

FIVE HEART-Y GOALS

1. Eat more fruits and vegetables.

Aim for 5 to 9 servings of fruits and vegetables every day. Fruit or vegetable juice counts toward this goal.

2. Eat more whole-grain foods. Like fruits and vegetables, whole-grain foods are low in fat and cholesterol and high in fiber. Whole-grain foods include whole-wheat bread, rye bread, brown rice and whole-grain cereal.

3. Use olive, canola, corn or safflower oil as your main kitchen fat. Limit how much fat or oil you use in cooking. Use liquid vegetable oils in place of solid fats.

4. Eat more fish, chicken, and beans than meat. In general, fish, deer, moose, skinless poultry and vegetable protein (such as nuts & beans) are lower in saturated fat and cholesterol than meat (beef, duck, or pork).

5. Read food labels. Food labels provide information to help you make better food choices. Learn what information to look for such as sodium or saturated fat content.



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Heart Healthy

CARDIAC DIET



WHAT IS A CARDIAC DIET?

A cardiac diet is low in fat, cholesterol and salt. It is a healthy diet anyone can follow.

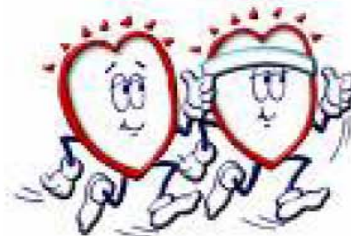
WHAT COULD I CHANGE?

- ✓ **Reduce salt intake:** remove salt shaker from table. Use herbs & spices to add flavor to foods, and shop for low sodium food choices.
- ✓ Eat **less** fried foods, cakes, cookies, chips, and other high fat foods.
- ✓ **Limit** amount of animal fats (i.e., shortening, beef, pork, or poultry with skin), & eat less than 4 whole eggs a week.
- ✓ Use **low fat** salad dressing, cheese and spreads in moderation (i.e., butter).



WHAT SHOULD I EAT?

- ♥ A **balanced diet** that includes a variety of foods.
- ♥ At least **5 servings** of **fruits and vegetables** each day.
- ♥ Consume more whole grains, dried beans and nuts, which like fruits and vegetables **increase intake of fiber.**
- ♥ **Fish** or other omega-3 rich foods such as walnuts, flaxseed, and canola oil.
- ♥ **Lean** meat sources that are broiled, grilled, baked, poached, or steamed.
- ♥ Include **low fat** calcium rich foods such as skim milk, or calcium fortified orange juice.
- ♥ Increase **physical activity.** Aim for at least 30 minutes most days of the week.



WHAT CAN I CHANGE?

Choose **realistic** goals that can work for you and your family.

1. _____
2. _____
3. _____
4. _____

Steps to a Healthy Heart

