

GUIDELINES FOR HEART DISEASE LOW FAT AND LOW CHOLESTEROL CARDIAC DIET

- 1) FOLLOW PORTION SIZES AS INDICATED ON THE MENU
- 2) USE LOW FAT MILK AND MILK PRODUCTS (2% LOW FAT CHEESES)
- 3) USE EGG BEATERS OR EGG WHITES (REGULAR EGG YOLKS 3 TIMES PER WEEK AND LEAN TURKEY SAUSAGE)
- 4) INCLUDE WHOLE GRAIN BREADS AND CEREALS, LOW FAT PANCAKES, WAFFLES AND FRENCH TOAST
- 5) USE LEAN CUTS OF MEATS THAT ARE BAKED, BROILED GRILLED OR STEWED IN LOW FAT SAUCES . CHICKEN AND TURKEY WITHOUT THE SKIN

(NO ORGAN MEATS) **(NO FRIED FOODS)** (NO HIGH FAT PIZZAS)

USE LEAN COLD CUTS, TURKEY HOT DOGS AND LEAN HAMBURGER MEAT
- 6) USE LIGHT MARGARINE, LIGHT MAYONNAISE FOR SANDWICHES AND IN TUNA / SEAFOOD , EGG, HAM AND CHICKEN SALADS

USE LIGHT SALAD DRESSINGS AND SMALL AMOUNTS OF OILS LIKE:

OLIVE AND CANOLA OILS FOR COOKING MEALS.
- 7) SUBSTITUTE REGULAR DESSERTS WITH:

FRESH FRUITS, CANNED FRUITS . GELATIN OR SUGARFREE GELATIN ,

SUGARFREE OR NO SUGAR ADDED LOW FAT PUDDINGS. LOW FAT ICE

CREAMS AND SHERBERTS, LOWER FAT CAKES
(FOR EXAMPLE: ANGEL FOOD CAKE AND COOKIES)
- 8) INCLUDE PLENTY OF NON-STARCHY VEGETABLES AND MIXED SALADS

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