

Prevention of Cardiovascular Diseases

**Heart Disease &
Stroke Prevention**

Division of Chronic Disease
Prevention and Control
www.vdh.virginia.gov



FAST FACTS

VDH VIRGINIA
DEPARTMENT
OF HEALTH
Protecting You and Your Environment
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You Can Take Steps To Eat Heart-Healthy

- Eat 5 or more servings of fruits and vegetables, including beans, each day.
- Choose whole grains, such as whole wheat bread, brown rice, and whole grain cereals like oatmeal.
- Eat lean fish and shellfish, lean meat and poultry without the skin.
- Buy fat free (skim) or low fat (1%) milk and other low fat dairy products like cheese and yogurt.
- Eat more foods high in soluble fiber such as oats, dried beans, lentils, barley, fruits such as apples, pears, and citrus fruits, and vegetables such as carrots, broccoli, and Brussels sprouts.
- If your LDL cholesterol levels are high, try certain food products that contain plant stanols or plant sterols, such as cholesterol-lowering margarines.
- Limit foods high in saturated fat and cholesterol, such as whole milk, cream, ice cream, butter, egg yolks, regular cheese, fried foods, high-fat processed meats like sausage, bologna, salami, and hot dogs, bakery goods made with egg yolks and saturated fats, and organ meats like liver, “sweetbreads”, kidney and brains.
- Use a rack to drain off fat when you broil, roast or bake.
- Broil, grill or microwave instead of frying.
- Use a vegetable oil spray to brown or saute foods.
- For cooking, use unsaturated vegetable oils such as canola, olive, safflower, and sunflower oils in small amounts.
- Season foods with herbs and spices rather than pork fats or other fats when cooking.



YOU CAN TAKE STEPS TO EAT HEART-HEALTHY

I promise to work on the following changes everyday before my next appointment.

1. _____
2. _____
3. _____

Patient's Signature

Health Care Provider's Signature

Date

Date

My next appointment is: _____
Date Time

Dietary Fat Guidelines

Most people should try to get 30% or less of their total daily calories from fat. In those with high triglyceride and/or low HDL levels, an intake of 30-35% fat may help to avoid too high an intake of carbohydrate. (NHLBI Website, 2002)