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Heart Healthy Eating



**Department of
Food & Nutrition**

American Heart Association Recipes

Recipes obtained from www.americanheart.org

Tex Mex Beef Stew

Ingredients:

- 1 pound top sirloin steak, all visible fat removed, cut into 1-inch pieces
- 12 ounces red potatoes, cut into 1-inch pieces
- 1 large green bell pepper, cut into 1-inch pieces
- 2 medium onions, quartered
- 1/3 cup water
- 1 tablespoon steak sauce
- 2 teaspoons very low sodium beef bouillon granules
- 2 teaspoons chili powder
- 1 teaspoon sugar
- 1/4 teaspoon ground cumin
- 1 teaspoon salt
- 1/4 teaspoon ground cumin
- 2 tablespoons low-sodium ketchup

Directions:

In a slow cooker, combine the steak, potatoes, bell peppers, onions, water, steak sauce, bouillon granules, chili powder, sugar, 1/4 teaspoon cumin and salt. Cook on high for 4 hours or on low for 8 hours.

Serves 4; 1 1/4 cups per serving

Nutrition Facts (per serving): 270 calories, 28 g protein, 30 g carbohydrates, 5.5 g total fat, 2 g saturated, .5 polyunsaturated, 2 g monounsaturated, 69 mg cholesterol, 5 g fiber, 411 mg sodium

More Facts You Should Know

Omega 3 fatty acids - These are polyunsaturated fats which have been found to lower blood triglycerides, a risk factor for heart disease. Omega-3 fatty acids can also help keep blood from clotting, which helps prevent blood cells from sticking to the walls of blood vessels. Omega-3s may also reduce blood pressure. The American Heart Association recommends two 3 ounce servings of fish per week.

Good sources of these healthy fats include:

- | | | |
|-----------------------|-------------------|--------------------------------|
| Sardines | Mackerel | Herring |
| Salmon | Anchovies | Tuna |
| Flaxseed Seeds | Canola Oil | Nuts (Almonds, Walnuts) |

Plant Sterols and Stanols - Sterols are natural components found in plant sources. Plant sterols and stanols interfere with your body's ability to absorb cholesterol and actually help lower LDL (bad) cholesterol. Concentrated sources of stanols and sterols are found in spreads that can replace margarine or butter. Including 2 to 3 servings per day (2 gms/day) can help to lower LDL cholesterol. Check with your physician regarding use of these products, especially if you are pregnant or considering for the use of a child of 5 years or younger.

Soy - Soy is a good source of Omega-3 fatty acids, contain sterols, and is high in dietary fiber, especially soluble fiber. This makes it effective in lowering LDL (bad) cholesterol. The FDA states that consuming 25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. The following are good sources of soy protein.

Soyfood	Grams of Soy Protein
3 ounces water packed tofu	8.5
3 ounces silken firm tofu	6
8 ounces plain soymilk	8
8 ounces vanilla soymilk	6
1 ounce soynuts	12
1/3 cup soy protein powder	18
1 soy burger	10
1/2 cup soybeans	13

The Fascinating World Of Fiber

There are two types of fiber, soluble and insoluble. Soluble fiber affects blood lipid levels by lowering total cholesterol and LDL cholesterol. Insoluble fiber promotes normal bowel function. High fiber foods tend to aid in weight loss and long-term maintenance as they are lower in fat, take longer to eat, increase fullness, and possibly suppress appetite by decreasing insulin concentrations. The American Dietetic Association recommends a daily dietary fiber intake of 20 to 35 grams from a variety of sources. Consumption of adequate amounts of liquids (at least eight 8-oz glasses per day) in conjunction with high-fiber intake is recommended.

Insoluble Fiber sources:

wheat bran whole grains vegetables barley

Soluble Fiber sources:

oatmeal dried beans almonds oranges
sweet potatoes

Tips For Adding Fiber To Your Meals

- ☞ Eat five servings of fruits and vegetables a day
- ☞ Eat fresh fruit with breakfast and for snacks.
- ☞ Add vegetables to sandwiches, pizza, pasta and other entrees.
- ☞ Choose fresh fruits rather than canned fruits or juices.
- ☞ Use brown rice rather than white rice.
- ☞ Make soup, chili and enchiladas with kidney beans, black beans or other legumes.
- ☞ Use oats as a filler in casseroles, meat loaf, or salmon patties.
- ☞ Use high-fiber cereal daily.
- ☞ Use whole wheat pasta.

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Scalloped Potatoes

Ingredients:

Vegetable oil spray

Sauce:

1 cup fat-free milk

3 tablespoons all-purpose flour

1 cup low-sodium chicken broth

1/4 teaspoon pepper

1/4 teaspoon onion powder

1/4 teaspoon garlic powder

3 tablespoons shredded or grated Parmesan cheese

4 large potatoes, peeled and thinly sliced (about 4 cups)

1 cup chopped onion

1 cup low-fat shredded Cheddar cheese

1/8 teaspoon paprika

Directions:

Preheat oven to 350°F. Lightly spray a 1-quart casserole dish with vegetable oil spray.

For sauce, in a medium saucepan, whisk together milk and flour.

Whisk in remaining sauce ingredients except Parmesan. Cook over medium-high heat for 5 to 6 minutes, or until mixture is thickened, whisking occasionally.

Whisk in Parmesan and remove from heat.

Put potatoes and onion in casserole dish. Add sauce and stir lightly. Cover with aluminum foil.

Bake for 30 minutes. Gently stir in Cheddar and sprinkle with paprika. Bake, uncovered, for 30 to 40 minutes, or until potatoes are tender and lightly browned.

Serves 8; cup per serving

Nutrition Facts (per serving): 109 calories, 6 g protein, 19 g carbohydrates, 1 g total fat, 1 g saturated, 4 mg cholesterol, 2 g fiber, 111 mg sodium

American Heart Association Recipes

Recipes obtained from www.americanheart.org

Fresh Fruit Tarts with Mixed Berries

Choose a variety of festive fruits, such as assorted berries, melon cubes, pineapple chunks, star fruit, and peach chunks.

Ingredients:

- 1 cup nonfat or low-fat sour cream
- 2 tablespoons confectioner's sugar
- 1 teaspoon chopped fresh mint or 1/4 teaspoon dried mint, crushed
- 4-ounce package single serve graham cracker crusts (6 small crusts)
- 1 cup assorted cut-up fresh fruit
- 1/3 cup nonfat or low-fat lemon yogurt

Directions:

In a small bowl, stir together sour cream, confectioner's sugar, and mint. Spoon into graham cracker crusts. Arrange fruit over sour cream mixture. Serve immediately or cover and refrigerate until serving time. Just before serving, stir yogurt and drizzle over fruit.

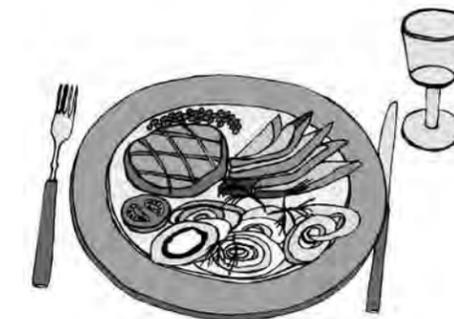
Nutrition Facts (per serving): 129 calories, 3 g protein, 16 g carbohydrates, 6 g total fat, 2 g saturated, 3 g monounsaturated, 1 g polyunsaturated, 4 mg cholesterol

Proper Portions

Take Charge & Know Your Portion Sizes

Eating proper portions helps with weight control and total fat intake.

	1 small banana	About the size of an eyeglass case
	1 med. apple or orange	The size of a tennis ball
	1 oz. of nuts	Fits in the palm of your hand
	1 cup	About the size of a woman's fist; cereal that fills a standard cereal bowl
	1 tsp. soft tub margarine	About the size of the top half of your thumb
	3 oz. meat	About the size of a deck of playing cards
	2 oz. meat	Small chicken leg; 1/2 cup cottage cheese or tuna
	1/2 cup	Fruit or vegetable that fits in the palm of your hand; the size of a tennis ball
	1 oz. cheese	About the size of a computer floppy disk or 2 dominoes

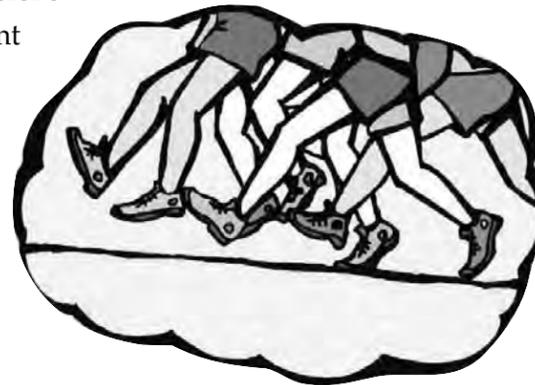


Get Moving

Regular exercise has been shown to increase HDL (good) cholesterol levels and decrease triglycerides. It can also help lessen depression, increase energy, decrease stress, promote weight loss, and improve blood pressure. Moderate physical activity such as walking for 30-60 minutes per day is recommended. Even simple activities such as gardening, yard work, and house work can be beneficial if done on a daily basis.

Exercise should become a part of your daily routine. It not only helps you physically but increases confidence and enhances your overall sense of health and well being.

Always remember to check with your physician before starting an exercise routine, and the most important thing to remember is to always make exercise fun.



Just Get Moving!

- ✓ Take ten minute brisk walks several times a day.
- ✓ Forget the elevators, climb the stairs.
- ✓ Take a walk in a community center or shopping mall.
- ✓ Park further from your destination and walk.
- ✓ Turn household chores into calorie burners.
- ✓ Take a friend with you. It provides a social time and is good for your spirits.
- ✓ Take advantage of your local parks - enjoy swimming, tennis, and walking.

American Heart Association Recipes

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Crispy Oven-Fried Chicken

Ingredients:

- Vegetable oil spray, butter-flavored or original
- 4 cups wheat-flake or corn-flake cereal, lightly crushed (4 to 5 ounces)
- 1 clove garlic, crushed, or 1 teaspoon bottled minced garlic (optional)
- 1 teaspoon ground ginger, or to taste
- 1 teaspoon paprika
- 1/4 teaspoon salt (optional)
- Freshly ground pepper to taste
- 12 pieces chicken (about 3 pounds), skinned, all visible fat removed

Directions:

Preheat oven to 350°F. Spray a baking sheet with vegetable oil spray. Set aside.

Place cereal in a pie pan or on a piece of foil. Stir in garlic. Set aside.

Combine ginger, paprika, salt and pepper in a small bowl. Rinse chicken and pat dry with paper towels. Sprinkle seasonings on both sides of each piece.

Roll chicken in cereal crumbs to coat. Spray chicken lightly on all sides with vegetable oil spray. Place on prepared baking sheet.

Bake for 45 to 60 minutes, or until chicken is golden brown and tender.

Timing will vary according to the thickness of the chicken pieces.

Serves 6

Nutrition Facts (per serving): 235 calories, 20 g protein, 15 g carbohydrates, 6 g total fat, 2 g saturated, 2 g polyunsaturated, 2 g monounsaturated, 77 mg cholesterol, 206 mg sodium

American Heart Association Recipes

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Fresh Tomato Pizza

Ingredients:

Vegetable oil spray
10-ounce package refrigerated pizza dough
3 or 4 medium Italian plum tomatoes, thinly sliced
1/4 cup snipped fresh basil or parsley
Freshly ground black pepper
1 cup shredded part-skim mozzarella cheese

Directions:

Preheat oven to 425°F.

Spray a 12-inch pizza pan with vegetable oil. Press dough evenly into prepared pan. Arrange tomato slices on top. Sprinkle with basil and season with pepper. Sprinkle with cheese. Bake 15 to 20 minutes or according to package directions. Cut into 8 wedges.

Serves 4; 2 pieces per serving

Nutrition Facts (per serving): 284 calories, 15 g protein, 40 g carbohydrates, 7 g total fat, 3 g saturated, 1 g polyunsaturated, 2 g monounsaturated, 16 mg cholesterol, 500 mg sodium

The Low Down On Sodium

What is Sodium?

Sodium is a mineral that is found naturally in many foods. The body needs only 500 milligrams of sodium daily to function. The greatest sources of sodium in the diet are table salt (salt is approximately 50% sodium), processed food, convenience and preserved foods.

1 tsp. of salt = 2,000 milligrams of sodium

Why Limit Sodium?

A build up of sodium in the body can cause; thirst, increased blood pressure, shortness of breath, and water retention (edema). High blood pressure can increase your risk of a stroke or heart attack. Sodium restriction, along with weight reduction, can lower blood pressure in many people. If you have ever been diagnosed with congestive heart failure (CHF) it is recommended that sodium be restricted in the diet to prevent fluid retention.

You weren't born with a love for salt. The good news is that you can re-train your taste buds. If you gradually decrease the sodium and salt in your diet, you will find that your taste for salt declines. The less you consume, the less you want. By using spice and herb blends instead of salt you can add satisfying flavor to just about any recipe.

When Cooking

- Don't add salt to cooking water.
- Reduce the salt called for in recipes, especially if high sodium processed foods are among the ingredients. In most cases, salt can be reduced or eliminated without affecting flavor.
- Rinse canned foods, like vegetables and tuna, before preparing them further. Rinsing a can of tuna with tap water for about a minute eliminates at least half of the sodium without washing away the taste.
- Don't use onion salt, garlic salt or lemon pepper. Use minced onion or garlic, onion flakes, or garlic powder instead.



The Low Down On Sodium

When Dining Out

- Ask that foods be prepared without added salt.
- Choose dishes without sauces or request that the sauce be served on the side. Then use just a little bit.
- Choose a tossed salad, instead of soup, for an appetizer. Use oil and vinegar or lemon juice instead of prepared salad dressing.



Check The Label

Know the label lingo, look for:

Salt Free - is sodium free.

Sodium Free - contains 5 milligrams or less sodium per serving.

Low Sodium - contains 140 milligrams or less sodium per serving.

Reduced/Lower Sodium - At least 25% less sodium per serving when compared to the original product.

No Salt Added, Unsalted, Without Added Salt - No salt is added during processing (when this product is normally processed with salt). The product may not be a sodium free food, so check the Nutrition Facts panel.

- ✓ Check the ingredient list. Look for the words *salt, sodium, MSG, and soy sauce*. If any of these words are listed as one of the first three ingredients, the item is probably high in sodium.

Sample label for Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Serving Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	
	Calories: 2,000 2,500
Total Fat	Less than 55g 60g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

American Heart Association Recipes

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Peach Raspberry Cobbler

Ingredients:

Topping:

- 1/3 cup all-purpose flour
- 1/4 cup whole-wheat flour
- 2 tablespoons light brown sugar
- 1 tablespoon wheat germ
- 1 teaspoon baking powder
- 2 tablespoons light margarine

Filling:

- 1/3 cup sugar
- 1 tablespoon all-purpose flour
- 1/4 teaspoon ground ginger
- 2 cups fresh or frozen unsweetened sliced peaches or nectarines (about 4 med. fresh or 16 ounces frozen)
- 2 cups fresh or frozen raspberries (10 to 12 ounces)
- 2 tablespoons water
- Egg substitute equivalent to 1 egg, or 1 egg
- 2 tablespoons fat-free milk

Directions:

Preheat oven to 400°F.

In a medium bowl, stir together all topping ingredients except margarine.

Using a pastry blender, put in margarine until mixture resembles coarse crumbs.

Make a well in the center. Set aside.

For filling, in a small bowl stir together sugar, 1 tablespoon all-purpose flour, and ginger.

In a large saucepan, combine peaches, raspberries, and water (it's not necessary to thaw frozen fruit). Bring to a boil over high heat. Reduce heat and simmer, covered, stirring often, for about 5 minutes, or until soft.

Stir in flour-ginger mixture. Cook and stir until thickened and bubbly. Reduce heat and keep filling hot.

In a small bowl, stir together egg substitute and milk. Add to topping mixture.

Using a fork, stir just until moistened.

Transfer hot filling to an ungreased 1 1/2-quart baking dish. Immediately spoon small mounds of topping onto hot filling.

Bake, uncovered, for 20 to 25 minutes, or until a wooden toothpick inserted into one of the biscuit mounds comes out clean. Serve warm.

Nutrition Facts (per serving): 271 calories, 6 g protein, 57 g carbohydrates, 4 g total fat, 1 g saturated, 1 g polyunsaturated, 1 g monounsaturated, 0 g cholesterol, 220 mg sodium

American Heart Association Recipes

Recipes obtained from www.americanheart.org

Chocolate Angel Food Cake with Raspberries

Ingredients:

16-ounce package angel food cake mix
1/3 cup unsweetened cocoa powder
teaspoon ground cinnamon
1 cup frozen fat-free or light whipped topping, thawed (optional)
4 cups fresh raspberries (optional)

Directions:

In a large mixing bowl, stir together the cake mix, cocoa powder and cinnamon. Prepare the cake using the package directions.

To serve, top each slice of cake with a dollop of whipped topping and raspberries.

Nutrition Facts without raspberries (per serving): 108 calories, 0 g total fat, 0 mg cholesterol, 169 mg sodium, 24 g carbohydrates, 1 g fiber, 3 g protein

Bran Muffin Breakfast Trifle

Ingredients:

3 cups coarsely crumbled low-fat bran muffins (about 3 medium muffins)
4 cups assorted fresh fruit chunks
2 cups nonfat or low-fat vanilla or fruit-flavored yogurt

Directions:

Place half the muffin crumbs in a 2-1/2-quart glass bowl or airtight container. Arrange 3 cups of fruit on top. Cover with remaining muffin crumbs. Spoon yogurt evenly over the top. Top with remaining fruit, cover, and refrigerate for at least 6 hours or overnight.

Serves 6; 1 cup per serving

Nutrition Facts (per serving): 177 calories, 6 g protein, 38 g carbohydrates, 2 g total fat, 1 g polyunsaturated fat, 2 mg cholesterol, 98 mg sodium

Seasoning Your Food Without Salt

The following are herb blends that can be used instead of salt:

Salt Substitute

Combine:

1 tsp. chili powder
1 tsp. ground oregano
2 tsp. black pepper
1 Tbsp. garlic powder
2 Tbsp. dry mustard
6 Tbsp. onion powder
3 Tbsp. paprika
3 Tbsp. poultry seasoning

Five Spice Power

Combine in blender:

2 Tbsp. Black Peppercorns
2 Tbsp. fennel seed
10 whole star anise or
2 tsp. anise seed
4 cinnamon sticks, broken
30 cloves

Herb Blend I (red)

Combine:

tsp. each - dried thyme leaves, marjoram leaves, celery seed, and garlic powder
1/4 tsp. each - onion powder, curry powder, & dried dill weed
3 tsp. paprika



Herb Blend II (green)

Combine:

1 tsp. thyme
1.5 tsp. savory
1 tsp. sage
1.5 tsp. marjoram
1 tsp. rosemary
1 tsp. tarragon

Heart Smart Shopper's Guide

The following is a list of foods that are low in fat, saturated fat, cholesterol, and sugar:

Milk (calcium source)

Fat free, 1% low-fat milk
Nonfat dry milk
Skim evaporated milk
Nonfat yogurt (with active cultures)
Sugar free yogurt
Sugar free hot chocolate

Protein Foods (protein source)

Low-fat cottage cheese
Low-fat cheeses (2 - 4 gms. of fat/oz)
Part skim ricotta, part-skim mozzarella, reduced-fat cheddar
Fish - fresh, frozen without batter/breading/butter, canned in water
Chicken breast - remove skin, canned boneless chicken (water packed)
Turkey breast - remove skin, ground turkey, turkey cold cuts (low fat, low salt)
Tofu, tempeh
Egg substitutes (fresh eggs limited to 3 eggs/week)
Beef - USDA Select or Choice grades of lean beef trimmed of fat such as round, sirloin, flank, tenderloin, rib, chuck, and rump roast; T-bone, porterhouse, cube steak; ground round, lean and extra lean ground beef (>90% lean)
Pork - Lean and choice pork such as fresh ham or low sodium boiled ham, tenderloin, center loin chops, Canadian bacon

Grains, Cereals, Beans, and Starchy Vegetables

(B vitamins, complex carbohydrates, fiber)

Whole grain breads, rolls, crackers, etc. - little or no oil
Legumes- lentils, split peas, kidney, pinto, black beans
Oatmeal, oat bran, oat bran muffins with correct oil in recipe
Whole grain cereals, hot or cold, without coconut or oils
Rice, brown rice, bulgar, cracked wheat, couscous
Pastas, especially whole grain
Corn, popcorn (plain), light microwave popcorn
Potatoes, sweet potatoes, yellow squash

American Heart Association Recipes

Recipes obtained from www.americanheart.org

Southern Fish Fillet

Ingredients:

Vegetable oil spray
1 pound fish fillets, such as orange roughy, perch, or crappie
teaspoon pepper
cup fat-free milk
4 drops red hot-pepper sauce
cup cornmeal
1/4 cup minced fresh parsley
1 teaspoon dried tarragon, crumbled
1/4 teaspoon cayenne
4 lemon wedges (optional)

Directions:

Preheat oven to 450°F. Lightly spray a 13x9x2-inch baking dish with vegetable oil spray. Sprinkle fish with black pepper.

In a shallow bowl, combine milk and hot-pepper sauce.

In a separate shallow bowl, combine remaining ingredients except lemon wedges. Dip fish in milk mixture, then roll in cornmeal mixture. Place in baking dish.

Bake 15 to 17 minutes, or until fish flakes easily when tested with a fork.

Serve with lemon wedges.

Serves 4

Nutrition Facts (per serving): 156 calories, 20 g protein, 16 g carbohydrates, 1 g total fat, 1 g monounsaturated fat, 23mg cholesterol, 2 g fiber, 91 mg sodium

American Heart Association Recipes

Recipes obtained from www.americanheart.org

French Toast

Ingredients:

3 large egg whites, lightly beaten

6 slices cinnamon-raisin bread

Vegetable oil spray

Optional topping (powdered sugar, cinnamon sugar, a drizzle of maple syrup)

Directions:

Place egg whites in a medium pie plate. Place two slices of bread into pie plate and let soak 5 to 10 seconds; turn bread over and let soak another 5 to 10 seconds. Remove from plate and set aside. Repeat with remaining slices of bread.

Coat non-stick skillet with vegetable oil spray. Heat skillet over medium-high heat.

When skillet is hot, add the prepared slices of bread. Brown evenly on both sides.

Serve with the topping of your choice or eat as is. *Delicious!*

Serves 3; 2 slices per serving

Five Minute Soup

Serve this quick-cooking soup immediately while the vegetables are fresh and colorful.

Ingredients:

4 cups low-sodium chicken broth, heated

medium cucumber or 1 medium zucchini, sliced very thin

4 fresh medium mushrooms, sliced

2 cups shredded fresh spinach, lettuce, or cabbage

1 medium tomato, cubed

cup cooked chicken or lean meat, shredded

Directions: Put all ingredients in a large saucepan. Bring to a boil over medium-high heat. Reduce heat and simmer for 5 minutes.

Serves 6

Nutrition Facts (per serving): 53 calories, 4 g protein, 3 g carbohydrates, 1 g total fat, 10mg cholesterol, 1 g fiber, 30 mg sodium

Heart Smart Shopper's Guide

The following is a list of foods that are low in fat, saturated fat, cholesterol, and sugar:

Vegetables (many vitamins, minerals, and fiber)

Tomatoes, green and red bell pepper, onions, herbs, etc.

Broccoli, cauliflower, carrots, zucchini, asparagus, green beans, etc.

Leafy green vegetables, all fresh vegetables, frozen vegetables without sauce

Fruits (vitamins A and C, fiber)

All fresh fruit - note that avocado is high in oil

Unsweetened frozen or canned in water

Unsweetened fruit juice (100% fruit juice)

Fats/ Oils (these are the best, but even so, limit their use)

Canola Oil, Olive Oil, Peanut Oil

Soft tub margarine made with liquid canola, olive, corn, sunflower, or soybean oil

(listed as the first ingredient on the package label)

Reduced calorie/ fat mayonnaise and salad dressings

Oil-free salad dressings - caution, may contain extra sugar

Sample Healthy Heart Daily Menus

Day 1

- Breakfast: French Toast*
Scrambled Egg Substitute
Fresh Fruit
Decaf Coffee
4 oz Orange Juice
- Lunch: Vegetable Soup*
Chicken Salad (with Low Fat Mayonnaise) on Whole Wheat Bread
Canned Peaches
8 oz 1% or Fat Free Milk
- Dinner: Southern Fish Fillet*
Brown Rice
Steamed Broccoli and Cauliflower
Tossed Salad with Olive Oil and Balsamic Vinegar Dressing
Chocolate Angel Food Cake with Raspberries*
8 oz 1% or Fat Free Milk
- Snack: 3 cups Air-Popped Popcorn
4 oz Juice (100% Juice)

Day 2

- Breakfast: Bran Muffin Breakfast Trifle*
Egg Substitute Omelette with Peppers and Onions
4 oz Orange Juice
8 oz 1% or Fat Free Milk
- Lunch: Fresh Tomato Pizza*
Fresh Veggie Plate with Low Fat Dip
Fresh Fruit
Decaf Ice Tea
- Dinner: Crispy Oven-Fried Chicken*
Scalloped Potatoes*
Carrots
Cole Slaw (with Low Fat Mayonnaise)
Fresh Fruit Tarts with Mixed Berries*
8 oz 1% or Fat Free Milk
- Snack: 4 oz Juice (100% Juice)
3 Graham Cracker Squares

Sample Healthy Heart Daily Menus

Day 3

- Breakfast: 2 tablespoons of Raisins
Oatmeal
Small Oat-Bran or Whole Wheat Bagel with Low Fat Cream Cheese
8 oz 1% or Fat Free Milk
Decaf Coffee
- Lunch: Tuna Salad (with Low Fat Mayonnaise) and Pita Bread with Tomatoes
8 oz Low Fat Yogurt
Fresh Fruit
Decaf Ice Tea
- Dinner: Tex Mex Beef Stew*
Cornbread
Steamed Green Beans
Peach Raspberry Cobbler*
Decaf Coffee
- Snack: 3 Gingersnaps
4 oz Juice (100% Juice)

**American Heart Association Recipe included in this book.*