Heart Healthy Diet: Low Saturated Fat, Low Sodium Diet

This guide has been prepared for your use by registered dietitians. If you have questions or concerns, please call the nearest Aurora facility to contact a dietitian. Diet counseling is highly recommended to address your specific needs in the care of heart disease. Heart disease is best managed with diet and/or medication and exercise.

Key Points

1. **Limit total fat intake to 25 to 35% of calories and saturated fat to less than 7% of calories.** Saturated fats are found in meat, lard, butter, whole milk, cheeses and ice cream, as well as in cocoa butter and coconut, and palm and palm kernel oils.
2. **Limit foods made from hydrogenated oils.** These are called *trans fatty acids* (trans fats) and include partially hydrogenated vegetable oils.
3. **Include small amounts of monounsaturated fats.** The major sources of monounsaturated fats are olive, canola and peanut oils, nuts, avocados and nut butters.
4. **Include foods high in omega-3 fats.** Include two servings of non-fried fish per week, especially oily fish. Examples are salmon, mackerel, sardines, herring, tuna and lake trout. Plant sources include flaxseed and flaxseed oil, canola oil, walnuts and tofu.
5. **Include foods high in fiber.** Foods high in soluble fiber may help lower cholesterol levels. Good sources of soluble fiber include dried beans and peas, fruits, vegetables and unrefined whole-grain foods.
6. **Limit sodium intake.** In general, sodium intake should be limited to 2,300mg daily. Some individuals will be advised to reduce intake to 1,500mg daily. Your dietitian can help with adjustments. Major sources of sodium are table salt and processed foods.

Tips

- Choose foods with less than 3 grams of fat per serving most often.
- Choose cheeses with 0 to 5 grams of fat and less than 300mg* sodium.
- Choose frozen entrees with less than 10 grams of fat and less than 800mg** sodium per serving.
- Choose foods with less than 2 grams of saturated fat per serving most often.
- Avoid trans fats. Choose foods with 0 gram of trans fats per serving.
- Choose breads, cereals, pastas and snack foods with “whole” listed first in the ingredient list most often. Look for products with more than 2 grams of fiber per serving.
- Choose low-sodium foods with less than 140mg per serving most often. Limit foods with more than 300mg* sodium per serving or more than 800mg** sodium per meal.
- Limit your intake of added sugars and sweets, especially if your triglycerides are elevated or if you need to lose weight.

* Less 140mg or less per serving if limiting total sodium intake to 1,500mg per day.
** 500mg per serving if limiting sodium intake to 1,500mg per day
### Food group: Lean meat, poultry, fish and alternatives
- **Choose most often:**
  - White meat of poultry – chicken, turkey,
    cornish hen – without skin
  - Fresh or frozen fish and shellfish
  - Canned low-sodium fish packed in water
  - Lean round or loin cuts of beef, pork, lamb
    and veal
  - Most wild game meat
  - Dried beans and peas
  - Vegetarian baked beans
  - Tofu, tempeh, low-fat and low-sodium
    vegetable or soy protein substitutes
  - Unsalted seeds and nuts
  - Unsalted peanut butter and other nut butters
- **Limit:**
  - Dark meat of poultry, poultry with skin,
    fried poultry, domestic duck and goose
  - Fried fish or shellfish
  - Any salted, smoked, cured, kosher
    or canned meat, poultry or fish
  - Prime grades of beef, regular
    ground beef or hamburger
  - Heavily marbled or fatty cuts of
    beef, pork, lamb, veal and bear
  - Canned baked beans
  - All processed meats, sausages and
    hot dogs, including those made
    from wild game
  - All organ meats, such as liver,
    heart, liver sausage
  - Chocolate covered, honey roasted or
    dry roasted nuts
- **Specify:**
  - 5 to 6 ounces/day:
  - 1 oz. meat, poultry or fish
  - 1 Tbsp. nut butter
  - ¼ cup cooked, dried beans
  - ½ oz. nuts or seeds

### Food group: Eggs
- **Choose most often:**
  - Egg whites (two whites can be substituted for
    one whole egg in recipes)
  - Egg substitutes
- **Limit:**
  - Whole eggs, egg yolks
- **Specify:**
  - 1 egg = 1 oz. meat

### Food group: Low-fat dairy products
- **Choose most often:**
  - Milk – Nonfat (skim) or low-fat (1%) cow,
    soy or rice milk (fluid, powdered or
    evaporated), buttermilk
  - Yogurt – Nonfat or low-fat yogurt or yogurt
    beverages
  - Cheese – Low-fat natural cheese with less
    than 5 grams of fat and less than 300mg
    sodium per ounce
- **Limit:**
  - Whole-milk (fluid, evaporated,
    condensed), reduced fat (2%)
    milk, imitation milk
  - Whole-milk yogurt, whole-milk
    yogurt beverages
  - Regular cheeses (American, blue,
    Brie, cheddar, colby, Edam,
    Monterey Jack, whole-milk
    mozzarella, Parmesan, Swiss),
    cream cheese, Neufchatel cheese
  - Cottage cheese (with 4% fat or more
    than 300mg sodium per serving)
- **Specify:**
  - 3 servings/day:
  - 1 serving =
  - 1 cup nonfat (skim) or low-fat
    (1%) milk or yogurt
  - 1½ oz. low-fat natural
    cheese
  - 2 oz. low-fat processed
    cheese

### Food group: Fats and Oils
- **Choose most often:**
  - Monounsaturated oils – canola, olive, peanut
  - Polyunsaturated oils – safflower, sunflower,
    corn, soybean, cottonseed
  - Margarine – made with a recommended liquid
    oil as the first ingredient, light or diet
    margarine, especially soft or liquid forms
  - Mayonnaise and salad dressings – made with
    recommended oils, reduced fat, low-sodium
    varieties
  - Reduced fat, low-sodium spreads and dips
  - Low-fat coffee creamer, low-fat or
    nonfat sour cream
- **Limit:**
  - Coconut oil, palm kernel oil,
    palm oil
  - Butter, lard, shortening, bacon fat,
    stick margarine
  - Dressing made with egg yolk,
    cheese, sour cream or whole milk
  - Coconut
  - Olives
  - Cream, half-and-half, whipping
    cream, nondairy creamer,
    whipped topping, sour cream
  - Commercial spreads and dips
- **Specify:**
  - 4 to 6 servings/day:
  - 1 serving = 5g fat
  - Check serving size on
    food label

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<th>Food group</th>
<th>Choose most often</th>
<th>Limit</th>
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| **Breads, cereals, rice, and pasta** | 5 to 7 servings/day: *(at least 3 of whole grains)*  
1 serving = 1 slice bread  
1 tortilla  
1 cup ready-to-eat cereal  
1/2 cup cooked cereal, rice or pasta  
1/2 hamburger roll, bagel, or English muffin  
1 oz. snack foods  
1 pancake (4-inch)  
Breads – Whole grain, white or rye breads, English muffins, hard rolls, bagels, pitas, hamburger and hotdog buns, corn or flour tortillas, dinner rolls  
Cereals – cooked or dry  
Pasta and rice  
Homemade baked goods using recommended oils, nonfat (skim) or low-fat (1%) milk, and egg substitutes – quick breads, biscuits, cornbread muffins, bran muffins, pancakes, waffles  
Low-fat, low-sodium snack foods such as pretzels, popcorn, baked chips, rice cakes and crackers  
Bread in which eggs, fat, and/or butter are a major ingredient; croissants  
Most granola-type cereals  
Convenience pasta and rice products  
Commercially baked pastries, biscuits, muffins  
Deep-fried chips and snack foods, microwave and buttered popcorn                                                                 |                                                                                                                                                                                                                           |
| **Soups**                        | Low-sodium, reduced-fat soups made with nonfat (skim) or low-fat (1%) milk and allowed meats and vegetables                                                                                                                                                                                                                                     | Most commercial soups, broths, bouillon and soup mixes                                                                                                                                                                       |
| **Vegetables**                   | Fresh, frozen or low sodium canned or drained vegetables without added fat or sauce  
Low-sodium tomato or vegetable juices  
White and sweet potatoes  
Convenience potato products without added fat or sauces                                                                                                                                                                                                                      | Vegetables fried or prepared with butter, cheese or cream sauce  
Vegetables in brine, such as sauerkraut, pickles and olives  
Fried potatoes; high-fat convenience potato products                                                                                                                                                                   |
| **Fruits**                       | Fruit – fresh, frozen, canned or dried  
Fruit juice – fresh, frozen or canned                                                                                                                                                                                                                                                                                                               | Fried fruit or fruit served with butter or cream sauce                                                                                                                                                                     |
| **Beverages, sweets and desserts** | Water, sugar-free or diet beverages  
Coffee and tea – regular and decaffeinated  
Specialty coffee drinks made with skim or 1% milk  
*Use sparingly:*  
Carbonated and non-carbonated soft drinks  
Fruit-flavored drinks, lemonade, fruit punch  
Sweets – sugar, syrup, honey, jam, jelly, preserves, marshmallows, molasses, cocoa powder, candy made without fat (candy corn, gumdrops, hard candy), fruit-flavored gelatin  
Frozen desserts – low-fat and nonfat yogurt, low-fat or nonfat ice cream, sherbet, sorbet, fruit ice, popsicles  
Cookies, cake, pie or pudding – prepared with egg whites, egg substitutes, nonfat (skim) or low-fat (1%) milk and unsaturated oil or margarine; ginger snaps, fig and other fruit-bar cookies; fat-free cookies; angel food cake  
Alcohol  
Specialty coffee drinks with whole milk and flavored syrups  
Candy made with chocolate, coconut oil, palm kernel oil or palm oil  
Ice cream and frozen treats made with regular ice cream  
Frozen custard  
Commercially baked pies, cakes, doughnuts, high-fat cookies, cream pies                                                                                                                                              |                                                                                                                                                                                                                           |
A registered dietitian can help
Your doctor may refer you to a registered dietitian if your cholesterol level does not decrease.

Diet instruction by the dietitian may include:

- Label reading, shopping, food preparation, adjusting recipes
- Dining out
- Combining other diet restrictions
- Additional resources regarding your personal needs

For a list of Aurora facilities with a dietitian, please call Aurora Health Care toll free at 888-863-5502.