

Heart Healthy Food Choices

	↑ + Choose:	↓ - Decrease:
Fish, Chicken, Turkey, and Lean Meats	Fish, poultry without skin, lean cuts of beef, lamb, pork or veal, shellfish	Fatty cuts of beef, lamb, pork; spare ribs, organ meats, regular cold cuts, sausage, hot dogs, bacon, sardines, roe
Skim and Low-Fat Milk, Cheese, Yogurt, and Dairy Substitutes	Skim or 1% fat milk (liquid, powdered, evaporated) Buttermilk	Whole milk (4% fat): regular, evaporated, condensed; cream, half and half, 2% milk, imitation milk products, most nondairy creamers, whipped toppings
	Nonfat (0% fat) or low-fat yogurt	Whole-milk yogurt
	Low-fat cottage cheese (1% or 2% fat)	Whole-milk cottage cheese (4% fat)
	Low-fat cheeses, farmer, or pot cheeses (all of these should be labeled no more than 2-6 g fat/ounce)	All natural cheeses (e.g. blue, roquefort, camembert, cheddar, swiss)
	Nonfat cream cheese, nonfat sour cream	Cream cheeses, sour cream, low-fat or "light" cream cheese, low-fat or "light" sour cream
	Sherbet Sorbet	Ice cream
Eggs	Egg Whites (2 whites=1 whole egg in recipes), cholesterol-free egg substitutes	Egg yolks
Fruits and Vegetables	Fresh, frozen, canned, or dried fruits and vegetables	Vegetables prepared in butter, cream, or other sauces
Breads and Cereals	Homemade baked goods using unsaturated oils sparingly, angel food cake, low-fat crackers, low-fat cookies Rice, pasta	Commercial baked goods: pies, cakes, doughnuts, croissants, pastries, muffins, biscuits, high-fat crackers, high-fat cookies Egg noodles
	Whole-grain breads and cereals (oatmeal, whole wheat, rye, bran, multigrain, etc.)	Breads in which eggs are major ingredient
Fats and Oils	Baking cocoa	Chocolate
	Unsaturated vegetable oils: corn, olive, rapeseed (canola oil), safflower, sesame, soybean, sunflower Margarine or shortening made from one of the saturated oils listed above Diet margarine Mayonnaise, salad dressings made with unsaturated oils listed above Low-fat dressings Seeds and nuts	Butter, coconut oil, palm oil, palm kernel oil, lard, bacon fat Dressings made with egg yolk Coconut

This document is intended to provide health related information so that you may be better informed. It is not a substitute for your doctor's medical advice and should not be relied upon for treatment for specific medical conditions.