

Eating Smart for a Healthy Heart

In This Chapter

- ♥ **Lipids in Your Blood E1**
- ♥ **Changing Eating Patterns E3**
- ♥ **General Guidelines for Heart Healthy Eating E9**
- ♥ **Heart Healthy Choices E9**
- ♥ **Label Reading E11**
- ♥ **Fat Content of Selected Foods E13**
- ♥ **Cooking Tips for Lowering the Fat E15**
- ♥ **What about Sodium? E17**
- ♥ **Herbs and Spices..... E19**
- ♥ **Caffeine..... E25**
- ♥ **Suggestions for Dining Out..... E26**

Healthy eating is an important part of healthy living and feeling good. Eating healthier foods more often can improve quality of life. The goal of this chapter is to help you recognize and choose heart-healthy foods, yet still enjoy your favorites. If you need more information, please ask your Dietitian.

SECTION 1

A good understanding of heart-healthy eating begins with an understanding of some key terms.

♥ **Lipids in Your Blood**

Cholesterol

Cholesterol is a waxy, fat-like substance that is found in all body cells. It is needed for certain body functions. Cholesterol comes from 2 sources:

- ✓ is produced by the liver
- ✓ found in foods we eat (dietary cholesterol)

Blood cholesterol is a measurement of both sources, and the body does not know the difference between them. Dietary cholesterol is found only in foods of animal origin such as:

E2 EATING SMART FOR A HEALTHY HEART

- ✓ Egg yolks
- ✓ Organ meats
- ✓ Full-fat and reduced-fat dairy products
- ✓ Butter
- ✓ Shellfish

Cholesterol is not found naturally in fruit, vegetable or grain products. Your blood cholesterol level reflects the cholesterol made by your liver and the amount of cholesterol in the foods you eat. Increases in dietary cholesterol alone do not automatically increase blood cholesterol levels. Often it is the amount of calories and fat, particularly saturated fat that raises blood cholesterol levels.

Since blood cholesterol is waxy and cannot dissolve in water, it is carried through the blood in packages called lipoproteins:

- ✓ HDL (high density lipoprotein)
- ✓ LDL (low density lipoprotein)

HDL-Cholesterol (High Density Lipoprotein)

HDL takes cholesterol away from the arteries and back to the liver to be removed from the body. HDL may also help remove some of the cholesterol deposited on the artery walls. HDL characteristics include:

- ✓ Made by the body; not found in foods.
- ✓ Called the “Good” cholesterol. Higher blood levels are best.

Ways to increase HDL-cholesterol include:

- ✓ losing weight
- ✓ increasing physical activity
- ✓ reducing saturated fat intake
- ✓ quitting smoking

LDL-Cholesterol (Low-Density Lipoprotein)

Excess LDL cholesterol can increase the risk of heart disease because it is the LDL- cholesterol that builds up on the artery walls. The type of fats and oils we eat helps control LDL levels.

LDL-cholesterol characteristics include:

- ✓ Made by the body; not found in foods.
- ✓ Called the “Bad” cholesterol. Lower blood levels are best.
- ✓ LDL-cholesterol is a better predictor of cardiac risk than total cholesterol.
- ✓ Goal of cholesterol-lowering treatment is to lower LDL-cholesterol.

Ways to decrease LDL-cholesterol include:

- ✓ Losing weight
- ✓ Exercising regularly
- ✓ Reducing intake of saturated fat
- ✓ Increasing fiber in you diet

Triglycerides

Triglycerides are circulating fats in the bloodstream.

- ✓ High levels of triglycerides in the blood are associated with an increased risk of heart disease.

- ✓ They are produced by the liver from excess calorie intake.
 - ✓ The most common cause of high triglyceride levels is obesity.
- Ways to lower triglycerides include:
- ✓ Reducing fat and sugar intake
 - ✓ Losing weight
 - ✓ Limiting alcohol consumption

SECTION 2

♥ Changing Eating Patterns

Eat Less Fat

The main focus of a low-fat, low-cholesterol diet is to reduce the amount of fat you eat. There are two major types of fat – saturated and unsaturated.

Fats in Foods

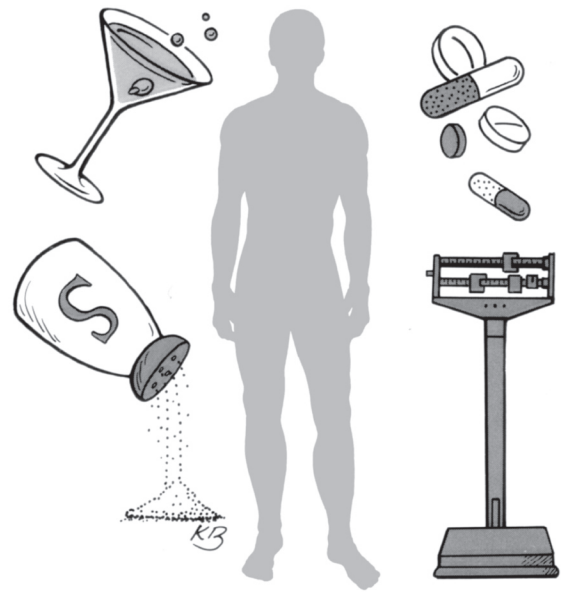
Saturated fat raises your blood cholesterol level more than anything else. The best way to lower blood cholesterol is to reduce the amount of saturated fat in your diet.

A saturated fat is usually:

- ✓ Solid at room temperature
- ✓ Of animal origin

Saturated fats are found in the highest amounts in meats, butter, and whole or reduced-fat milk and milk products. The visible meat fat and poultry skin are examples of saturated fats.

A few vegetable oils – coconut, palm kernel, and palm oil – are also high in



saturated fats. These fats are found in many commercial baked goods such as cookies, crackers, pastries, coffee creamer, and even some frozen dinners. Because these vegetable fats are not visible in foods, (unlike the fat in meats) it is important for you to read food labels.

Research Says...

- ✓ Eating too many foods high in saturated fat may increase blood levels of LDL and total cholesterol. High blood levels of LDL and total cholesterol are risk factors for heart disease.
- ✓ Eating foods high in monounsaturated fats may help lower LDL-cholesterol levels and decrease risk of heart disease.
- ✓ Eating polyunsaturated fats in place of saturated fats decreases LDL-cholesterol levels.

E4 EATING SMART FOR A HEALTHY HEART

- ✓ Trans-fatty acids act like saturated fats and raise LDL-cholesterol levels. They may also lower HDL-cholesterol in the blood.

Trans-fatty acids, or trans-fat

Trans-fats are made through a process that changes liquid oils to a solid which improves the shelf life and flavor. **Trans-fats and saturated fats are the most dangerous fats in the American diet.**

- ✓ Made when manufacturers add hydrogen to vegetable oil—a process called hydrogenation.
- ✓ Trans-fat raises LDL cholesterol and lowers HDL.
- ✓ Found in vegetable shortenings, and foods made from them. Trans-fats are found in some margarines, cookies, crackers, snack foods, pastries, muffins, cakes and many fried foods such as French fries.
- ✓ A small amount of trans-fat is found naturally, mostly in dairy products, some meat and other animal-based foods.
- ✓ Daily trans fats intake should be less than 1% of total calories. This calculates to about 1 gram for women and 2 grams for men.

Unsaturated Fats

Unsaturated fats are generally of vegetable origin and are liquid at room temperature. Unsaturated fats are classified into two groups:

- ✓ Polyunsaturated – Good sources are corn oil, sunflower, flaxseed and safflower oils and seeds. Polyunsaturated fats are the main fats found in seafood.
- ✓ Monounsaturated – Good sources are olive, canola, and peanut oils.

Both polyunsaturated and monounsaturated fats may help lower your LDL cholesterol when you use them in place of saturated fats in your diet.

Omega-3 Polyunsaturated Fats

Recent studies show that foods rich in omega-3 polyunsaturated fats offer many benefits. They may help reduce the risk of coronary heart disease, sudden death, abnormal heart rhythms and high triglycerides.

Food sources of omega-3 fatty acids include:

- ✓ Fish, especially fatty fish such as mackerel, lake trout, herring, sardines, albacore tuna and salmon.
- ✓ Plant sources, especially flaxseed and flaxseed oil, canola oil, soybean oil and nuts.

Strategies to help prevent LDL from rising

1. Increase your consumption of fruit, vegetables, whole grains and beans.
2. Eat fewer animal products that contain cholesterol, such as high fat or reduced fat dairy products, egg yolks, dark meat poultry, poultry skin, shellfish and butter.
3. Limit your intake of trans-fats. These are fats that are in most processed foods which use hydrogenated oils.
4. Limit the amounts of foods you eat that contain fructose, high fructose corn syrup and sugar since these products will cause a rise in your LDL cholesterol and triglyceride readings.
5. Limit intake of saturated fat to no more than 7-10% of total calories. This is 14-18 grams based on an 1800 calorie diet. See the following chart to get an idea of foods high in saturated fat.

E6 EATING SMART FOR A HEALTHY HEART

Food	Serving	Sat. Fat (g)	Where
Prime rib	8 oz. slice	32 g	Restaurants
Coconut milk	1/2 cup	21	Tropical drinks
Dried coconut	1 oz	16	Topping, candies
Coconut oil	1 Tbsp	12	Processed foods
Palm kernel oil	1 Tbsp	11	Popcorn
Cake donut	1 donut	11	Bakery
Ricotta cheese	1/2 cup	10	Italian style foods
Ground beef	3 oz.	9	Burgers, etc..
Butter	1 Tbsp.	7.5	Spread, etc..
Regular cheese	1 oz.	7	Pizza, etc..
Cream	2 Tbsp.	7	Desserts, coffee
Ice cream	1/2 cup	7	Dessert
Cream cheese	2 Tbsp	6	Bagels, desserts
Croissant/Danish	1 piece	6	Bakery
Biscuit	1 each	6	Restaurant, home
Cream soup	1 cup	5	Restaurant, home
Whole milk	1 cup	5	Dairy goods
Chicken wings	4 oz.	4	Restaurant, home

Maintain a Desirable Weight

A high-calorie intake that exceeds the body's need for energy contributes to a higher cholesterol level for many people. Replacing high-fat, high calorie foods with lower-fat foods will help you to lose weight.

Eat More Fiber

Studies have shown that eating foods high in fiber, especially soluble fiber, may help lower blood cholesterol and reduce the risk of heart disease. Experts recommend a daily dietary fiber intake of 25-35 grams a day from a variety of sources that include:

- ✓ Fruits
- ✓ Legumes
- ✓ Vegetables
- ✓ Whole grain breads and cereals and other products made from whole grains

An increase in fiber intake should come from a variety of food sources, rather than from dietary fiber supplements, to ensure adequate intake of vitamins, minerals and other nutrients. Adequate amounts of liquid (at least 8 - 8oz. servings of a non-caffeinated beverage) should be consumed along with a high fiber intake.

Food Sources of Soluble Fiber

Apples
Barley
Beans (dried)
Beets
Carrots
Concord grapes
Cranberries
Currants (red)
Gooseberries
Grapefruit
Oats (oat bran, oatmeal)
Oranges
Peaches
Pears
Psyllium Husk
Plums
Rye
Prunes
Sesame seeds

Foods That May Reduce Cardiovascular Risks

- ✓ 25 grams of soy protein per day, any type
- ✓ Oats, psyllium seed husks, ground flax seed (2 T/day).
- ✓ Garlic
- ✓ Grapes (especially red or purple)
- ✓ Fish, omega-3 fatty acids....salmon, tuna, mackerel, sardines.
- ✓ Phytosterols and stanols found in margarine-like spreads such as Benecol® and Take Control®
- ✓ Green Tea
- ✓ Nuts, especially soynuts, walnuts, almonds, pecans
- ✓ Whole foods such as fruits, vegetables, beans, legumes and whole grains
- ✓ Cook with color. Limit your white foods. White foods are generally processed foods...white rice, white refined flour, pasta, starches, white bread, ice cream, cheeses, sugar and salt. Exceptions: egg white, cauliflower, pears, apples, onions, bananas.

A Guide to Serving Sizes

Food Groups	What Counts as a Serving
Bread, cereals, rice, and pastas	1 slice bread 1/2 hamburger bun, bagel or English muffin 1 small roll, biscuit, or muffin 3-4 small or 2 large crackers 1/2 cup of cooked cereal, rice, or pasta 1 oz (about 3/4 cup) of ready-to-eat cereal 1 6-in tortilla
Vegetables	1/2 cup cooked vegetables 1/2 cup chopped raw vegetables 1 cup leafy raw vegetables 3/4 cup vegetable juice
Fruits orange	1 whole fruit such as a medium apple, banana, or 1/2 grapefruit 1 cup melon or berries 3/4 cup fruit juice 1/2 cup canned fruit 1/4 cup dried fruit
Milk, yogurt and cheese	1 cup milk 8 oz yogurt 1 1/2 oz cheese
Meats, poultry, fish, dried beans, and peas, eggs, and nuts	2-3 oz. cooked lean meat, poultry, or fish. Count 1 egg or 1/2 cup cooked dried beans as 1 oz lean meat. Two tbsp. peanut butter or 1/3 cup of nuts count as 1 oz. of meat.
Fats, oils and sweets	Use fats and sweets sparingly

SECTION 3

♥ **General Guidelines for Heart Healthy Eating**

Use at least six servings of whole grain cereals, pasta, and legumes each day.

Include at least five fruits or vegetables each day. Fresh fruits and vegetables make great alternatives to snack food. Use at least two servings of a non-fat or low-fat dairy product each day. The fat in dairy products is approximately 60% saturated. Use low-fat cheese as a meat choice instead of

a dairy choice.

Limit meat intake to six ounces or less per day. Select lean beef, pork, poultry, or fish. Think of a three ounce piece of meat as about the size of a deck of cards. Forty percent of the fat found in meat is saturated. Limit high fat meat choices to special occasions.

Limit all added fats, especially sources of saturated fat. Remember to count the fat in baked products and convenience foods.

SECTION 4

♥ **Heart Healthy Choices**

Breads, rice, cereal and pasta

Choose More Often

- ♥ Homemade baked goods that use oils sparingly; angel food cake; low-fat crackers* and cookies
- ♥ Rice, pasta, dried peas and beans
- ♥ Whole-grain breads and cereals (oatmeal, whole wheat, rye, bran, multigrain, etc.)
- ♥ Bread sticks, rye crackers*, soda crackers*, bagels, graham crackers, melba toast, hot cereals* and most cold dry cereals*
- ♥ Go easy on: Store-bought pancakes*, waffles*, biscuits*, muffins*, corn bread

Decrease

- Commercial baked goods*: pies, cakes, doughnuts, croissants, pastries, muffins, biscuits, high-fat crackers and cookies
- Egg noodles
- Breads in which eggs are a major ingredient

* These foods may be high in sodium – Read the label!

Milk, yogurt and cheese

Choose More Often

- ♥ Skim, 1/2% or 1% milk, low-fat buttermilk*
- ♥ Non-fat or low-fat yogurt
- ♥ Non-fat or low fat (1%) cottage cheese*
- ♥ Fat-free cheese*
- ♥ Go easy on: low-fat cheese*, Sherbet, sorbet

Decrease

- Whole milk, 2% milk, cream, half-and-half, non-dairy creamers, most imitation milk products, whipped toppings
- Whole milk and reduced fat yogurt and cottage cheese* (4% fat and 2% fat)
- All natural cheese* (blue, Roquefort, cheddar, swiss) and ice cream

Meats, poultry, fish and eggs

Choose More Often

- ♥ Fish, poultry without skin, shellfish
- ♥ Lean cuts of meat with fat trimmed: beef – round, sirloin, chuck, loin; lamb – leg, arm, loin, rib; pork – tenderloin, leg, shoulder; veal – all trimmed cuts except ground
- ♥ Egg whites, cholesterol-free egg substitutes

Decrease

- Fatty cuts of meat: beef – corned beef brisket*, regular ground, short ribs; pork – spareribs, blade roll; goose, domestic duck, organ meats (liver, kidney, sweetbread, brain); sausage*, bacon*, regular luncheon meats*, frankfurters*, roe*, caviar*, sardines*
- Egg yolks

Fruits and vegetables

Choose More Often

- ♥ Fresh, frozen, canned*, or dried fruits and vegetables

Decrease

- Vegetables prepared in butter, cream, or other sauces

Fats and oils

Choose More Often

- ♥ Baking cocoa
- ♥ Unsaturated vegetable oils – corn, olive, canola, safflower, sesame, soybean, sunflower
- ♥ Margarine or shortening made with one of the unsaturated oils listed above
- ♥ Low-fat or fat-free margarine, mayonnaise, salad dressing*
- ♥ Go easy on: seeds* and nuts*

Decrease

- Chocolate*
- Butter, coconut oil, palm oil, palm kernel oil, lard, bacon fat, hydrogenated fats
- Salad dressing made with egg yolk*
- Coconut
- Candy

* *These foods may be high in sodium – Read the label!*

SECTION 5

♥ Label Reading

It may seem like your first two or three trips to the store are time consuming, but remember, you don't have to change everything you usually buy at once. You can focus on cereals one week, snack foods the next, and meat and milk the next. Each food label carries a section called Nutrition Facts, which summarizes the content of the food.

Some important facts to gather when looking at the food label include the following:

Servings per Container tells how many servings are in the container. For instance suppose you buy a bag of potato chips that has two servings per bag. If you eat the whole bag, you

will have to double the calories and fat (and other information) on the label.

Calories tells how many total calories are provided in one serving.

Total Fat is expressed in grams per serving.

Saturated Fat and Cholesterol tells you how much is provided in one serving. Saturated fat should be limited to no more than 7-10% of total calories. Trans fat is an unhealthy type of fat. Keep this intake as low as possible.

Sodium tells you how many milligrams of sodium is provided in one serving. Some of you may have been placed on a sodium restricted diet, as well as a low fat diet. If you have been told to "watch the salt," keep your sodium intake from 1500 to 2000 milligrams per day.

To make healthier food choices, the

E12 EATING SMART FOR A HEALTHY HEART

food label is a useful tool. You can compare labels of similar food items to make the wisest choice.

Comparison Example: Below are two kinds of milk - one is “reduced fat” the other is “skim” milk. Each serving size is one cup. Which has more calories and more saturated fat?

Which one has more calcium?

Answer: As you can see, they both have the same amount of calcium, but the skim milk has no saturated fat and has 40 calories less per serving than the reduced fat milk.

Reduced Fat Milk
2% Milkfat

Nutrition Facts	
Serving Size 1 cup (236ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
<i>Trans Fat</i> 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

Skim Milk

Nutrition Facts	
Serving Size 1 cup (236ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol Less than 5mg	0%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

SECTION 6

♥ **Fat Content of Selected Food**

	Calories	Total Fat (Grams)	Saturated Fat (Grams)	Cholesterol (Milligrams)
Milk Products				
(1 cup)				
Whole Milk	150	8	5.1	33
2% Milk	120	5	2.9	18
1% Milk	110	3	1.5	10
Skim Milk	90	Trace	Trace	4

Cheese
(1 ounce)

American	106	9	5.6	27
Cheddar or Colby	112	9	6.0	30
Cream Cheese (2 Tbsp)	100	10	6.2	32
Mozzarella, part skim	72	5	3.1	15
Swiss or Provolone	107	8	5.0	26
Parmesan, grated (2 Tbsp)	46	4	2.0	8
Monterey Jack	104	8	5.0	25
Ramono, grated (2 Tbsp)	39	3	1.7	10

Fats and Oils
(1 Tbsp)

Butter	108	12	7.2	31
Margarine, stick	102	11	2.2	0
Margarine, tub	90	11	1.9	0
Lard	108	13	5.0	12
Canola Oil	123	14	.9	0
Corn Oil	132	14	1.7	0
Olive Oil	120	14	1.8	0
Peanut Oil	120	14	2.3	0
Coconut Oil	117	14	11.8	0
Vegetable Shortening, solid	105	13	3.2	0
Peanut Butter	94	8	2	0

Calories Total Fat Saturated Fat Cholesterol

E14 EATING SMART FOR A HEALTHY HEART

		(Grams)	(Grams)	(Milligrams)
Lean Cuts of Beef				
(3 oz. serving, trimmed after cooking**)				
Beef eye round	143	4.2	1.5	59
Beef top round	153	4.2	1.4	71
Beef tip round	157	5.9	2.1	69
Beef top sirloin	165	6.1	2.4	76
Beef top loin	176	8.0	3.1	65
Beef tenderloin	179	8.5	3.2	71
Beef flank	176	8.6	3.7	57

Lean Cuts of Pork				
3 oz. serving, trimmed after cooking**				
Pork tenderloin	139	4.1	1.4	67
Pork boneless sirloin chop	164	5.7	1.9	78
Pork boneless top loin roast	165	6.1	2.2	66
Pork boneless top loin chop	173	6.6	2.3	68
Pork loin chop	172	6.9	2.5	70
Pork rib chop	186	8.3	2.9	69
Pork boneless rib roast	182	8.6	3.0	71
Pork sirloin roast	184	8.7	3.1	73

Ground Meat Products				
3 oz. cooked portion, broiled				
Lowfat ground beef***	149	7	2.7	64
Ground beef (95% lean)	132	5	2.0	66
Ground beef (90% lean)	169	9	3.5	70
Ground beef (85% lean)	204	12	4.7	71
Ground beef (80% lean)	228	15	5.9	74
Ground pork (80% lean)	252	18	6.6	80
Ground turkey	195	12	4.7	59

Skinless Chicken				
3 oz. cooked serving, roasted				
Chicken breast	140	3.0	0.9	72
Chicken leg	162	7.2	2.0	80
Chicken thigh	178	9.3	2.6	81
	Calories	Total Fat (Grams)	Saturated Fat (Grams)	Cholesterol (Milligrams)

Skinless Turkey**3 oz. cooked serving, roasted**

Turkey breast	115	0.6	0.2	71
Turkey leg or thigh	159	6.0	2.0	72

Fish**3 oz. cooked serving**

Cod	89	0.7	0.1	47
Flounder	62	1.3	0.3	58
Halibut	119	2.5	0.4	35
Orange Roughy	75	0.8	0.0	22
Shrimp	84	0.9	0.2	166
Pink Salmon	127	4.0	0.6	57
Atlantic Mackerel	223	15.0	3.5	64

** *Trimming meat before cooking will reduce fat content further.*

*** *Approximate nutritional values for lowfat ground beef made with carrageenan or oat bran (Auburn University and Webb Tech).*

SECTION 7

♥ **Cooking tips for lowering fat**

1. Steam, boil, or bake vegetables; or for a change, stir-fry in a small amount of vegetable oil.
2. Season vegetables with herbs and spices rather than with sauces, butter, or margarine.
3. Try lemon juice on salads or use limited amounts of low-fat or fat-free salad dressing.
4. Chicken broth or tomato juice make nice sautes for vegetables.
5. Make gravies after the fat has hardened and can be removed from the liquid.
6. Cook soups, stews, chili, and spaghetti sauces the day before and refrigerate – skim off any solid fat.
7. Or, simmer the meat with the seasonings a day ahead, then refrigerate the stock overnight. The following day, remove the fat that has congealed on the surface of the stock, add the vegetables and cook until tender.
8. To reduce saturated fat use oil instead of shortening whenever possible.
9. Try substituting whole wheat flour for some of the white flour in baked goods.

E16 EATING SMART FOR A HEALTHY HEART

10. Replace whole milk with skim or 1% milk in puddings, soups, and baked products.
11. Rather than using oil, margarine or butter, substitute an equal amount of applesauce in muffins, quick breads and cakes.
12. In recipes that call for oil as the only liquid, use a combination of half applesauce and half buttermilk.
13. Pureed prunes or baby-food prunes are one of the best fat replacers in baked chocolate goodies such as brownies and cakes. When using prunes to replace butter or oil, use only half of the amount called for in the recipe.
14. Another great idea for chocolate flavor without the fat – use cocoa powder. For each ounce of unsweetened chocolate called for in a recipe, use 3 tablespoons of unsweetened cocoa powder.
15. For a fluffy frosting, use marshmallow cream instead of margarine or butter.
16. Substitute plain low-fat yogurt, blender-whipped low-fat cottage cheese or buttermilk in recipes that call for sour cream or mayonnaise.
17. When you saute, use no more than one tablespoon of acceptable oils or margarine and prepare in non-stick cookware.
18. Marinate with spices, nonfat yogurt, wine, or lemon juice instead of oil.
19. Chill meat or poultry broth until the fat becomes solid. Spoon off the fat before using the broth.
20. Limit egg yolks to one per serving when making scrambled eggs. Use additional egg whites or egg substitute for larger servings.
21. Substitute egg whites or egg substitute in recipes calling for whole eggs. Use two egg whites in place of each whole egg.
22. Instead of sauteing onions, garlic, or vegetables in oil, microwave them, steam them, use a non-stick spray, or a flavored liquid such as defatted chicken broth or vegetable juice.
23. Instead of placing stuffing inside the bird, cook the stuffing separately to avoid fat absorption. To add flavor as well as moistening the stuffing, use fat-free chicken or turkey stock.
24. Trim the visible fat from meats before cooking.
25. Choose lean cuts of meat. Look for beef labeled with the USDA “Select” grade. Its lower in fat and calories than “Choice” or “Prime.”
26. Leaner cuts of beef are from the loin and round. For pork, lamb, and veal, choose cuts from the loin or leg.
27. Roast, bake, broil, braise, or grill meat, poultry, and fish.
28. Remove skin from poultry before eating.

29. Use non-stick cookware and an aerosol cooking spray so added fat will be unnecessary.
30. Instead of basting with drippings, keep meat moist with wine, broth, fruit juices, or a minimum of margarine or oil-based marinade.
31. Use marinades of lemon juice, wine, flavored vinegar, or fruit juices mixed with herbs when grilling or broiling.
32. Use beans to replace some or all of the meat in dishes such as lasagna, soups, stews, casseroles, meat loaves, and omelet fillings.
33. Broil rather than pan-fry meats such as hamburger, chops, and steaks.
34. Try browning meat under the broiler instead of in a pan.
35. Partially freeze meat and poultry to trim fat and slice thin for stir frying.
36. Use ground turkey breast or ground round for casseroles, spaghetti sauce, chili, and skillet dishes.
37. After browning ground beef or poultry, rinse with hot water and drain in a colander or on a paper towel.
38. Make a favorite cheese-based casserole with a fat-free or reduced fat cheese. Top with a sprinkling of sharp cheddar or grated Romano for more flavor.
39. Use one-third less meat and increase the vegetable additions in casseroles or pasta dishes.
40. Instead of using heavy cream in sauces or soups, use buttermilk or evaporated skim milk.
41. Make more dishes using dried peas or beans.
42. Instead of whipped cream, use low-fat or fat-free vanilla yogurt.
43. Instead of nuts, use Grape-Nuts cereal in baked goods.
44. Instead of regular pie crust, use a graham cracker crust.
45. When making chocolate chip cookies, use the mini chips. You can use half the amount of chips and still get plenty of chocolate flavor.
46. Use low-fat or fat-free cottage cheese in place of ricotta cheese.
47. In place of egg yolk as a thickener, try flour or cornstarch.

SECTION 8

♥ **What About Sodium?**

Not everyone who has heart disease needs to follow a reduced sodium diet. Ask your doctor if a reduced sodium diet would benefit you. Sodium in the diet comes from several sources; it may be found naturally in food or added during processing, during cooking, or at the table. Highly salted foods often taste salty, but many other foods with natural or added sodium do not.

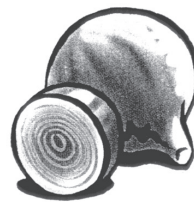
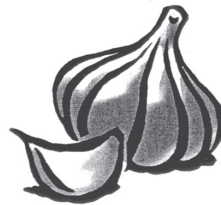
If you need to watch the sodium in your diet, read the food labels. The amount of sodium is always stated in milligrams per serving. Also learn

E18 EATING SMART FOR A HEALTHY HEART

to recognize ingredients that contain sodium. Most sodium comes from salt, but many common food ingredients and additives such as baking soda, baking powder, soy sauce, and monosodium glutamate (MSG) also contain sodium.

Take into consideration not only the sodium content of a food, but how much you will eat. Consider the total amount of sodium in a meal, or in a day of meals. If you eat a high-sodium food, choose a low-sodium food to go with it. Many processed foods are higher in sodium than fresh or raw foods because of the sodium used as a preservative. Herb and spice information has been included to enhance the flavor of your meals.

If you are considering using a salt substitute containing potassium chloride, **check with your physician first.** Potassium chloride is not compatible with certain medications that are sometimes prescribed to treat heart disease or high blood pressure - serious side effects could result..



SECTION 9

♥ **Herbs and Spices**

Use plenty of fresh herbs and spices when cooking to add flavor and interest to meals. A dash of lemon or vinegar adds zest to dishes. Seasoning blends that do not contain salt are widely available. Bottled sauces and dry mixes are generally very high in sodium

Herb or Spice	How it is Available	How it Tastes	How to Use
Allspice	whole or ground	blend of cinnamon, nutmeg pie and cloves	meat loaf, pork, veal, carrots, beets, apple
Anise	whole or ground	aromatic, sweet, licorice-like	beets, carrots, baked apples, fruit pies, fruit salad
Basil, sweet	fresh, whole or ground	aromatic, mild, mint-licorice flavor	Fish or chicken dishes, eggs, peas, carrots
Bay	dried whole leaves	aromatic, woody, pleasantly bitter	vegetable soup, stew, roast beef, add to water when stewing chicken or poaching fish
Caraway	whole or ground seed	leaves and root delicately flavored seeds sharp, pungent	lamb, pork, meatballs, deviled eggs noodles, cabbage, cucumbers, cauliflower
Cardamom	whole or ground; seed	mild, pleasant, ginger like`	Swedish meatballs, hamburger, meat loaf, roast beef, sweet potatoes, peas, rice, fruit
Celery en	ground		coleslaw, egg, potato, macaroni salads, rub on pork, chicken, beef, add to chick- or vegetable soup, salmon dishes
Chervil	fresh; whole	delicate, parsley-like flavor	Omelets, egg dishes, fish, chicken, potatoes

Herb or Spice	How it is Available	How it Tastes	How to Use
Chili powder	powder	blend of chilies and spices	chili, taco, enchiladas, dips, salad dressings, eggs
Green bell pepper	flakes	very mild	vegetable soup, meat loaf, hamburgers
Horseradish	root or ground	hot, pungent	roast beef, steak, beets
Lemon	peel		fruit dishes, vegetables
Mace	whole or ground	from the same fruit as nutmeg;	fruit dishes, asparagus, carrots has a sweet, warm spicy flavor
Marjoram	fresh; whole or ground	faintly like sage, slight mint aftertaste; delicate	meat loaf, roast pork, chicken, omelets zucchini, carrots, peas, cucumbers
Mint	fresh, dried	fruity, aromatic, distinctive flavor	fruit punch, lamb stew, peas, heat in fruit juice and pour over fruit
Mustard	fresh, whole or ground	sharp, hot, very pungent	pork steak, meat loaf, roast chicken, cabbage add 1/2 tsp. dried to the water when cooking carrots, potatoes, cauliflower and asparagus
Nutmeg	whole or ground	spicy, sweet, pleasant	meat loaf, creamed chicken, carrots, cauliflower, spinach, chicken salad, fruit pies, oatmeal
Onion	flakes or powder		beef stew, vegetable soup, roast beef, chicken gravy, pork, vegetables, tuna or egg salad
Orange	peel		chicken, duckling, desserts

Herb or Spice	How it is Available	How it Tastes	How to Use
Oregano	fresh, whole or ground	more pungent than marjoram but similar; reminiscent of thyme	vegetable soup, beef, pork, meat loaf, green beans, chicken, eggs, add 1.2 tsp. to 1/2 C. butter and use for potatoes, fish and bread
Paprika	powder	delicate, faintly spicy	beef, fish, spareribs, eggs, cauliflower, rice, good for browning chicken and chops
Parsley	fresh, dried flakes	sweet, mildly spicy, refreshing	soup, beef, pork, meat loaf, casseroles, stew, chicken, duck, fish, eggs, vegetables, salads, salad dressings, rice, noodles
Pepper, black	whole, ground, cracked		salads, meat, poultry, fish, vegetables
Pepper, red	crushed	hot, pungent	green beans, ground beef, stew
Pepper, white	whole or ground	slightly milder than black pepper	light colored foods (fish, chicken, potatoes)
Peppercorns	green, dried		soak in water 5 minutes, add to brown sauce for meat, mash with butter for vegetables, steak, pork chops, duck, salad dressings
Peppermint	extract		poultry stuffing, peas, carrots, rhubarb, fruit
Poppy seed	tiny whole dried seeds	nut-like flavor	noodles, salad dressing, fruit salads, pie crust, breads, rolls cookies

Herb or Spice	How it is Available	How it Tastes	How to Use
Rosemary	fresh; whole	refreshing, piney, resinous, pungent	vegetable and chicken soups, pork, beef, lamb, chicken, peas, broiled fish, brown gravy
Sage	fresh; whole or ground	pungent; warm, astringent taste	vegetable soup, roast pork, poultry, pork or veal stuffing, peas, green beans
Savory	ground		add 1/4 tsp. to 3C bread cubes for stuffing pork, poultry and veal; ground beef, green beans, zucchini, vegetable soup, peas, carrots
Tarragon			green salads, chicken, veal, fish, eggs, carrots, peas, vegetable soup, pork, coleslaw
Turmeric	ground	produces a yellow color	pork, beef, add 1/8 tsp. in 1C rice, add to water when cooking noodles and potatoes

Spice Blends

Blends can be made at home to your taste and at less cost. Just be sure the ingredients are extremely well mixed. Blend on high speed in your blender for one minute or pulverize in a small bowl. Spoon into a shaker with large holes and store in a cool, dark place.

Spicy Seasoning

- 3 T. celery seed
- 1 T. onion powder
- 1 tsp. garlic powder
- 2 T. crushed oregano
- 1 T. crushed thyme
- 1 1/2 tsp. ground bay leaf
- 1 1/2 tsp. ground black pepper
- 1 1/2 tsp. ground cloves

Mexican Seasoning

- 6 T. chili powder
- 2 T. ground cumin
- 1 1/2 tsp. onion powder
- 1 1/2 tsp. garlic powder
- Optional:
- 3/4 tsp. thyme
- 3/4 tsp. oregano
- 3 tsp. basil
- 1/2 tsp. pepper

Seafood Seasoning

- 4 tsp. dried parsley
- 2 T. dried crushed dill, chives or tarragon
- 1 1/2 tsp. pepper
- 1/2 T. dried lemon peel
- Optional:
- 1 1/2 tsp. dried mustard or garlic powder
- 1 tsp. ginger

Use 2 tsp. per pound of fish and poach in about 1/4 C. water.

Sweet & Sour Sauce

Stir together:

- 1 tsp. Oriental Seasoning (to the right)
- 3 T. cornstarch
- 1/4 C. sugar
- Gradually mix in:
- 2 T. margarine
- 2 C. water or pineapple juice
- 1/2 C. vinegar

Heat to boiling, stirring frequently. Reduce heat and simmer 5 minutes. Serve over pork, fish or poultry.

Oriental Seasoning

- 2 T. onion powder
- 2 T. garlic powder
- 2 T. ground ginger
- 2 T. ground pepper

Use 1/4 to 1/2 tsp. per pound of meat, fish or poultry.

Middle Eastern Seasoning

- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 1 T. turmeric powder
- 1/4 tsp. ground cloves
- 1 tsp. paprika
- 1/4 tsp. cayenne pepper

Use 1/2 to 1 tsp. per pound of meat, fish or poultry

Savory Seasoning

- 1 1/4 tsp. celery seed
- 2 T. crushed marjoram
- 2 T. crushed savory
- 2 T. crushed thyme
- 1 T. crushed basil

Herb-Onion Seasoning

- 1/4 C. instant (dried) minced onion
- 1 T. sweet basil
- 1 T. ground cumin
- 1 T. garlic powder
- 1 T. cracked black pepper

Hot Spice

- 2 T. dried savory
- 1 T. mustard
- 2 1/2 tsp. onion powder
- 1 1/2 tsp. curry powder
- 1 1/4 tsp. pepper
- 1 1/4 tsp. cumin
- 1/2 tsp. garlic powder

Spice Blend No. 2

- 12 tsp. onion powder
- 12 tsp. paprika
- 6 tsp. garlic powder
- 3 tsp. basil

Taco Seasoning Mix

- 2 tsp. instant (dried)
minced onion 1 tsp. chili powder
- 1/2 tsp. minced garlic
- 1/2 tsp. cornstarch
- 1/4 tsp. dried oregano
- 1/2 tsp. ground cumin
- 1/2 tsp. crushed dried red pepper

Makes 1 package taco seasoning mix.

Dill & Onion

- 2 T. dried dill or basil
- 2 T. onion powder
- 1 tsp. dried oregano
- 1 tsp. celery seed
- 1/4 tsp. grated lemon peel
- Pinch pepper

Fine Herbs

- 3 T. dried leaf thyme
- 3 T. dried leaf basil
- 3 T. dried leaf savory
- 3 T. dried leaf marjoram
- 3 T. dried rubbed sage
- 2 T. grated lemon peel

Spice Blend No. 3

- 1 tsp. dry mustard
- 1 tsp. onion powder
- 1 tsp. paprika

Season-All

- 2 tsp. garlic powder
- 2 tsp. dry mustard
- 2 tsp. onion powder
- 2 tsp. paprika
- 2 tsp. white pepper
- 1 tsp. ground celery (or celery seed)
- 1 tsp. ground thyme

Celery Herb Blend

- 1/4 C. instant (dried) minced onion
- 1 T. dill weed
- 1 tsp. celery seed
- 1/4 tsp. tarragon

Spice Blend No. 1

- 3 tsp. dry mustard
- 3 tsp. onion powder
- 3 tsp. paprika
- 1 1/2 tsp. white pepper
- 1 tsp. garlic powder
- 1 tsp. thyme
- 1/4 tsp. basil

Spice Blend No. 4

- 1 T. garlic powder
- 1 T. onion powder
- 1 T. oregano
- 1/2 tsp. white pepper 2 tsp. ground celery
- 2 tsp. paprika

Marinades

Marinades enhance the flavor and tenderize leaner cuts of meat. The longer the meat soaks in the marinade, the more flavorful and tender it becomes. For best results use a flat covered dish with enough marinade to cover the meat. Fish can be soaked in a marinade for relatively short periods of time, (15 to 60 minutes). Cubed meat or chicken pieces require 2 to 3 hours in the marinade. A whole piece

of meat or chicken pieces requires 2 to 3 hours in the marinade for best flavor. A piece of meat, weighing 5 to 10 pounds, benefits the most from an overnight soaking in the refrigerator. Use the marinade to baste the meat while cooking and any leftover marinades to make a sauce for serving.

- ✓ Remember – Do not use commercial marinades – they are high in sodium.
- ✓ If you are watching your waistline, limit the amount of oil in the marinade to 2 tablespoons per pound of meat.
- ✓ Liquid smoke can be brushed on prior to grilling as a quick flavor maker. It can also be added to marinades for a smoked flavor.
- ✓ Adding wines as part of the liquid in recipes can add distinctive flavors. Don't use cooking wines since they contain added salt. Add wine at the beginning of cooking because the heat evaporates the alcohol and allows the flavors to blend.
- ✓ 1/2 C. wine or less in recipes for stews or casseroles to serve four.
- ✓ 1 C. wine per pound meat (subtract the amount from the total liquid in the recipe).

Beef or Pork Marinade

- 1 1/2 C. wine, flat beer or fruit juice
- 1 T. dry mustard
- 1 tsp. ground pepper
- 1/8 tsp. hot pepper sauce
- 2 cloves garlic, minced
- 2 T. honey, sugar or molasses
- 4 T. marmalade (optional)

Chicken Marinade

- 1 1/2 C. white wine or pineapple Juice
- 1 onion, finely chopped
- 1 clove garlic, minced
- 1/2 tsp. celery seed
- 1/2 tsp. pepper
- 1/4 tsp. thyme, tarragon or rosemary

Fish & Lamb Marinade

- 1 1/2 C. white wine
- 2-3 T. Lemon juice
- 1/2 tsp. powdered ginger
or grated fresh ginger
- 1/2 tsp. grated lemon rind
- 1 small clove garlic, minced

SECTION 10

♥ **Caffeine**

Too much caffeine may cause your heart to work harder by increasing your heart rate. It is generally recommended that you limit your caffeine intake to three or four servings per day. A serving is considered 6 ounces of tea or coffee or 12 ounces of soda. Ask your doctor how much caffeine is right for you.

SECTION 11**♥ Suggestions for Dining Out**

Before you attempt to eat out, be familiar with your meal plan at home. Be able to estimate the fat content for various foods and the portion sizes. Choose a restaurant with a large selection so that you have many alternatives to choose from. You may want to call in advance and ask about food preparation. Decide before you arrive what you will order. At the restaurant, do not be afraid to ask questions about how a food is prepared. Ask for a carry-out bag or share a meal with another if portions are too large. Ask for alternatives and make your preferences known! Some dishes may be able to be served without added salt or fat. Beware of “diet” plates – they may be higher in fat than a well chosen meal. Some restaurants feature light entrees. Read the menu carefully. The following guidelines will help you enjoy eating out while making lower fat menu selections:

Appetizers

- ✓ Enjoy a seafood cocktail, low-sodium broth, low-sodium vegetable soup, raw vegetables, fresh fruit, or fruit juice.

Entrees

- ✓ Order foods baked, broiled, steamed, or grilled rather than fried.

- ✓ Remove the skin from poultry before eating.
- ✓ Limit meat to a three ounce serving (the amount equal to a deck of cards).
- ✓ If you have more meat than you need, take the rest home.
- ✓ Order one meal and split it with a friend. Order an extra salad or soup.
- ✓ Ask for sauces, gravies, and dressings “on the side” then use sparingly.
- ✓ Beware of meats that have been frozen (particularly poultry such as sliced turkey or chicken breast). Sodium is often added to frozen meats in order to enhance the flavor and retain moisture.

Soup

- ✓ Avoid cream soups.
- ✓ Choose low-sodium broths, consommé, vegetable, rice, or pasta soups.

Salads

- ✓ Choose green salads and raw vegetables.
- ✓ Use low-fat or fat-free dressings when possible (They are still high in sodium so use sparingly).
- ✓ Add bacon, olives, croutons, and cheese sparingly
- ✓ Prepared salads such as potato, tuna, pasta, and chicken may be high in fat. Eat them only occasionally and limit the portion size.

- ✓ Order salad dressing “on the side.”
- ✓ Try substituting lemon juice for salad dressing.

Sandwiches

- ✓ Order a sandwich of lean meat, fish, or poultry that is baked, broiled, or grilled (Be sure to ask if the meat was purchased frozen)
- ✓ Ask that margarine and mayonnaise be served “on the side” then use sparingly.
- ✓ Mustard, ketchup, and horseradish are good condiments to choose.
- ✓ Use whole grain breads when possible. - Ask for fruit or vegetables rather than potato chips or french fries.
- ✓ Order a small hamburger or sandwich

Vegetables

- ✓ Limit vegetables that are fried or that are prepared with butter or cream sauces.

Starches

- ✓ Limit french fries, hash browns, au gratin and scalloped potatoes, cornbread, butter rolls, croissants.
- ✓ Use toppings such as butter, mar-



garine, and sour cream sparingly.

Desserts

- ✓ Choose sherbet, ice milk, fresh fruit, gelatin, sorbet, angel food cake, or low-fat or fat-free yogurt.

Beverages

- ✓ Choose skim milk, 1/2 % or 1% milk, coffee, tea, fruit juice, mineral water, or club soda.

Breakfasts

- ✓ Order cereals with skim or 1% milk.
- ✓ Choose toast, English muffins, or bagels instead of croissants or biscuits.
- ✓ Canadian bacon is a leaner choice than regular bacon or sausage.