

EATING HEALTHY FOR YOUR HEART — DO'S AND DON'TS

DO'S

- ♥ Focus on a heart healthy lifestyle, not just a diet; get plenty of exercise, sleep, and keep stress to a minimum.
- ♥ Eat plenty of fresh fruits and vegetables: 2 to 4 servings of fruits and at least 4 servings of vegetables per day.
- ♥ Choose a variety of leafy, deeply colored vegetables such as broccoli, spinach, collards, and sweet potatoes; keep starchy vegetables like potatoes and corn to a minimum.
- ♥ Choose healthy fats including canola oil, olive oil, and special margarines such as Benecol. Nuts, fish, and avocados are also great sources of healthy fats.
- ♥ Choose whole grains like bran, oatmeal, brown rice.
- ♥ Choose healthy proteins including beans; fish; chicken or turkey without the skin, unsalted nuts, and low fat dairy products. It's fine to have four eggs per week. An occasional lean steak or pork chop with the fat cut off is OK; just keep the size down to 3 ounces (about the size of a deck of cards).
- ♥ Prepare your own meals whenever possible. Cut down on canned foods, fast food and restaurant meals; try to eat out no more than 4 times per week.

DON'TS

- ♥ Refined carbohydrates like white flour (tortillas, white bread), sugars, sweetened sodas, and potatoes should be kept to a minimum.
- ♥ Animal fats (especially cheese, processed meats like burgers, hot dogs, sausage and baloney, ice cream) and hydrogenated fats (found in fried foods and baked goods, movie popcorn, pie crusts) should be avoided.

FOR MORE INFORMATION

- ♥ Books: Both of these books are very good
 - [The South Beach Diet](#) by Arthur Agatston
 - [The Mediterranean Diet](#) by Marissa Cloutier and Eve Adamson
- ♥ Websites:
 - www.americanheart.org (The American Heart Association has more information on diets, nutrition and exercise.)
 - www.cspinet.org (The Center for Science in the Public Interest puts out an excellent health letter called Nutrition Action; you can subscribe on the website.)

We are pleased to answer your questions on this matter or discuss your condition with other health care professionals.

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