

Cardioprotective Diet

Keep it Simple!

1. Vegetables

Goal: 4-5 servings daily

Serving size: 1 cup raw leafy veggies, ½ cup cooked raw or 100% juice

Example: 1 cup of spinach, ½ cup carrots, broccoli, asparagus, collard greens, or salsa
Does not include: starchy veggies (potatoes, peas, & corn)



2. Fruits

Goal: 4-5 servings daily

Serving size: 1 medium fruit (apple, peach), ½ cup fresh, frozen or unsweetened canned fruit ("In its own juices")

Example: ½ cup berries, melon, & avocado



3. Whole Grains

Goal: 3 + servings daily

Fiber needs:

Men: 35-40 grams daily

Women: 25-30 grams daily

Serving size: 1 slice bread, 1 cup dry cereal, ½ cup rice,

pasta, hot cereal

Example: Choose "Whole Wheat" bread or pasta & ½ cup of oatmeal or brown rice



4. Low-Fat Dairy

Goal: 2-3 servings daily

Serving size: 1 cup (8 oz) milk or ¾ cup (6 oz) yogurt, 1 oz cheese (4 dice together)

Example: Skim or 1% Milk & low fat yogurt!



5. Fish & Shellfish

Goal: 2+ servings weekly

Serving size: 3.5 oz (deck of cards)

"Fatty Fish": Salmon, Tuna, Trout, Herring, Sardines, Mackerel

Other Lean Protein Sources: Grilled, baked, roasted, or broiled chicken & fish, turkey breast, eggs, beans & lentils



6. Nuts & Seeds

Goal: 4-5 servings weekly

Serving size: 1 oz (a small handful)

Example: 23 almonds or 30 pistachios
Contains healthy fats, minerals, and protein!



7. Vegetable Oils (Unsaturated fats)

Goal: 2-6 servings daily

Serving size: 1 teaspoon oil; 1 tablespoon vegetable oil spread

Best choices: Olive, Canola, Safflower, Peanut, or Soybean oils.

Aim for "Liquid" fat vs. "Solid" fat



Avoid: *trans*-fats, listed as "partially hydrogenated oils"

Limit: lunchmeat and cured meats (bacon), sugary beverages, sweets & baked goods made with "*refined grains*".