 90mg	4%	Protein 2g	ana
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 6% • Vitamin C 0% • Calcium 0 % • Iron 0%			

To choose low-fat products, ask yourself:

- 1. Is fat a major ingredient? Read food labels. To avoid too much fat or cholesterol, go ea y on products that list any ingredient high in saturated fat or cholesterol first (eg, oils, lard, cheese).
- 2. Is there more than one type of fat in the product? When you see several high-fat if gredients on a label, the product could have too much fat.
- **3. Is the serving size appropriate?** When you are figuring out the fat content in a food, m ake sure you use a serving size that is close to what you would really eat—which could be more than the label says.

Eating out

Be just as careful when you dine out as you are when you make your own meals!

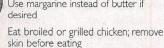
Salad Bread

Use vegetable oil and vinegar dressings Use margarine instead of butter if

Steak

Chicken

Hamburger Fish



Ask the chef to trim off excess fat before cooking

Avoid cheese or mayonnaise toppings add tomato or lettuce instead elect broiled or poached fillets



Baked potato

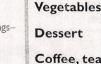
Coffee, tea

Use marinari clam, or tomato sauce withou : meat or sausage (avoid cream sauce) Choose veget ble toppings instead of cheese or r eat toppings

Avoid topping such as butter or sour cream Eat plenty of these, but without heavy sauces Sherbet and fresh fruit are

excellent choices Use skim milk or nondairy, nonfat creamer





Pasta

Pizza

Choose your low-cholesterol, heart-healthy diet

To get the nutrients you need, you have to eat a variety of foods from the different food groups. After determining your dietary goals with your doctor, adjust the number and size of portions to reach and stay at your healthy body weight.

	Choose	Go Easy	Avoid
Meat, poultry, fish, and shellfish (up to 6 ounces/day)	Lean cuts of meat with fat trimmed, chicken and turkey without skin, fish	Shellfish	"Prime"-grade fatty cuts of meat, goose, duck, liver, kidneys, sausage, bacon, regular luncheon meats, hot dogs
Dairy products (2 or more servings/day; 3-4 for pregnant or breastfeeding women)	Skim milk, 1% fat milk, low-fat buttermilk, evaporated skim milk, low-fat yogurt, low-fat cottage cheese, cheeses with no more than 3 grams of fat per ounce	2% fat milk, yogurt, part-skim ricotta, part- skim or imitation hard cheeses (like part-skim milk mozzarella), "lite" cream cheese, "lite" sour cream	Whole milk, ream, half-and-half, mitation milk products, whipped cream, custard-style yogurt, whole-milk ricotta, hard cheeses (like Swiss, American, cheddar, muenster), cream cheese, sour cream
Eggs	Egg whites, cholesterol-free egg substitutes	Egg yolks (3-4/week)	
Fats and oils (approximately 5-8 teaspoons/day)	roximately safflower, sesame, ol		Saturated fat, butter, lard, bacon fat, coconut, palm, and palm kernel oils
Breads, cereals, pasta, rice, dried peas, and beans (6 or more servings/day)	Most breads, water bagels, English muffins, rice cakes, low-fat crackers (like matzo, bread sticks, rye crisps, saltines); hot and cold cereals; spaghetti, macaroni, noodles, and any grain rice; dried peas and beans; plain baked potato	Store-bought pancakes, waffles, biscuits, muffins, and cornbread	Croissants, si veet rolls, danish, dougi nuts, and crackers made with saturated oils; granola-t pe cereals made with saturated oils; egg noodles, pasta, and rice prepared with cream, butter, or chese sauces; scalloped po ato
Fruits and vegetables (5 or more servings/day)	resh, frozen, or dried fruits; Canned fruit in anned fruits (watch sodium heavy syrup ontent)		Coconut, veg etables prepared in 1 utter, cream, or sauce
Snacks (in very limited amounts)	Sherbet, sorbet, Italian ice, low-fat frozen yogurt, popsicles, angel food cake, fig bars, gingersnaps, low-fat jelly beans and hard candy, plain popcorn, pretzels, fruit juices, tea, coffee	Ice milk, fruit crisps and cobblers, homemade cakes, cookies and pies prepared with unsaturated oils	Ice cream, frozen tofu, candy, chocolate, po ato chips, buttered pop corn, milkshakes, frappes, float, eggnog, store- bought pies, nost store- bought frost d and pound cakes



A medical service of Parke-Davis, a Div. of Warner-Lambert Company, and Pfizer, Inc.

LIPITOR

© 1996 Warner-Lambert Company

PD-166-PD-0454-A2(017) 709154

IZEI