



Cardiopulmonary Rehabilitation  
Heart and Vascular  
Nutrition Guide





# Welcome

## Introduction

Asante's Cardiopulmonary Rehabilitation program is dedicated to improving your heart health. One of the most important ways we can teach and encourage you to care for your heart is to focus on a heart-healthy diet.

For many people, exploring heart-healthy eating is like learning a new language. Maybe you have never thought about the amount of fat, sodium, protein or fiber in your food. Maybe you are worried that this new heart-healthy diet will be difficult to maintain — or just plain bland.

Good news! We are here to show you how developing lean, nutritious eating habits can be easy and enjoyable. This guide is designed to teach you about smart food choices so that you can begin living a heart-healthy lifestyle and feel good about your health.

If you have any questions, please contact Asante Rogue Regional Cardiopulmonary Rehabilitation at **(541) 789-4466** or Asante Three Rivers Cardiopulmonary Rehabilitation at **(541) 472-7850**.

Sincerely,  
Asante Cardiopulmonary Rehabilitation Staff

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## The Mediterranean lifestyle

The Mediterranean lifestyle focuses on eating plant-based foods and heart-healthy fats, such as monounsaturated and omega-3 fatty acids found in polyunsaturated fats.

### The omega diet fat ratio

- 30% to 35% of total calories come from fat.
- 7% to 8% of total calories come from saturated fats.
- The rest of the calories should come from monounsaturated and polyunsaturated omega-3s and omega-6s (whole grains, nuts, seeds and poultry).

### What omega-3s do for the heart

- Reduce inflammation
- Lower blood pressure
- Reduce the amount of “rust that forms in the pipes” (i.e., plaque in the arteries)
- Reduce low-density lipoprotein, or LDL, the “bad” cholesterol, while retaining high-density lipoprotein, or HDL, the “good” cholesterol
- Reduce the risk of blood clots
- Decrease irregular heartbeats

### Foods containing omega-3s

- Fish (coldwater oily fish: salmon, herring, sardines, mackerel, tuna and steelhead)
- Oils
- Nuts and seeds
- Green leafy vegetables
- Beans, soy and tofu
- Free-range animals
- Omega-3 eggs

### Putting the Mediterranean lifestyle into practice

- Eat two meatless meals per day.
- Include seven to 10 servings of whole fruits and vegetables (juice is not as good).
- Eat all the colors of the rainbow every day.
- Enjoy fish several times each week.

- Choose nonfat dairy.
- Eat 35 g of fiber per day.
- Avoid refined sugar and soda.
- Choose whole-grain breads and cereals.
- Limit your sodium intake to  $\leq 2,300$  mg per day; 1,500 mg is ideal.
- Make sure you get enough protein in your diet every day:
  - 0.8 g per day minimum
  - 1.2 g per day maximum (not for people with diabetes or kidney problems)

### Calculating your protein needs

To calculate your own protein needs, first determine your body weight in kilograms (pounds divided by 2.2), then use the following formula: [weight in kg]  $\times$  [0.8 g minimum and 1.2 g maximum] = recommended daily intake range for protein.

### What about eggs?

- Eating one or two whole eggs per day does not raise your cholesterol if your diet is high in mono- and polyunsaturated oils.
- Egg whites are a good source of high-quality protein because they do not contain fat and cholesterol.

### Alcohol

The American Heart Association recommends an average of one to two drinks per day for men and one drink per day for women. The AHA defines a drink as 12 ounces of beer, 4 ounces of wine, 1.5 ounces of 80-proof spirits or 1 ounce of 100-proof spirits.

### Dinners for the week

- Two servings of fish per week (low-mercury fish is best)
- Two or three servings of chicken or turkey per week
- One meatless meal per week
- One serving of red meat per week or less

## Tips for better eating

Healthy eating does not need to be difficult or complicated. Here are some simple tips to keep in mind while choosing and preparing your meals.

### Shopping

- Shop around the perimeter of the grocery store. Those are the “foods for life.”
- Avoid the canned and prepackaged foods down the aisles. They are likely to be high in sodium and may contain manmade fats such as trans fats (partially hydrogenated).
- Avoid frozen dinners, as they are often high in sodium.

### Meal planning

- Remember that eating well takes planning.
- Keep your fresh-food stock well-supplied.
- Eat the colors of the rainbow every day to get 45 essential nutrients critical to maintaining body function:
  - 20 minerals
  - 15 vitamins
  - Eight amino acids
  - Two fatty acids

### Portion size

- Watch your portion sizes. Use a 9-inch plate composed of the following:
  - 50% produce (more veggies than fruit)
  - 25% protein
  - 25% grains and starches
- When dining out, share your meal with your partner or ask for a to-go box *before* you start eating, then take half your meal home.

### Serving sizes

- Fish, chicken and meat = 3 ounces
- Fresh vegetables = 1 cup
- Cooked vegetables = ½ cup
- Fresh fruit = baseball size
- Dried fruit = 2 tablespoons
- All juices = ½ cup
- Nuts and seeds = 2 tablespoons
- Grains and beans = ½ cup
- Whole-grain bread = 1 slice
- Starches = ½ cup

### Serving goals

- Fruits and vegetables: seven to 10 per day
  - Vegetables at almost every meal
  - Two or three whole fruits per day (one serving at a time)
- More plant-based protein than animal protein
- 35 g of fiber per day
- Minimum of two servings of fish per week
- Maximum of one serving (3 ounces) of lean red meat per week
- OK to have nonfat dairy at every meal
- OK to have 1 ounce of full-fat cheese per day
- One or two glasses of water with each meal, more in warm weather (1 glass = 8 ounces) or, if vigorously active, seven or eight glasses per day
- Avoid processed lunch meats such as salami and hot dogs

## Tips for better eating

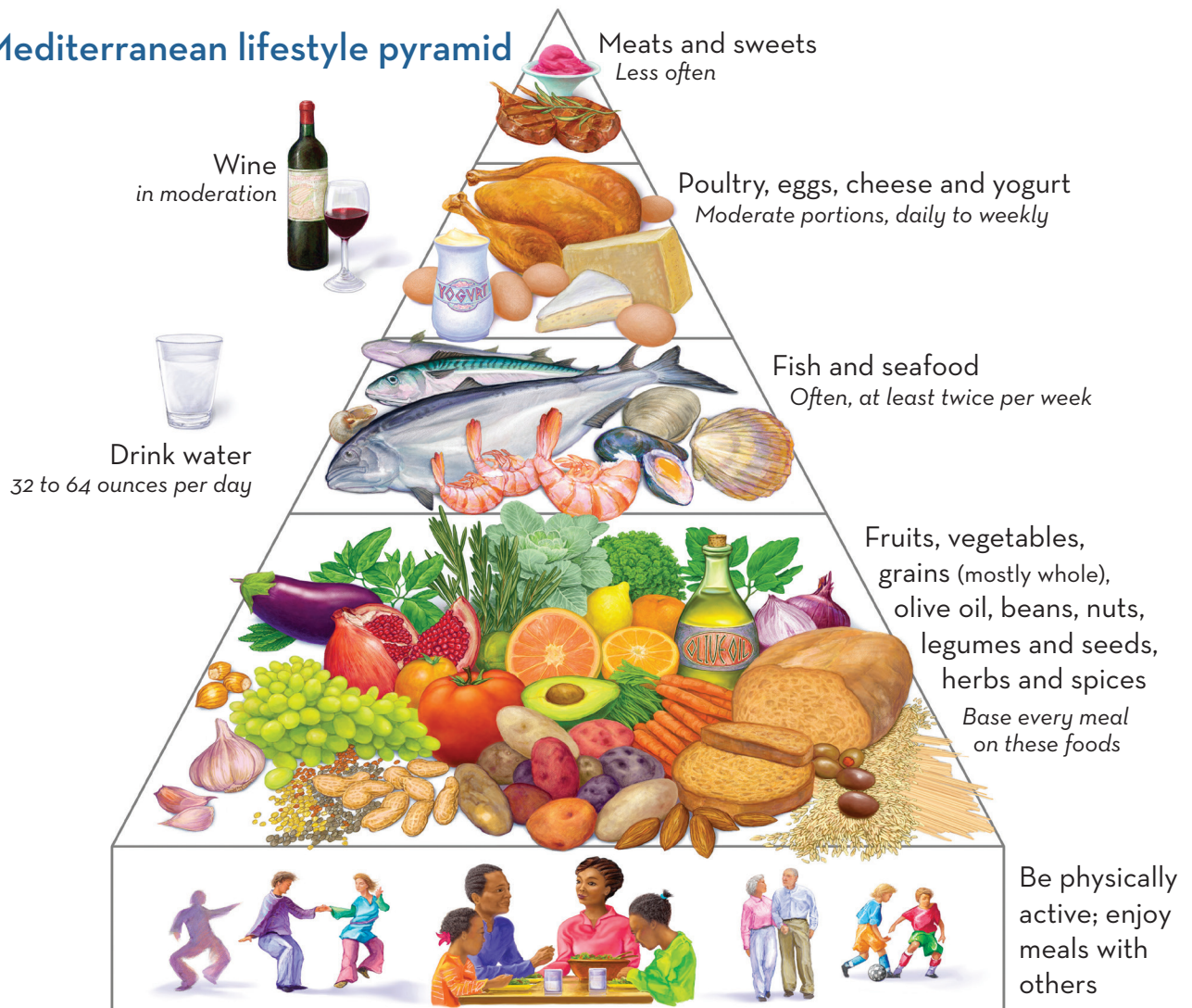
### Eating habits

- Consider the emotional aspects of food. Do you eat when you are stressed or bored?
- Chew each mouthful 15 to 30 times before swallowing. Slow down to enjoy the texture and taste.
- Push away from the table when you are 75% full.
- Follow the 80/20 rule:
  - 80% of the time, eat a heart-healthy diet.
  - 20% of the time, treat yourself and enjoy it.

### Exercise goals

- 20 to 50 minutes of moderate-intensity exercise most days of the week
- Strength training: two or more times per week
- You may not lose weight at first, but losing inches around the middle will reduce your risk of a future cardiac event:
  - Men's waist circumference less than 40 inches (ideally < 37 inches)
  - Women's waist circumference less than 36 inches (ideally < 32 inches)

### Mediterranean lifestyle pyramid



## Size it right

### A heart-healthy plate: Portion size

- Palm of your hand or a deck of cards = ½ cup or 3 to 4 ounces
- Thumb or poker chip = 1 teaspoon
- Golf ball = 1 ounce (2 tablespoons)

- Baseball = 1 cup of salad greens or 1 medium fruit
- Hockey puck = 3-ounce muffin or biscuit
- CD = 1 pancake or 1 ounce of lunch meat
- Cassette tape = 1 slice of bread

## Size it right

A guide, based on standards that most nutritionists follow, to what one serving should look like

<p>3 to 4 ounces</p>  <p>animal protein    deck of cards</p>	<p>1 ounce</p>  <p>cheese    matchbox</p>	 <p>pancake    CD</p>
<p>½ cup</p>  <p>pasta    ice-cream scoop</p>	 <p>potato    mouse</p>	<p>3 ounces</p>  <p>fish    checkbook</p>
<p>1 tablespoon</p>  <p>butter    postage stamp</p>	 <p>salad dressing    2 tablespoons</p>	<p>1 cup cooked</p>  <p>brown rice    baseball</p>
<p>2 tablespoons</p>  <p>peanut butter    golf ball</p>	<p>½ cup</p>  <p>beans    lightbulb</p>	 <p>dark chocolate    dental floss</p>

## A heart-healthy plate: **Breakfast**

Choose one food item from each of the four sections.

One or two 8-ounce glasses of water per meal



### Whole-grain examples

- 1/2 cup uncooked oatmeal
- 1 serving whole-grain cereal
- 1 slice whole-grain toast



### Good fat/protein examples

- 1 tablespoon walnuts
- 1 tablespoon flaxseed meal
- 1 tablespoon almond or natural peanut butter
- 1 whole egg or 2 egg whites

### Fruit/vegetable examples

- 1 piece whole fruit
- 1 tablespoon raisins or other dried fruit
- 1 tablespoon low-sugar jam



### Nonfat dairy examples

- 1/2 cup to 1 cup nonfat, low-sugar yogurt or Greek yogurt
- 1/2 cup low-fat cottage cheese
- 1/2 cup to 1 cup skim milk





## A heart-healthy plate: **Lunch**

One or two 8-ounce glasses of water per meal



### Whole-grain examples

(choose 1 or 2)

- 1 slice whole-grain bread
- 2 to 4 Wasa light rye crisp crackers
- 1 corn tortilla
- 1/2 cup cooked whole-grain pasta



### Condiment examples

(choose 1 or 2)

- 1 tablespoon olive oil mayonnaise
- 1 tablespoon hummus spread
- 1 tablespoon olive oil
- 1 tablespoon fresh salsa
- 1 tablespoon balsamic or red wine vinegar

### Fruit/vegetable examples

(choose 1 or 2)

- 1/2 cup cooked vegetables
- 1 cup packed leafy greens
- 1 cup raw vegetables
- 1/2 cup berries
- 1 piece whole fruit



### Protein examples

(choose 1 or 2)

- 3 ounces albacore tuna
- 3 ounces chicken breast
- 1/2 cup lentils or beans, drained and rinsed
- 1/2 cup low-fat cottage cheese
- 1 ounce cheese

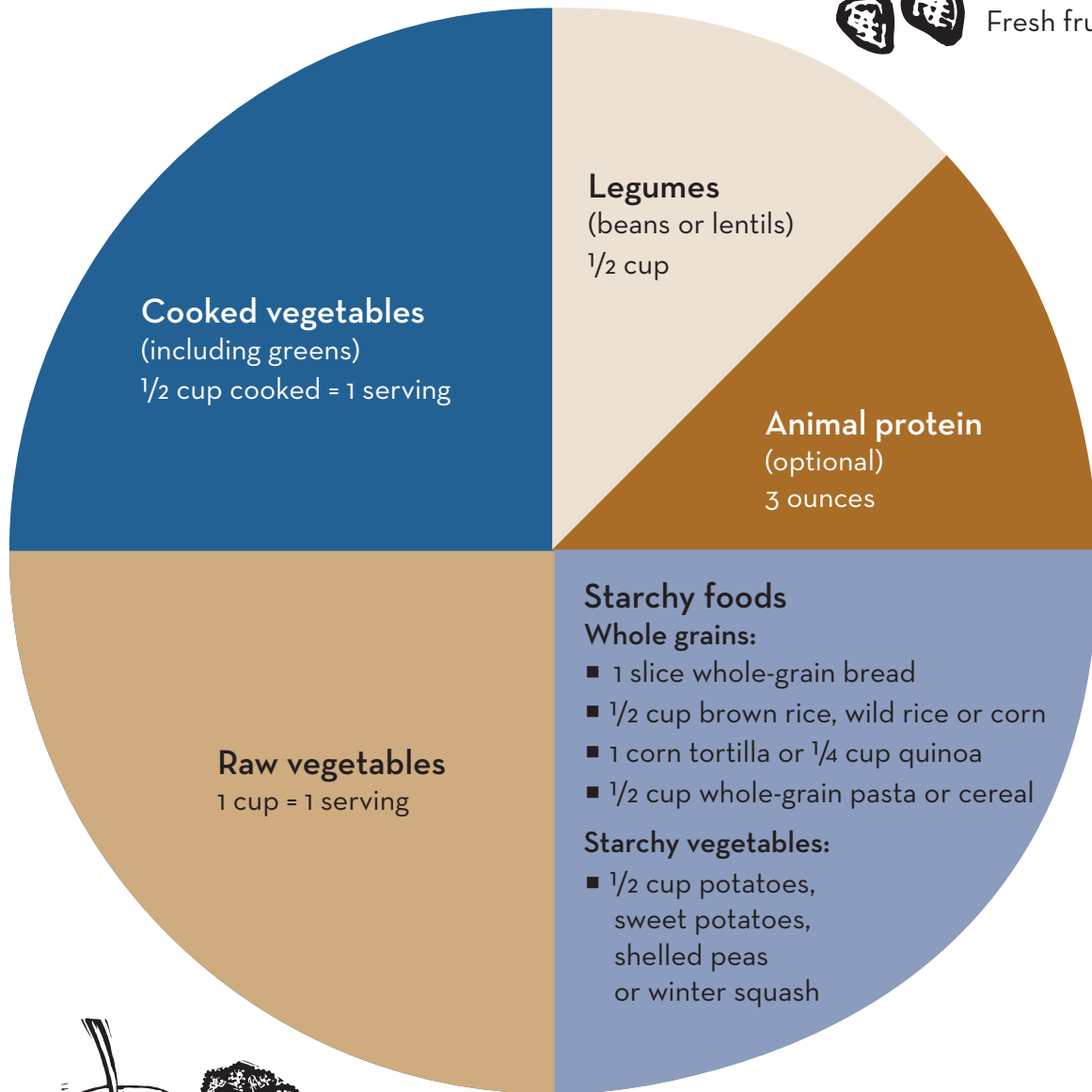


## A heart-healthy plate: **Dinner**

One or two 8-ounce glasses of water per meal



Fresh fruit



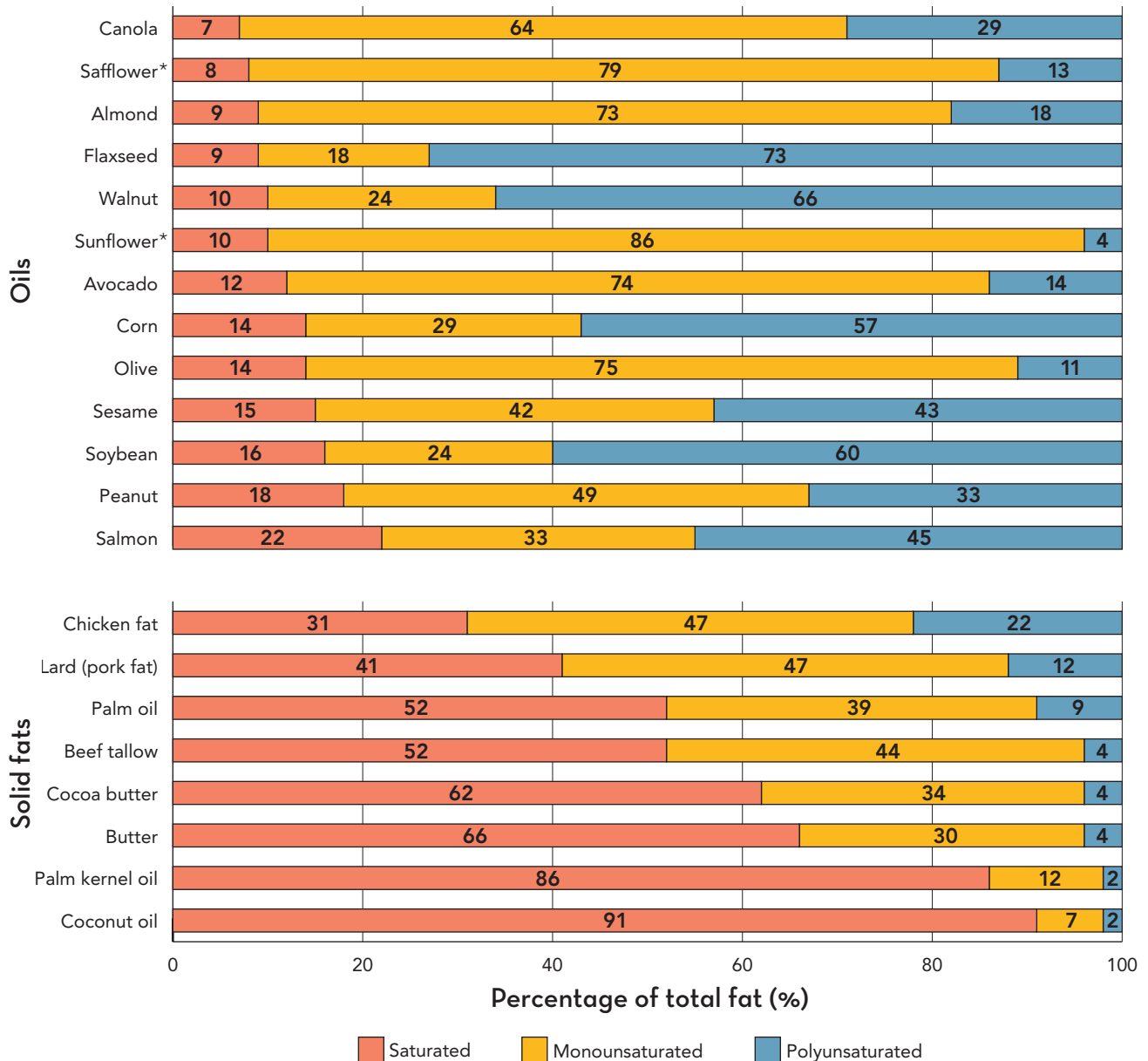
Calcium: 3 servings dairy or cooked cruciferous vegetables



Vitamin B<sub>12</sub> from animal source or supplement

## Oil in the Family

All fats are a mix of saturated, monounsaturated and polyunsaturated fatty acids (though people usually categorize each by the fatty acid that predominates). Odds are you get mostly soybean oil in prepared foods (like salad dressings, mayonnaise and margarine) and restaurant foods, so you'll probably end up with a good mix of unsaturated fats if you use canola oil and olive oil (when you want its flavor) for cooking.



\*Sunflower seeds are higher in polyunsaturated fat and lower in monounsaturated fat than most sunflower oils. Some health-food stores sell high-poly sunflower or safflower oils.

Note: The fatty acids in meats, nuts, chocolate and other foods are similar to their respective oils and butters shown above.

Sources: USDA National Nutrient Database for Standard Reference (Release 28); National Sunflower Association; Flax Council of Canada.

## Choosing oils

Olive oil is associated with good heart health and longevity. High-heat safflower oil is a heart-healthy choice if you want one oil for all uses. If you prefer more options, see below. The best choices are indicated with a ♥.

Use	Preferred oils	Fat content per tablespoon						Comments
		Fat g	Chol. mg	Sat. g	Mono. g	Poly. g	Omega-3 mg	
Salad dressings	♥ Olive oil, extra-virgin	14	–	2	11	1	100	Omega-3s are heart-healthy if kept refrigerated, away from light and heat. Oils contain vegetable-source omega-3s. A healthy liver can convert a portion of this to anti-inflammatory form.
	Canola oil	14	–	1	9	4	1,300	
	Walnut oil	14	–	2	3	9	1,400	
	Flaxseed oil	14	–	1.5	3	10	8,000	
	♥ Avocado oil	14	0	1.5	10	2	134	
Spreads	♥ Promise Activ Light	5	<5	0.5	2.5	1.5	–	These spreads contain no chemically synthesized or altered fats or oils.
	♥ I Can't Believe It's Not Butter! Light	4	–	1	1	2	–	
	♥ Country Crock Light	4	–	1	1	2	–	They contain plant stanols to lower cholesterol.
	♥ Blue Bonnet Light	4.5	0	1	1	2	–	
	♥ Promise Light	–	–	1	–	–	–	
	♥ Olivio Light	5	0	1	3	1	–	
Baking	<b>Everyday use:</b> ♥ Olive oil	13.5	–	2	10	14	100	When choosing olive oil for baking, try third-pressing or “light” oil rather than extra-virgin. Avoid shortenings containing hydrogenated oils.
	<b>Holiday use:</b> Butter	11.5	31	7.3	3	4	45	
Sautéing, stir-frying and roasting	<b>Low heat:</b> ♥ Olive oil (not extra-virgin)	13.5	–	2	10	14	100	High-heat oils have more monounsaturated fat and are labeled “high-heat,” “high-monounsaturated” or “high oleic.” They are also refined for a higher smoke temperature.
	Safflower oil, unrefined	14	–	1	11	2	–	
	<b>High heat:</b> ♥ High-heat safflower	14	–	1	11	2	–	
	High-heat sunflower	14	–	1.5	11	1.5	25	
	♥ Avocado oil	14	0	1.5	10	2	134	
	<b>Holiday use:</b> Rice bran oil	13.6	–	2.7	5.3	4.7	22	
	Coconut oil	14	–	12	1	1	–	

Remember that just a small amount is necessary for flavor and to prevent sticking.

## Eating fish

### What parents and pregnant women should know

Fish and other protein-rich foods have nutrients that can help a child's growth and development. They are also beneficial for women of childbearing age (about 16 to 49 years old), especially pregnant and breastfeeding women, and for parents and caregivers of young children.

- Eat two to three servings of fish per week from the "Best choices" list *or* one serving from the "Good choices" list.
- Eat a variety of fish.
- Prepare one to two servings of fish per week for children, starting at age 2.

- If you eat fish caught by family or friends, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week.

### What is a serving?

To find out, use the palm of your hand.

Adults:  
3 to 4 ounces

Children  
ages 4 to 7:  
2 ounces



### Use this chart!

You can use this chart to help you choose which types of fish to eat, and how often to eat them, based on their mercury levels. The "Best choices" have the lowest levels of mercury.

#### Best choices

Eat two to three servings per week

- |                               |  |
|-------------------------------|--|
| ■ Anchovy                     | ■ Perch, freshwater and ocean            |
| ■ Atlantic croaker            | ■ Pickerel                               |
| ■ Atlantic mackerel           | ■ Plaice                                 |
| ■ Black sea bass              | ■ Salmon                                 |
| ■ Butterfish                  | ■ Sardine                                |
| ■ Catfish                     | ■ Shad                                   |
| ■ Clam                        | ■ Shrimp                                 |
| ■ Cod                         | ■ Skate                                  |
| ■ Crab                        | ■ Smelt                                  |
| ■ Crawfish                    | ■ Sole                                   |
| ■ Flounder                    | ■ Squid                                  |
| ■ Haddock                     | ■ Tilapia                                |
| ■ Hake                        | ■ Trout, freshwater                      |
| ■ Herring                     | ■ Tuna, canned light (includes skipjack) |
| ■ Lobster, American and spiny | ■ Whitefish                              |
| ■ Mullet                      | ■ Whiting                                |
| ■ Oyster                      |  |
| ■ Pacific chub mackerel       |  |

#### Good choices

Eat one serving per week

- |   |   |
|---|---|
| ■ Bluefish                                  | ■ Snapper   |
| ■ Buffalo fish                              | ■ Spanish mackerel  |
| ■ Carp                                      | ■ Striped bass (ocean)                                      |
| ■ Chilean sea bass/<br>Patagonian toothfish | ■ Tilefish<br>(Atlantic Ocean)                              |
| ■ Grouper                                   | ■ Tuna, albacore/<br>white tuna, canned<br>and fresh/frozen |
| ■ Halibut                                   | ■ Tuna, yellowfin   |
| ■ Mahi-mahi/<br>dolphinfish                 | ■ Weakfish/seatrout   |
| ■ Monkfish                                  | ■ White croaker/<br>Pacific croaker                         |
| ■ Rockfish                                  |   |
| ■ Sablefish                                 |   |
| ■ Sheepshead                                |   |

#### Choices to avoid

Highest mercury levels

- |                 |                                |
|-----------------|--------------------------------|
| ■ King mackerel | ■ Swordfish                    |
| ■ Marlin        | ■ Tilefish<br>(Gulf of Mexico) |
| ■ Orange roughy | ■ Tuna, bigeye                 |
| ■ Shark         |                                |

## Omega-3s

Omega-3 fatty acids found in polyunsaturated fats are good for your heart health. They reduce inflammation, lower blood pressure, help decrease blood stickiness and help lower LDL and triglycerides without lowering HDL. Below are some common sources of omega-3s and the amount of omega-3 fatty acid found in each.

<b>Fish</b>	<b>Portion</b>	<b>Total omega-3s</b>
Bluefish, fresh and frozen, cooked	4 ounces	1.7 g
Cod, fresh and frozen, cooked	4 ounces	0.6 g
Crab, soft shell, cooked	4 ounces	0.6 g
Lobster, cooked	4 ounces	0.1 g
Mackerel, canned, drained	4 ounces	2.2 g
Salmon, canned, drained	4 ounces	2.2 g
Salmon, coldwater, fresh and frozen, cooked	4 ounces	1.7 g
Sardines, canned in oil, drained	4 ounces	1.8 g
Scallops, Maine, fresh and frozen, cooked	4 ounces	0.5 g
Smelt, rainbow	4 ounces	0.5 g
Swordfish, fresh and frozen, cooked	4 ounces	1.7 g
Tuna, canned in oil, drained	4 ounces	0.2 g
Tuna, canned in water, drained	4 ounces	0.3 g
<b>Grains and beans</b>	<b>Portion</b>	<b>Total omega-3s</b>
Soybeans, dried, cooked	1/2 cup	0.5 g
Tofu, regular	4 ounces	0.3 g
<b>Greens</b>	<b>Portion</b>	<b>Total omega-3s</b>
Beet greens, cooked	1/2 cup	trace
Boston or Bibb lettuce, fresh, raw	1 cup	trace
Collard greens, cooked	1/2 cup	0.1 g
Dandelion greens, cooked	1/2 cup	0.1 g
Green leaf lettuce, fresh, raw	1 cup	trace
Kale, cooked	1/2 cup	0.1 g
Mustard greens, fresh, cooked	1/2 cup	trace
Red leaf lettuce, fresh, raw	1 cup	trace
Spinach, fresh, cooked	1/2 cup	0.1 g
Turnip greens, cooked	1/2 cup	trace
<b>Nuts and seeds</b>	<b>Portion</b>	<b>Total omega-3s</b>
Flaxseed	1 ounce	1.8 g
Pecans, dry roasted	1 ounce	0.3 g
Pistachios, roasted	1 ounce	0.1 g
Poppy seeds	1 ounce	0.1 g
Pumpkin seeds, shelled	1 ounce	0.1 g
Sesame seeds	1 ounce	0.1 g
Walnuts	1 ounce	2.6 g

## Omega-3s

Oils	Portion	Total omega-3s
Canola .....	1 tablespoon	1.3 g
Cod-liver .....	1 tablespoon	2.8 g
Flaxseed.....	1 tablespoon	6.9 g
Olive .....	1 tablespoon	0.1 g
Sardine.....	1 tablespoon	3.7 g
Soybean, unhydrogenated.....	1 tablespoon	0.9 g
Walnut .....	1 tablespoon	1.4 g

Values are rounded to the nearest tenth, with values less than 0.05 g given as “trace.”

Source: NCC Food and Nutrient Database 4.04

### Estimated eicosapentaenoic acid, docosahexaenoic acid and mercury content in 4 ounces of selected seafood varieties

Varieties	EPA + DHA <sup>1</sup> mg (4 ounces) <sup>2</sup>	Mercury <sup>3</sup> g (4 ounces) <sup>4</sup>
Anchovies, <sup>5,6</sup> herring <sup>5,6</sup> and shad <sup>5</sup> .....	2,300-2,400.....	5-10
Catfish .....	100-250.....	7
Clams <sup>7</sup> .....	200-300.....	0
Cod: <sup>5</sup> Atlantic <sup>6</sup> and Pacific <sup>6</sup> .....	200.....	14
Crab: <sup>7</sup> blue, <sup>5</sup> king, <sup>5,6</sup> snow, <sup>5</sup> queen <sup>6</sup> and Dungeness <sup>6</sup> .....	200-550.....	9
Crayfish <sup>7</sup> .....	200.....	5
Flounder, <sup>5,6</sup> plaice <sup>5</sup> and sole <sup>5,6</sup> (flatfish).....	350.....	7
Haddock <sup>5,6</sup> and hake <sup>5</sup> .....	200.....	2-5
Lobsters: <sup>7,8</sup> northern <sup>5,6</sup> and American <sup>5</sup> .....	200.....	47
Mackerel: Atlantic and Pacific (not king).....	1,350-2,100.....	8-13
Mussels: <sup>5,7</sup> blue <sup>6</sup> .....	900.....	9
Oysters: Pacific <sup>7,10</sup> .....	1,550.....	2
Pollock: <sup>5</sup> Atlantic <sup>6</sup> and walleye <sup>6</sup> .....	600.....	6
Salmon: <sup>5</sup> Atlantic, <sup>6</sup> Chinook <sup>6</sup> and coho <sup>6</sup> .....	1,200-2,400.....	2
Salmon: <sup>5</sup> pink <sup>6</sup> and sockeye <sup>6</sup> .....	700-900.....	2
Sardines: <sup>5</sup> Atlantic <sup>6</sup> and Pacific <sup>6</sup> .....	1,100-1,600.....	2
Scallops: <sup>5,7</sup> bay <sup>6</sup> and sea <sup>6</sup> .....	200.....	8
Shrimp <sup>7</sup> .....	100.....	0
Squid.....	750.....	11
Tilapia.....	150.....	2
Trout: freshwater.....	1,000-1,100.....	11

## Omega-3s

Varieties	EPA + DHA <sup>1</sup> mg (4 ounces) <sup>2</sup>	Mercury <sup>3</sup> g (4 ounces) <sup>4</sup>
Tuna: bluefin <sup>5,6</sup> and albacore <sup>5</sup> . . . . .	1,700 . . . . .	54-58
Tuna: light, canned . . . . .	150-300 . . . . .	13
Tuna: skipjack and yellowfin . . . . .	150-350 . . . . .	31-49
Tuna: white (albacore), canned . . . . .	1,000 . . . . .	40
<i>Seafood varieties that should not be consumed by women who are pregnant or breastfeeding<sup>11</sup></i>		
Mackerel: king . . . . .	450 . . . . .	110
Shark . . . . .	1,250 . . . . .	151
Swordfish . . . . .	1,000 . . . . .	147
Tilefish: <sup>6</sup> Gulf of Mexico <sup>5,12</sup> . . . . .	1,000 . . . . .	219

## Notes

1. A total of 1,750 mg of eicosapentaenoic acid, or EPA, and docosahexaenoic acid, or DHA, per week represents an average of 250 mg per day, which is the goal amount to achieve at the recommended 8 ounces of seafood per week for the general public.
2. EPA and DHA values are for one cooked, edible portion rounded to the nearest 50 mg. Ranges are provided when values are comparable. Values are estimates.
3. A total of 39 mcg of mercury per week would reach the U.S. Environmental Protection Agency reference dose limit (0.1 mcg per kilogram per day) for a woman who is pregnant or breastfeeding and who weighs 124 pounds (56 kg).
4. Mercury was measured as total mercury and/or methylmercury. Mercury values of 0 were below the level of detection. Values for mercury were adjusted to reflect 4-ounce weight after cooking, assuming 25% moisture loss. Canned varieties were not adjusted; mercury values were gathered from cooked forms. Values are rounded to the nearest whole number. Ranges are provided when values are comparable. Values are estimates.
5. Seafood variety is included in mercury values reported.
6. Seafood variety is included in EPA and DHA values reported.
7. Cooked by moist heat.
8. Spiny lobster has approximately 550 mg of EPA and DHA and 14 mcg of mercury per 4 ounces.
9. Data not available.
10. Eastern oysters have approximately 500 to 550 mg of EPA and DHA per 4 ounces.
11. Women who are pregnant or breastfeeding should also limit white (albacore) tuna to 6 ounces per week.
12. Values are for tilefish from the Gulf of Mexico; does not include Atlantic tilefish, which have approximately 22 mcg of mercury per 4 ounces.

## Sources

U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory, 2010, USDA National Nutrient Database for Standard Reference, Release 23, [ars.usda.gov/ba/bhnrc/ndl](http://ars.usda.gov/ba/bhnrc/ndl).

U.S. Food and Drug Administration, "Mercury Levels in Commercial Fish and Shellfish (1990-2012)."

National Marine Fisheries Service, "National Marine Fisheries Service survey of trace elements in the fishery resource" report, 1978. Environmental Protection Agency, "The Occurrence of Mercury in the Fishery Resources of the Gulf of Mexico" report, 2000.

American Diabetes Association, [diabetes.org](http://diabetes.org).



## Protein

Protein is an important nutrient for maintaining strength and good health. To avoid heart-clogging fats, however, it is best to choose lean sources of protein, such as fish, poultry, legumes and low-fat dairy. Here are some high-protein foods and the grams of protein found in each.

### Beans and soy

- Most cooked beans (black, pinto)  
½ cup cooked: 7 to 10 g
- Lentils, ½ cup cooked: 12 g
- Soybeans, ½ cup cooked: 14 g
- Soy milk, 1 cup: 6 to 10 g
- Split peas, ½ cup cooked: 8 g
- Tofu, ½ cup: 20 g

### Beef

- Most cuts of beef: 7 g per ounce
- Hamburger patty, 4 ounces: 28 g
- Steak, 6 ounces: 42 g

### Chicken

- Chicken breast, 3.5 ounces: 30 g
- Chicken thigh (average size): 10 g
- Drumstick (average size): 11 g
- Ground turkey, 4 ounces: 20 g

### Eggs and dairy

- Cheeses, hard (Parmesan, Reggiano):  
10 g per ounce
- Cheeses, medium (cheddar, Swiss):  
7 to 8 g per ounce
- Cheeses, soft (mozzarella, Brie,  
Camembert): 6 g per ounce
- Cottage cheese, ½ cup: 15 g
- Egg, large: 6 g
- Skim milk, 1 cup: 8.3 g
- Yogurt, 1 cup: 8 to 12 g (*check label*)
- Yogurt, Greek, 1 cup: 22 to 24 g (*check label*)

### Fish

- Most fish fillets or steaks: about 22 g of  
protein for 3.5 ounces of cooked fish
- Tuna, 6-ounce can: 40 g

### Grains

- Barley (hulled), ½ cup cooked: 2 g
- Brown rice, ½ cup cooked: 2.5 g
- Oats (rolled), ½ cup cooked: 5.5 g
- Quinoa, ½ cup cooked: 4 g
- Wheat, ½ cup cooked: 8 g
- Wheat (bulgur), ½ cup cooked: 3 g
- Whole-wheat bread, 2 slices: 8 g
- Whole-wheat pasta, 4 ounces cooked: 3.5 g
- Whole-wheat pita, 6.5-inch round: 6 g
- Wild rice, ½ cup cooked: 3.5 g

### Nuts and seeds

- Almonds, ¼ cup: 8 g
- Cashews, ¼ cup: 5 g
- Peanut butter, 2 tablespoons: 8 g
- Peanuts, ¼ cup: 9 g
- Pecans, ¼ cup: 2.5 g
- Pumpkin seeds, ¼ cup: 8 g
- Sunflower seeds, ¼ cup: 6 g
- Walnuts, ¼ cup: 4.75 g

### Pork

- Chop (average size): 22 g
- Ground, 3 ounces cooked: 22 g
- Loin or tenderloin, 4 ounces: 29 g

## Fiber

You probably already know that dietary fiber is good for digestion, but did you know that it can improve your heart health too? A diet high in fiber is associated with lower LDL levels, lower blood pressure and lower risk of heart disease and diabetes. Here are some high-fiber foods to enjoy.

Food	Standard portion size	Calories	Fiber (g)
Almonds	1 ounce	163	3.5
Apple, with skin	1 small	77	3.6
Artichoke hearts, cooked	1/2 cup	45	7.2
Banana	1 medium	105	3.1
Beans (navy, pinto, black, kidney, white, great northern, lima), cooked	1/2 cup	104-149	6.2-9.6
Blackberries	1/2 cup	31	3.8
Bran ready-to-eat cereal (100%)	1/3 cup	81	9.1
Bran ready-to-eat cereals (various)	1/3 to 3/4 cup	88-91	2.6-5
Broccoli, cooked	1/2 cup	26-27	2.6-2.8
Bulgur, cooked	1/2 cup	76	4.1
Dates	1/2 cup	104	2.9
Figs, dried	1/2 cup	93	3.7
Green peas, cooked	1/2 cup	59-67	3.5-4.4
Greens (spinach, collards, turnip), cooked	1/2 cup	14-32	2.5-3.5
Guava	1 medium	37	3
Oat-bran muffin	1 small	178	3
Okra, cooked from frozen	1/2 cup	26	2.6
Orange	1 medium	62	3.1
Parsnips, cooked	1/2 cup	55	2.8
Pear	1 medium	103	5.5
Pear, Asian	1 small	51	4.4
Pearled barley, cooked	1/2 cup	97	3
Potato, baked in skin	1 small	128	3
Prunes, stewed	1/2 cup	133	3.8
Pumpkin, canned	1/2 cup	42	3.6
Raspberries	1/2 cup	32	4
Rye wafer crackers, plain	2	73	5
Sauerkraut, canned	1/2 cup	22	3.4
Shredded wheat ready-to-eat cereal	1/2 cup	95-100	2.7-3.8
Soybeans, green, cooked	1/2 cup	127	3.8
Soybeans, mature, cooked	1/2 cup	149	5.2
Split peas, lentils, chickpeas, or cowpeas, cooked	1/2 cup	108-134	5.6-8.1
Sweet potato, baked in skin	1 medium	103	3.8
Tomato paste	1/2 cup	54	2.7
Vegetables, mixed, cooked	1/2 cup	59	4
Whole-wheat English muffin	1	134	4.4
Whole-wheat spaghetti, cooked	1/2 cup	87	3.1
Winter squash, cooked	1/2 cup	38	2.9

Source: U.S. Department of Agriculture. Dietary Guidelines for Americans, 2010 ([fns.usda.gov/resource/dietary-guidelines-americans](https://www.fns.usda.gov/resource/dietary-guidelines-americans)).

## Healthy seasonings and dressings

### Healthy herb and spice blends

#### Basic herb blend

4 parts parsley  
2 parts chopped chives  
2 parts dill weed  
1 part rosemary  
1 part thyme

#### Greek blend

4 parts garlic powder  
1 part lemon peel  
1 part oregano  
1/2 part rosemary  
1/2 part crushed red pepper

#### Herb salt

2 parts onion powder  
1 part garlic powder  
1 part dry parsley  
1 part marjoram  
1 part "light" salt  
1/2 part basil

#### Dip blend

4 parts dill weed  
1 part garlic powder  
1 part chervil

### Heart-healthy salad dressings

#### Red wine vinegar dressing

1 tablespoon walnut oil  
1 tablespoon red wine vinegar  
1 clove garlic, crushed  
Pepper to taste

#### Walnut honey vinaigrette

1 tablespoon walnut oil  
1 tablespoon honey  
1 tablespoon red wine vinegar  
1 teaspoon minced shallots, sautéed  
Pepper to taste

Sauté shallots in oil over med-low heat.  
Add honey until melted, whisk in vinegar  
and pepper.

#### Balsamic soy dressing

1 tablespoon olive oil  
1 tablespoon low-sodium soy sauce  
1 tablespoon balsamic vinegar  
1 clove garlic, crushed  
Pepper to taste

#### Cilantro lime dressing

1 cup chopped cilantro  
1/2 cup olive oil  
1/4 cup lime juice  
1/4 cup orange juice  
1/4 teaspoon salt  
1 clove garlic, crushed

## Reading labels

Food packaging can often be deceiving. Make sure you are not relying on advertising messages to determine how healthy your food really is. *Read the label!* If there are six or more ingredients and you can't pronounce half of them, consider not buying the product. Use the Nutrition Facts label to eat more healthfully.

<b>Nutrition Facts</b>					
<b>1</b>	2 servings per container				
	<b>Serving size</b>		<b>1 cup (255g)</b>		
<b>2</b>	<b>Calories</b>	<b>Per serving</b>		<b>Per container</b>	
		<b>220</b>		<b>440</b>	
		<b>% DV*</b>	<b>% DV*</b>		
<b>3</b>	<b>Total Fat</b>	5g	<b>6%</b>	10g	<b>13%</b>
	Saturated Fat	2g	<b>10%</b>	4g	<b>20%</b>
	<i>Trans Fat</i>	0g		0g	
	<b>Cholesterol</b>	15mg	<b>5%</b>	30mg	<b>10%</b>
<b>4</b>	<b>Sodium</b>	240mg	<b>10%</b>	480mg	<b>21%</b>
	<b>Total Carb.</b>	35g	<b>13%</b>	70g	<b>25%</b>
	Dietary Fiber	6g	<b>21%</b>	12g	<b>43%</b>
	Total Sugars	7g		14g	
<b>5</b>	Incl. Added Sugars	4g	<b>8%</b>	8g	<b>16%</b>
	<b>Protein</b>	9g		18g	
<b>6</b>	Vitamin D	5mcg	25%	10mcg	50%
	Calcium	200mg	15%	400mg	30%
	Iron	1mg	6%	2mg	10%
	Potassium	470mg	10%	940mg	20%
<b>7</b>	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.				

## Reading labels

### 1 Check the serving size and the number of servings.

- The Nutrition Facts label information is based on *one* serving, but many packages contain more than that. Look at the serving size and determine how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the percentage of daily value, or % DV.
- When you compare calories and nutrients of different brands, check to see if the serving size is the same.

### 2 Calories count, so pay attention to the amount.

- This is where you find the number of calories per serving and the calories from fat in each serving.
- “Fat-free” does not mean “calorie-free.” Lower-fat items may have as many calories as the full-fat versions.
- If the label indicates that one serving equals three cookies and 100 calories and you eat six cookies, you have eaten two servings, or twice the number of calories and fat.

### 3 Know your fats and reduce sodium for your health.

- To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, trans fat and cholesterol.
- Trans fat does not have a % DV, but consume as little as possible because it increases the risk of heart disease.
- When the Nutrition Facts label says a food contains 0 g of trans fat but includes “partially hydrogenated oil” in the ingredients list, it means the food contains some trans fat but less than 0.5 g per serving. So, if you eat more than one serving, you could end up eating too much trans fat.
- The % DV for total fat includes all the different kinds of fats.
- To help lower blood cholesterol, replace saturated and trans fats with monounsaturated and polyunsaturated fats found in fish, nuts and liquid vegetable oils.
- Limit sodium to no more than 2,300 mg per day and move toward 1,500 mg per day, which is recommended for most adults.

### 4 Reach for healthy, wholesome carbohydrates.

- Dietary fiber and sugars are types of carbohydrates. Healthy sources, such as fruits, vegetables, beans and whole grains, can reduce the risk of heart disease and improve digestive function.
- Whole-grain foods cannot always be identified by color or name, such as “multi-grain” or “wheat.” Look for the “whole” grain listed first in the ingredients list, such as “whole wheat,” “brown rice” and “whole oats.” “High-fiber” = 5 g or more per serving.
- There is no % DV for sugar, but you can compare the sugar content in grams among products. Less sugar is better. One teaspoon of sugar equals 4 grams.
- The recommendation for men is no more than 9 teaspoons (150 calories) of *added* sugars per day. The recommendation for women is no more than 6 teaspoons (100 calories) of *added* sugars per day.
- Limit foods with added sugars (sucrose, glucose, fructose, and corn or maple syrup), which add calories but no other nutrients, such as vitamins and minerals. Make sure that added sugars are not one of the first few items on the ingredients list.

## Reading labels

- 5 **For protein, choose foods that are lower in fat.**
  - Most Americans get plenty of protein but not always from the healthiest sources.
  - When choosing a food for its protein content, such as meat, poultry, dried beans, milk and milk products, make choices that are lean, low-fat or fat-free.
- 6 **Look for foods that are rich in these nutrients.**
  - Use the label not only to limit fat and sodium but also to increase nutrients that promote good health and may protect you from disease.
  - Some Americans do not get enough vitamins A and C, potassium, calcium and iron, so choose the brand with the higher % DV for these nutrients.
  - Get the most nutrition for your calories — compare the calories to the nutrients you would be getting to make the healthiest food choices.
- 7 **The % DV is key to a balanced diet.**
  - The % DV is a general guide to help you link nutrients in a serving of food to their contribution to your total daily diet. It can help you determine if a food is high or low in a nutrient: 5% or less is low; 20% or more is high. You can use the % DV to make dietary trade-offs with other foods throughout the day. **The \* is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, but the % DV is still a helpful gauge.**

A food's ingredients are listed on the label with the greatest amount first, down to the least amount. A lot can be learned about a prepared food by looking at what it is made from.

### Watch for these possibly confusing labels:

- Fat-free = less than 0.5 g of fat per serving
- Low-fat = 3 g or less of fat per serving
- Light = one-third fewer calories or half the fat of the regular version
- Reduced = 25% less of the nutrient than the regular version
- Sugar-free = less than 0.5 g of sugar per serving
- Calorie-free = fewer than 5 calories per serving
- Cholesterol-free = less than 2 mg of cholesterol and 2 g or less of saturated fat per serving
- High-fiber = 5 g or more per serving; must also meet standard for “low-fat”
- Good source of calcium = at least 100 mg of calcium per serving

It is important to remember that “fat-free” doesn't mean “calorie-free.” People tend to think that they can eat as much as they want of fat-free foods. Even if you cut fat from your diet but consume more calories than what you burn, you will gain weight. Also, fat-free and low-fat foods may contain high amounts of added sugars or sodium to make up for the loss of flavor when fat is removed. For example, a fat-free muffin may be just as high in calories as a regular muffin. Remember: It is important to read food labels and compare products.

Source: WebMD ([webmd.com](http://webmd.com)) and the American Heart Association ([heart.org](http://heart.org)).

## Resources

- [asante.org](http://asante.org) | Asante Rogue Regional Medical Center > Services > Heart and Vascular
- [socardiology.com](http://socardiology.com) | Southern Oregon Cardiology
- [heart.org](http://heart.org) | American Heart Association — a comprehensive resource for cardiovascular diseases; basic tutorial about heart failure
- [emedicinehealth.com/heart-health/center.htm](http://emedicinehealth.com/heart-health/center.htm) | eMedicineHealth’s heart pages — a consumer health information site written by physicians for patients and consumers
- [clevelandclinic.org/heart](http://clevelandclinic.org/heart) | Cleveland Clinic Heart & Vascular Institute — contains tutorials and links for patient education
- [nal.usda.gov/fnic/foodcomp/search](http://nal.usda.gov/fnic/foodcomp/search) | U.S. Department of Agriculture National Nutrient Database for Standard Reference — search engine for sodium and other nutritional components of many foods
- [mayoclinic.com](http://mayoclinic.com) | Mayo Clinic — comprehensive patient education guides
- [nhlbi.nih.gov](http://nhlbi.nih.gov) | Federal government site for the National Heart, Lung, and Blood Institute — provides heart failure information links
- [sts.org](http://sts.org) | The Society of Thoracic Surgeons, a professional organization of cardiac and thoracic surgeons — includes explanations of various procedures and research
- [abouthf.org](http://abouthf.org) | Heart Failure Society of America — a forum for patients and medical professionals
- [nlm.nih.gov/medlineplus/heartdiseases.html](http://nlm.nih.gov/medlineplus/heartdiseases.html) | U.S. National Institutes of Health “MedlinePlus” patient education
- [heartfailure.org](http://heartfailure.org) | Heart Failure Online — an educational site dedicated to heart failure patients
- [aacvpr.org](http://aacvpr.org) | American Association of Cardiovascular and Pulmonary Rehabilitation
- [acsm.org](http://acsm.org) | American College of Sports Medicine
- [diabetes.org](http://diabetes.org) | American Diabetes Association

### Other sources for nutritional information and recipes

- [aarpmagazine.org](http://aarpmagazine.org)
- [cookinglight.com/eating-smart/nutrition-101/heart-healthy-recipes](http://cookinglight.com/eating-smart/nutrition-101/heart-healthy-recipes)
- [diet.com](http://diet.com)
- [foodnetwork.com/topics/heart-healthy-recipes.html](http://foodnetwork.com/topics/heart-healthy-recipes.html)
- [hearthealthyonline.com](http://hearthealthyonline.com)
- [heartwisefood.com](http://heartwisefood.com)
- [myrecipes.com/healthy-diet/heart-healthy-meals](http://myrecipes.com/healthy-diet/heart-healthy-meals)
- [mrsdash.com/recipes?search=page:1](http://mrsdash.com/recipes?search=page:1)

## Food log

DAY 1 Estimate portion size	DAY 2 Estimate portion size	DAY 3 Estimate portion size	DAY 4 Estimate portion size
Breakfast			
Lunch			
Dinner			
Snacks			
Water intake			
Daily exercise			



## Food log

DAY 1 Estimate portion size	DAY 2 Estimate portion size	DAY 3 Estimate portion size	DAY 4 Estimate portion size
Breakfast			
Lunch			
Dinner			
Snacks			
Water intake			
Daily exercise			







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**[asante.org](https://www.asante.org)**

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