



Heart Healthy Dietary Guide

This guide was developed with the assistance of Jefferson master's students of nutrition

Heart Healthy

When trying to be heart healthy, it's good to look for foods that are low in sodium and fat and those that are high in omega-3 fatty acids. A heart healthy diet helps reduce the risk of cardiovascular disease and helps maintain healthy blood pressure levels.

Here are some examples of heart healthy foods:

Produce

- Butternut squash: A good source of potassium and fiber and a great source of Vitamin C (1 cup = 48% of daily nutritional value)
- Sweet potatoes: High in fiber and beta carotene, an antioxidant that can help prevent chronic diseases such as cancer and heart disease.
- Bell peppers: High in antioxidants
- Broccoli/leafy greens: A good source of fiber, as well as many vitamins and minerals.
- Kale, spinach and arugula
- Apples : High in fiber

Pantry Staples

- Field Day Low sodium chicken broth
- Beans (garbanzo, kidney, pinto): Excellent source of fiber and protein; also low in fat (kidney beans are especially low in fat)
- Peanut butter (unsalted)
 - Low in saturated fat and sodium
 - **Bulk** - Organic Unsalted Peanut Butter (PLU #60298)
 - Field Day Organic Smooth and Unsalted Peanut Butter
- Brown Rice
 - High in fiber, whole grain, good source of different vitamins and minerals such as B vitamins, magnesium, phosphorus, manganese, selenium, flavonoids (an antioxidant)
 - **Bulk** - Brown California Jasmine rice (PLU #63037), Long Grain Brown Rice (PLU # 63035), California Brown, Short Grain Brown Rice (PLU # 6502)

- Oil

Full of healthy fats

- Field Day Extra Virgin Olive Oil Organic
- Canned Fish
 - Excellent source of Omega-3 fatty acids, Calcium, Iron, and B Vitamins; a good source of protein as well.*
- Field Day salted Skipjack tuna
- Field Day no salt Skipjack tuna
- Cento Sardines

Breakfast

- Dietz & Watson turkey bacon
 - Lower in Saturated Fat compared to pork bacon.*
- Low fat yogurt
 - A good source of calcium and vitamin D.
 - Fage Total 2% Greek Yogurts
 - Fage 0% Plain Greek Yogurt
 - Low-fat milk alternatives
 - Almond breeze unsweetened
 - Oatley original Milk
 - 0g saturated fat
- Whole grain cereals or Oatmeal
 - Convenient, quick, tasty, and affordable source to get your whole grains and fiber.*
 - Bulk - Organic Rolled Oats (PLU #60244)
 - Bulk - Quick Oats (PLU #63006)
 - Nature's Path Cornflakes
 - Field Day Organic Wheat Squares

Lunch/Dinner

- Koch's Turkey - White ground turkey
 - Lean protein source- lower in saturated fat when compared to ground red meat. Can be used as a substitute in recipes that use ground red meat.*
- Whole grain breads
 - Dave's Killer Bread 21 whole grain bread (Good seed, Whole grains and Seed)
 - Omega-3 fatty acids from the different grains and seeds
 - Arnold Whole Grain healthy multi grain bread
 - Metropolitan Bakery multigrain sourdough boule

More on back

- Fish
A source of protein that contains good fats and high in Omega-3 fatty acids.
- Salmon
 - Ippolito's Salmon Burger
- Cod
- Tilapia
- Tofu
A good protein option that is plant based and low fat.
- Fresh Tofu Inc.- Local, organic tofu

Snacks/Sweet Treats

- Nuts
A source of healthy fats.
 - **Bulk** - Honey Roasted Peanut Butter Stock (PLU # 60571)
 - **Bulk** - Mixed Nuts (Roasted and Unsalted) (PLU # 6007)
 - **Bulk** - Walnut Halves (raw) (PLU # 60262)
Walnuts are considered one of the greatest sources of Omega-3 fatty acids.
 - **Bulk** - Raw Almonds (PLU #6001) roasted (PLU #6615)
- Dips
 - Hummus is low sodium and a good source of fiber from its main ingredient of chickpeas
 - Weavers Way Garlic Hummus
 - Wakims Foods Hummus with Roasted Peppers
 - Wakims Old Fashioned
 - Guacamole
 - Weavers Way Guacamole
- Chips/Snacks
 - Harvest Snaps Lightly Salted
5g fiber/serving, low sodium, 5g protein
 - Food Should Taste Good Multigrain Chips
Contains whole grains and seeds. Flax seeds are a good source of omega-3s
 - Dark Chocolate
Low in sugar compared to milk chocolate and has high antioxidants.
 - Equal Exchange organic 92% total eclipse
 - **Bulk** - Grandy Oats organic chocolate almond trail mix (PLU #60836)