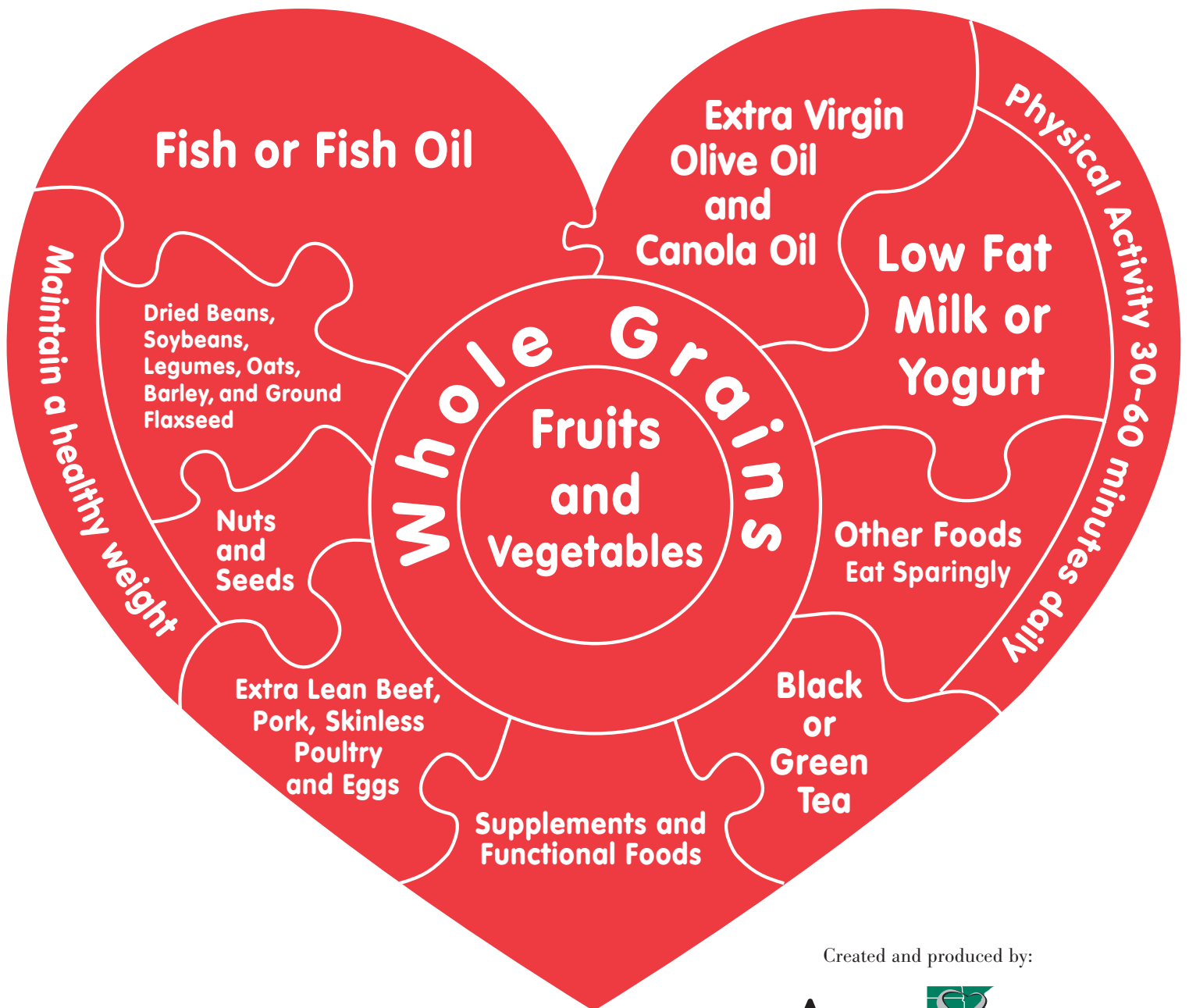


Puzzled About a Heart Healthy Diet?

Fit the pieces together for a healthy heart!



Created and produced by:

Avera 
Heart Hospital
The Heart Hospital.

The Whole Diet Counts for Heart Health

PUZZLE PIECE	DAILY SERVINGS	SERVING SIZE	HEART HEALTH BENEFITS
FRUITS AND VEGETABLES	3 cups vegetables 2 cups fruits <i>Choose colorful vegetables for higher antioxidants</i>	1 cup leafy greens = 1/2 cup vegetables 1/2 cup raw or cooked vegetables 1 medium fruit	<ul style="list-style-type: none"> •Lowers risk of stroke •Protects LDL from oxidation •Reduces blood pressure •Lowers cholesterol (soluble fiber)
WHOLE GRAINS	4-6 equivalents <i>Choose minimally processed grains</i>	<i>One equivalent equals:</i> 1/2 cup cooked brown rice, pasta, or oatmeal 1 slice bread 1 cup high fiber cold cereal	<ul style="list-style-type: none"> •Reduction in heart attacks •Helps with weight control •Lowers cholesterol (soluble fiber) •Prevention of type 2 diabetes
FISH AND FISH OILS	Fatty fish twice a week 1 gm EPA/DHA per day from fish oils	3 oz fatty fish (salmon, tuna, sardines)	<ul style="list-style-type: none"> •Reduction in blood clots •Improves irregular heart rhythms •Reduces inflammation •Lowers triglycerides •Reduction in blood pressure
EXTRA VIRGIN OLIVE OIL, CANOLA OIL	2 servings per day	1 tbsp extra virgin olive oil or canola oil	<p><i>When these oils are substituted for processed carbohydrates:</i></p> <ul style="list-style-type: none"> •Reduces risk of type 2 diabetes •Raises HDL “healthy” cholesterol •Lowers triglycerides (blood fats) <p><i>Additional benefits:</i></p> <ul style="list-style-type: none"> •Reduction in blood pressure •Reduction in LDL cholesterol
NUTS AND SEEDS	1 oz per day	Small handful (1/4 cup) per day Best choices: <ul style="list-style-type: none"> • Almonds • Walnuts • Pistachios • Sunflower seeds 	<ul style="list-style-type: none"> •Lowers blood pressure •Lowers cholesterol •Helps irregular heart beats •Reduces inflammation
DRIED BEANS, SOYBEANS, LENTILS, OATS, BARLEY, GROUND FLAXSEED	2-3 servings per week 1 tbsp ground flaxseed daily	1/2 cup cooked beans, oats, barley 1/2 cup green or toasted soybeans	<ul style="list-style-type: none"> •Lowers total cholesterol •Lowers LDL cholesterol
EXTRA LEAN BEEF, SKINLESS POULTRY, PORK LOIN, EGGS	2 servings (about 6 oz per day) 1 egg per day	3-4 oz serving	Adequate intake of protein preserves lean body mass and heart muscle mass
LOW FAT MILK AND YOGURT	3 servings per day	1 cup skim or 1% milk 1 cup nonfat or lowfat yogurt	Reduces blood pressure
BLACK OR GREEN TEA	2-5 cups per day	1 cup	<ul style="list-style-type: none"> •Improves blood vessel function •Protects LDL from oxidation •Lowers risk of fatal heart attacks •Lowers blood pressure
SUPPLEMENTS AND FUNCTIONAL FOODS multivitamins, stanols/sterols, etc.	Varies according to each individual		Consult registered dietitian for individualized supplement plan
OTHER FOODS processed carbs, trans fats, saturated fats, sugars, alcohol	10% or less of calories	Empty calories – no nutritional value	No heart health benefits