

# Heart-Healthy Eating Plan

What you eat makes a difference to your heart. A heart-healthy eating plan emphasizes vegetables, fruits, and whole grains, includes fat-free or low-fat dairy products, and limits foods high in saturated fat and sugar-sweetened beverages and sweets. Use the guide below to determine how much you should eat from each food group.\*

Food Group	Heart-Healthy Options
 <p><b>Whole Grains</b> Bread, cereal, starchy vegetables, rice, and pasta (6 ounces for women and 8 ounces for men)</p>	<ul style="list-style-type: none"> <li>♥ Whole grain versions of sliced bread, sandwich buns, dinner rolls, pita, English muffins, bagels</li> <li>♥ Unsalted, low-fat crackers (such as graham crackers), pretzels, and popcorn</li> <li>♥ Cooked hot cereals (not instant) and whole grain cold cereals</li> <li>♥ Rice and pasta (such as whole grain noodles, spaghetti, and macaroni)</li> </ul>
 <p><b>Vegetables</b> (without added fat) (2½ cups)</p>	<ul style="list-style-type: none"> <li>♥ Fresh, frozen, or no-salt-added canned vegetables (such as green beans, string beans, carrots, cabbage, tomatoes, squash, broccoli, and okra)</li> </ul>
 <p><b>Fruits</b> (2 cups)</p>	<ul style="list-style-type: none"> <li>♥ Fresh, frozen, canned (in fruit juice rather than syrup), or dried fruits</li> </ul>
 <p><b>Fat-free or low-fat milk and milk products</b> Milk, yogurt, and cheese (3 cups)</p>	<ul style="list-style-type: none"> <li>♥ Fat-free or low-fat (1 percent) milk</li> <li>♥ Fat-free or low-fat yogurt</li> <li>♥ Cheeses lower in fat and sodium</li> </ul>
 <p><b>Protein</b> Meat, poultry, fish, eggs, nuts, seeds, and legumes (5½ ounces)</p>	<ul style="list-style-type: none"> <li>♥ Chicken or turkey without the skin</li> <li>♥ Fish</li> <li>♥ Lean cuts of beef, such as round, sirloin, chuck, loin, and extra-lean ground beef</li> <li>♥ Lean cuts of pork, such as the leg, shoulder, tenderloin, and lean ham</li> <li>♥ Eggs</li> <li>♥ Cooked dry beans and peas (such as field peas, crowder peas, black-eyed peas)</li> <li>♥ Frozen butter beans and lima beans</li> <li>♥ Nuts and seeds</li> </ul>
 <p><b>Fats and oils</b> (less than 22 grams of saturated fat)</p>	<ul style="list-style-type: none"> <li>♥ Soft tub margarine</li> <li>♥ Oils (canola, corn, safflower, olive, peanut, or sesame)</li> </ul>
 <p><b>Sweets and added sugars</b> Limit sugar and other sweeteners. Ask your healthcare provider about how much sugar or other sweetener is okay for you.</p>	<ul style="list-style-type: none"> <li>♥ Frozen desserts (such as frozen juice pops, low-fat frozen yogurt, or low-fat ice cream)</li> <li>♥ Low-fat cake and cookies (such as angel food cake, fig bar cookies, ginger snaps, animal crackers, vanilla wafers, and graham crackers)</li> </ul>

\*Serving sizes depend on how many calories you need, which is based on your age, gender, and physical activity.



National Heart, Lung, and Blood Institute



hearttruth.gov

# The Heart Factor Food Plan

**Cressida Thorne**



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## **Table of Contents The Heart Factor Food Plan**

1. Understanding the eBook The Heart Factor Food Plan
  - The Rise of Digital Reading The Heart Factor Food Plan
  - Advantages of eBooks Over Traditional Books
2. Identifying The Heart Factor Food Plan
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an The Heart Factor Food Plan
  - User-Friendly Interface
4. Exploring eBook Recommendations from The Heart Factor Food Plan
  - Personalized Recommendations
  - The Heart Factor Food Plan User Reviews and Ratings
  - The Heart Factor Food Plan and Bestseller Lists
5. Accessing The Heart Factor Food Plan Free and Paid eBooks
  - The Heart Factor Food Plan Public Domain eBooks
  - The Heart Factor Food Plan eBook Subscription Services
  - The Heart Factor Food Plan Budget-Friendly Options
6. Navigating The Heart Factor Food Plan eBook Formats

- ePub, PDF, MOBI, and More
- The Heart Factor Food Plan Compatibility with Devices
- The Heart Factor Food Plan Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of The Heart Factor Food Plan
  - Highlighting and Note-Taking The Heart Factor Food Plan
  - Interactive Elements The Heart Factor Food Plan
- 8. Staying Engaged with The Heart Factor Food Plan
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers The Heart Factor Food Plan
- 9. Balancing eBooks and Physical Books The Heart Factor Food Plan
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection The Heart Factor Food Plan
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine The Heart Factor Food Plan
  - Setting Reading Goals The Heart Factor Food Plan
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of The Heart Factor Food Plan
  - Fact-Checking eBook Content of The Heart Factor Food Plan
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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