

# A Heart Healthy Diet

A well balanced diet is important in preventing heart disease. Below are recommendations from the 2015 Dietary Guidelines for Americans to help lower your risk for heart disease. Also included are some tips to help you understand and meet these guidelines.

## Follow a healthy eating pattern across the lifespan.

- A variety of vegetables: leafy vegetables, multiple colors, starchy and non-starchy
- Fruits especially whole fruits
- Whole grains
- Low fat dairy
- Protein: seafood, eggs, lean meats, poultry, beans, nuts, seeds or soy products

## Focus on variety, nutrient density and amount.

- Eat a variety of fruits and vegetables to cover your vitamin and mineral needs, strive to eat the colors of the rainbow in fruits and vegetables
- Eat nutrient dense foods such as spinach, berries, Brussel sprouts, sweet potatoes and nuts and seeds





## Limit calories from added sugars and saturated fats and reduce sodium intake.

- Cut back on sweetened beverages
- Cut back on processed meats (like lunch or sandwich meats) as they are high in saturated fats
- Season foods with herbs, spices, garlic, onions, pepper and lemon or lime juice instead of salt to add flavor

## Shift to healthier food and beverage choices.

- Eat foods with omega-3 fatty acids: canola oil, walnuts, omega-3 eggs or fatty fishes such as salmon, trout or albacore tuna
- Consume 2½ cups of vegetables and 2 cups of fruits each day
- Focus on eating whole grains instead of refined grains, 50% of your grains should come from whole grain sources
- When selecting beverages, flavored water, tea and low-fat milk are great healthy options over sweetened beverages



**Need some ideas for incorporating these foods in your diet? Consider the recipes below from HCR ManorCare affiliate Sysco Food Services.**

### CITRUS BRUSSELS SPROUTS

- 8 oz. frozen brussels sprouts
  - 1/4 cup chopped yellow onions
  - 1/8 tsp salt
  - 1/2 cup water
  - 2 tsp. margarine bulk
  - 1/2 tsp. finely shredded orange peel
  - 2 tbsp. orange juice base
  - 1 tbsp. sliced almonds, toasted
1. In a medium sauce pan, cook brussels sprouts, onion and salt in a small amount of boiling water. Boil for 9 to 11 minutes or until crisp.
  2. Add margarine and orange peel. Toss to coat.
  3. Stir in orange juice and nuts.

Servings: 4



## BAKED SWEET POTATO FRIES

- 1 lb. fresh sweet potato
- 1 tbsp. olive oil
- 1/4 tsp. salt
- 1/2 tsp. paprika

1. Slice each sweet potato lengthwise into 8 pieces.
2. Toss with oil, salt and paprika.
3. Spread in a single layer on a baking sheet and bake at 400°F until lightly browned on the bottom, about 15 minutes.
4. Turn slices and bake until bottom is browned and potatoes are tender, about 10 minutes more.

Servings: 4 (a serving is 4 slices of sweet potato)



## LEARN MORE

**Balance**, HCR ManorCare's comprehensive health and wellness blog, supplies readers with healthy ideas throughout the year. The blog is designed to serve as a resource, not only for patients, residents and families, but for anyone who strives to live a healthy, "balanced" life. For more information and help in making healthy choices, go to [balance.hcr-manorcare.com](http://balance.hcr-manorcare.com) and sign up to receive our newsletters. If you need help making a health care decision, visit our care finder and live chat.

### References:

<https://health.gov/dietaryguidelines/2015/guidelines/>

<http://www.eatright.org/resource/health/wellness/heart-and-cardiovascular-health/heart-health-and-diet>

<http://www.eatright.org/resource/food/planning-and-prep/cooking-tips-and-trends/heart-healthy-cooking-tips>