

HEART HEALTHY DIET

What Not to eat

SWEETS & TREATS



BAKED GOODS
CAKE
CANDY

CHIPS
COOKIES
ICE CREAM
MILK CHOCOLATE
MIXED NUTS
POPCORN (MOVIE)
PRETZELS
TORTILLA CHIPS

HIGH FAT MEAT



HOT DOGS
BACON
CURED MEATS
FATTY CUTS OF
CHICKEN & BEEF
FRIED FISH
FRIED FOODS
SAUSAGE
SMOKED MEATS

HIGH SODIUM FOOD



BACON
BBQ SAUCE
BEEF JERKY
BOXED MEALS
BRATWURST
COLD CUTS
DELI MEATS
FROZEN MEALS
HAM
MEAT (CAN)
MAC & CHEESE

OLIVES
OYSTERS
PEPPERONI
PICKLES
SALTED NUTS
SALTED SEEDS
SALAMI
SEAFOOD (CAN)
SOUPS (CAN)
SOY SAUCE
TOMATO SAUCE (JAR)
TORTILLAS
TUNA (CAN)
VEGETABLES (CAN)
VEGETABLES FROZEN

FULL FAT DAIRY



BUTTER
BUTTER CREAM
BUTTERMILK
CREAM
COTTAGE CHEESE
CUSTARD
MILK SHAKES
PROCESSED CHEESE
PUDDING
SOUR CREAM
FLAVORED YOGURT
WHOLE MILK
WHOLE YOGURT

PACKAGED & FAST FOODS



CHIPS
CHINESE FOOD
FRENCH FRIES
POPCORN

MEXICAN
PASTA (WHITE)
PIZZA
PORK RINDS
RODIZIO
SUGAR CEREAL
THAI
WHITE BREAD

SUGARED DRINKS



ENERGY DRINKS
FLAVORED COFFEE
HOT CHOCOLATE
LATTES
LIQUOR
SODA
SOFT DRINKS
SPORTS DRINKS
SWEET TEA
TOMATO JUICE
V8
VEGETABLE JUICE

The Oc Heart Diet

L Darling-Hammond



The Oc Heart Diet:

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New Living Heart Diet John P. Foreyt,Michael E. Debakey,Lynne W. Scott,Antonio M. Gotto,1996-01-04 From good old American favorites to vegetarian and delicious ethnic dishes this cookbook includes more than 300 tasty recipes for healthful eating presented by the team that focused America s attention on a heart healthy diet Includes charts throughout National ads media

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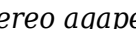
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