

NUTRITION (HEART HEALTHY EATING) - Part 2

NUTRITION TIPS FOR A HEALTHY HEART

Choosing the right foods for a healthy diet can be hard. If you need help, contact a dietician. You can call “Dial-a-Dietitian” at 204-788-8248 (Winnipeg), 1-877-830-2892 (rural Manitoba), or follow this [LINK](#) for more information about heart healthy eating.

Here are some helpful tips:

Choose more often...	Use less often...
VEGETABLES AND FRUIT	
<ul style="list-style-type: none"> citrus fruits, dark green, red, and orange vegetables, and fruit (these are high in antioxidants*) fresh or frozen vegetables and fruit <p>*A diet rich in antioxidants protects your heart</p>	<ul style="list-style-type: none"> canned or bottled vegetables and vegetable juices (may have added salt) cheese sauces on vegetables French fries
GRAIN PRODUCTS	
<ul style="list-style-type: none"> bran, whole-grain, high fibre breads, whole grain Bannock, cereals, and whole grain pasta, and rice. low fat crackers like soda, melba toast, graham and low-fat animal crackers 	<ul style="list-style-type: none"> white breads, white rice, and regular pasta butter, oils, margarine, high fat cream sauces on grain products pre-packaged pasta or rice with sauces
MILK AND ALTERNATIVES	
<ul style="list-style-type: none"> skim or 1% milk, low fat yogurt (1% MF/BF or less) light/low fat cheeses (less than 20% MF) no fat, low fat, or dry curd cottage cheese 	<ul style="list-style-type: none"> whole milk (fluid, evaporated or condensed) cream, whipping cream, non-dairy creamer, half and half regular/full fat cheeses processed cheese slices or spreads

Choose more often...	Use less often...
MEAT AND ALTERNATIVES	
<ul style="list-style-type: none"> • fish (especially fatty fish like salmon*) at least two times per week • baked, broiled, poached, roasted or barbeque meats, poultry, fish and shellfish • skinless poultry and well-trimmed meat • lean wild meats • beans, peas, lentils to replace meat • light or non-hydrogenated peanut butter • tofu • egg yolks (allow 7 per week) • mackerel, herring, sardines, trout 	<ul style="list-style-type: none"> • gravies or cream sauces on meats • processed meats like salami, sausages, bacon, bologna, wieners • pan fried or deep-fried meats, • poultry, fish, or shellfish • regular ground meats, spareribs, and organ meats • store-bought breaded meat and poultry products
SOUPS	
<ul style="list-style-type: none"> • low fat and reduced sodium varieties • those made with skim or 1% milk 	<ul style="list-style-type: none"> • soups made with whole milk, cream, meat fat, or poultry fat • canned soups high in sodium • packaged soups
FATS, OILS, AND SPREADS	
<ul style="list-style-type: none"> • non-hydrogenated soft tub margarine • olive, canola, peanut, safflower, or sunflower oils in small amounts • low fat salad dressings and low-fat mayonnaise • jams, jellies, and honey 	<ul style="list-style-type: none"> • coconut, palm kernel, palm oil, butter, lard shortening, bacon fat, block or stick margarine
SNACK FOODS	
<ul style="list-style-type: none"> • angel food cake, low fat frozen yogurt, plain low-fat cookies, low fat muffins, popsicles, or sherbet • homemade loaves and muffins using no more than 1/4 cup of oil or margarine per loaf or dozen muffins • unbuttered popcorn, low salt pretzels • unsalted nuts and seeds 	<ul style="list-style-type: none"> • candy made with milk chocolate, chocolate, coconut oil, palm kernel oil or palm oil • commercially baked pies, cakes, doughnuts, croissants, high fat cookies, cream pies, regular ice cream • potato chips, cheezies