

Heart healthy food choices, exercise and weight control all help prevent and treat heart disease. Saturated fat, hydrogenated fat, and trans fat are linked to an increased risk for heart disease. A heart healthy diet is low in these fats and includes moderate amounts of healthy fats.

LIMIT

these fats:

**Saturated, Hydrogenated,
& Trans Fats**

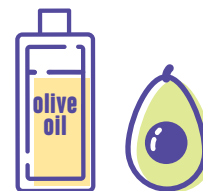


- **Solid at room temperature**
- **Dairy Fats**
Butter, Cheese, Cream Cheese
Cream, Ice Cream, Sour Cream
Whole Fat Milk, Creamy Dressing
- **Meat Fats**
Fatty Marbled Meats, Bacon, Ribs
Sausage, Salami, Hamburgers
Hot Dogs, Chicken Skin, Lard
- **Baked Goods**
Croissants, Cookies, Cakes,
Muffins, Pastries, Biscuits, Pies
- **Fried Foods**
Donuts, French Fries, Hash Browns,
Fried Chicken, Fried Fish, Eggrolls
- **Tropical Oils**
Coconut Oil, Palm Oil
- **Hydrogenated Oils**
Stick Margarines, Shortening
- **Trans Fats**
Read food labels. Trans fat is
listed under total fat

CHOOSE

these healthier fats:

Mono- and Polyunsaturated Fats
Use in moderation



- **Liquid at room temperature**
- **Non-Tropical Plant Oils**
Olive, Avocado, Canola
Peanut, Safflower, Sunflower
Walnut, Sesame, Grapeseed
Flax, Soy
- **Nuts**
Walnuts, Almonds, Cashews,
Hazelnuts, Pecans, Pistachios
Peanuts, Macadamias
- **Seeds**
Chia, Flax, Hemp, Pumpkin
Sesame, Sunflower, Pine Nuts
- **Fish & Shellfish**
Salmon, Mackerel, Herring
Sardines, Trout, Tuna
Oysters, Mussels
- **Avocados & Olives**
- **Soy**
Tofu, Tempeh, Soy Milk
Edamame, Soy Nuts

Fats

- Replace saturated, hydrogenated, and trans fats with heart healthy oils in food preparation, cooking, and at the table.
- Choose healthy fats from whole foods such as avocados, nuts, seeds, fish and olives.
- Choose vegetable oils such as olive, canola, avocado, and grapeseed oils instead of butter, lard, shortening, palm and coconut oils.

Meats and Proteins

- Choose fatty fish such as salmon, sardines, mackerel, herring, trout and light tuna twice a week.
- Incorporate more vegetarian meals. Try tofu, lentils, beans, nuts, and meat alternatives.
- Choose leaner cuts of meat such as loin or round.
- Choose meats that are not marbled with fat and trim visible fat before cooking.
- Avoid high-fat processed meats such as hot dogs, sausages, salami, ribs, bologna and bacon
- Remove the skin and trim the visible fat from poultry.

Dairy and Dairy Alternatives

- Use low fat or nonfat version of dairy products such as milk, yogurt, and cottage cheese.
- Buy reduced fat or low fat versions of your favorite cheeses. Look for 2% cheeses. Mozzarella and ricotta are naturally lower in fat.
- Choose milk alternatives like soy and almond milk.
- Limit cream, cream sauces, and creamed soups.

More Helpful Tips

- Read Nutrition Facts labels on food packages. Choose foods with low amounts of saturated fat and avoid trans fats.
- When reading labels on meat (per ounce):
- Avoid deep-fried foods.
- Drain and discard visible fat when cooking.
- Baking, broiling, boiling, poaching, and steaming are low fat cooking methods.
- Use vegetable oil sprays to coat pans and trays for cooking or baking.

0-3 grams of fat = lean
4-7 grams of fat = medium fat
8 or more grams of fat = high fat