

HEART HEALTHY DIET

A4, A5 & US LETTER SIZE | PRINTABLE



HEART-HEALTHY DIET FOOD CHART



FRUITS

FOOD NAME	PORTION SIZE	NUTRITIONAL BENEFITS	Cal
BERRIES (BLUEBERRIES, STRAWBERRIES)	1 CUP	HIGH IN FIBER, ANTIOXIDANTS, SUPPORTS HEART HEALTH	25-40
APPLES	1 MEDIUM	HIGH IN FIBER, SUPPORTS HEALTHY CHOLESTEROL LEVELS	55-60
ORANGES	1 MEDIUM	HIGH IN VITAMIN C, ANTIOXIDANTS	35-45
AVOCADOS	1/2 MEDIUM	RICH IN HEALTHY FATS, SUPPORTS HEART HEALTH	15
GRAPES	1 CUP	HIGH IN ANTIOXIDANTS, SUPPORTS CIRCULATION	40-50
PEARS	1 MEDIUM	HIGH IN FIBER, SUPPORTS DIGESTION AND HEART HEALTH	38-42
CHERRIES	1 CUP	HIGH IN ANTIOXIDANTS, SUPPORTS CIRCULATION	22
PEACHES	1 MEDIUM	HIGH IN VITAMINS A AND C, SUPPORTS HEART HEALTH	28-42
PLUMS	1 MEDIUM	HIGH IN VITAMINS AND ANTIOXIDANTS	35

VEGETABLES

LEAFY GREENS (SPINACH, KALE)	1 CUP	HIGH IN VITAMINS, FIBER, SUPPORTS HEART HEALTH	10-22
BROCCOLI	1 CUP	HIGH IN FIBER, ANTIOXIDANTS, SUPPORTS HEALTHY CHOLESTEROL LEVELS	15-30
SWEET POTATOES	1 MEDIUM	HIGH IN FIBER, ANTIOXIDANTS, SUPPORTS BLOOD PRESSURE	44-61
TOMATOES	1 CUP	HIGH IN LYCOPENE, SUPPORTS HEART HEALTH	15-30
BELL PEPPERS	1 CUP	HIGH IN VITAMINS, ANTIOXIDANTS, SUPPORTS HEART HEALTH	15-30
CARROTS	1 CUP	HIGH IN FIBER, SUPPORTS VISION AND HEART HEALTH	25-45
CALIFLLOWER	1 CUP	HIGH IN FIBER, SUPPORTS DIGESTION AND HEART HEALTH	15-30
ASPARAGUS	1 CUP	HIGH IN VITAMINS, SUPPORTS HEART HEALTH	15-30
GREEN BEANS	1 CUP	HIGH IN FIBER, SUPPORTS HEART HEALTH	15

WHOLE GRAINS

OATMEAL	1 CUP	HIGH IN SOLUBLE FIBER, SUPPORTS HEALTHY CHOLESTEROL LEVELS	55-69
QUINOA	1 CUP	HIGH IN PROTEIN, FIBER, SUPPORTS HEART HEALTH	50-55
BROWN RICE	1 CUP	HIGH IN FIBER, SUPPORTS HEART HEALTH	50-55
WHOLE WHEAT BREAD	1 SLICE	HIGH IN FIBER, SUPPORTS HEALTHY CHOLESTEROL LEVELS	50-70
BARLEY	1 CUP	HIGH IN FIBER, SUPPORTS HEALTHY CHOLESTEROL LEVELS	28-45
BUCKWHEAT	1 CUP	HIGH IN PROTEIN AND FIBER, SUPPORTS HEART HEALTH	45-51
WHOLE-GRAIN PASTA	1 CUP	HIGH IN FIBER, SUPPORTS HEART HEALTH	40-55

PROTEINS

SALMON	3 OUNCES	HIGH IN OMEGA-3 FATTY ACIDS, SUPPORTS HEART HEALTH	0-5
CHICKEN BREAST (GRILLED)	3 OUNCES	LEAN PROTEIN, LOW IN SATURATED FAT, SUPPORTS HEART HEALTH	0-5
TOFU	1/2 CUP	PLANT-BASED PROTEIN, LOW IN SATURATED FAT	15-30
LENTILS	1 CUP	HIGH IN FIBER, PLANT-BASED PROTEIN, SUPPORTS HEART HEALTH	20-30
BEANS (BLACK, KIDNEY)	1 CUP	HIGH IN FIBER, PLANT-BASED PROTEIN, SUPPORTS HEALTHY CHOLESTEROL LEVELS	24-29
SARDINES (IN WATER)	3 OUNCES	HIGH IN OMEGA-3 FATTY ACIDS, SUPPORTS HEART HEALTH	0-5

The Healthy Heart Diet Wi Help Yourself Guides

Karin Nielsen-Saines



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