



eat
right essentials

HEART- HEALTHY EATING

HEART-HEALTHY TIPS FOR DINING OUT

The average American eats out several times each week. When you learn how to choose heart-healthy options, you can enjoy eating at restaurants while maintaining a healthier lifestyle. Here are some tips to follow.



Eat Smaller Portions

The portion sizes at restaurants have grown over the years, and large portions may lead you to eat more calories than you need. Here are a few ways to eat less:



- ▶ **Order a to-go box ahead of time.** Place half of your entrée in the box *before* you start eating. Then bring the leftovers home to enjoy for another meal.
- ▶ **Split an entrée with a friend.** You save money and calories this way!
- ▶ **Ask for a smaller portion.** Some restaurants offer half portions of their entrées.
- ▶ **Eat a healthy snack before you go to the restaurant.** This ensures that you are not too hungry when you get there, and you will be less likely to overeat.
- ▶ **Order an appetizer instead of an entrée.** Some healthy options might include vegetables, steamed or grilled seafood, or broth-based (instead of cream-based) soup.



Choose Water

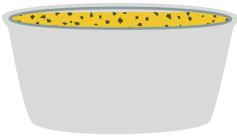
Drink water instead of soft drinks or other high-calorie beverages. Water keeps you hydrated without the added sugar and calories. For extra flavor, ask for a twist of lemon or lime.



Make Special Requests and Ask for Substitutions

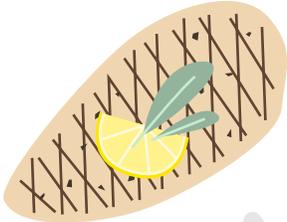
Speak up and ask for food the way you want it! Restaurants are usually happy to prepare foods the way you request. For example:

- ▶ Ask for your meal to be prepared without added butter or salt.
- ▶ If your sandwich comes with fries, ask for a tossed salad (dressing on the side), a cup of vegetable soup, or fruit instead.



Order Dressings and Sauces on the Side

The calories and fat from gravies, salad dressings, and sauces can add up. Order these kinds of toppings on the side, then dip your fork in the dressing, sauce, or gravy before taking a bite. You still get great flavor, but you will use less than half the regular amount.

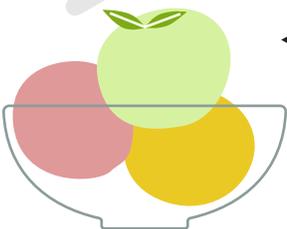


Choose Lean Meats

If you order beef, choose lean cuts, such as round, sirloin, or loin. Other lean meats include pork tenderloin, skinless turkey or chicken, fish, and shellfish.

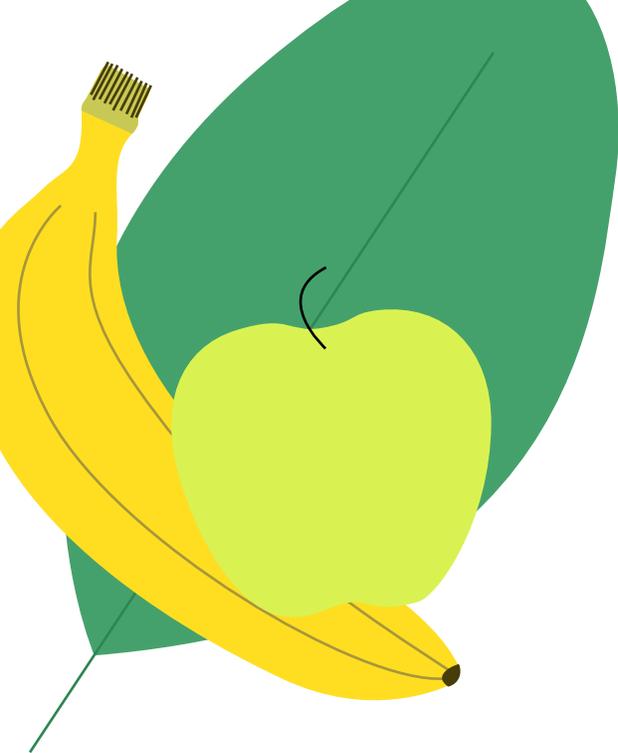
Choose grilled or broiled meats, poultry, fish, and shellfish instead of fried options.

Aim to eat a 3- to 4-ounces portion of meat (3 ounces is about the size of a deck of cards). You can always take the leftovers home.



Enjoy a Healthier Option for Dessert

If you want to end your meal with something sweet, opt for fruit or sorbet. Even if these choices are not on the menu, many restaurants offer them. Splitting a dessert is another great option.



FRUITS AND VEGETABLES

Fruits and vegetables have the nutrients your body needs to stay healthy and reduce the risk of disease. Eating plenty of fruits and vegetables can assist with managing your weight, help prevent stroke and some cancers, and decrease your risk of heart disease.

WHAT COUNTS AS A CUP?

- ▶ 1 cup of raw or cooked vegetables



- ▶ 2 cups of leafy greens



- ▶ 1 medium-size fruit (size of a tennis ball)



- ▶ ½ cup 100% vegetable juice



- ▶ 1 cup 100% fruit juice



- ▶ ½ cup of dried fruit



- ▶ 1 cup fresh, frozen, or canned fruit



How Much Do I Need?

The amount of fruits and vegetables you need depends on your daily calorie goals. For example, a person who needs 2,000 calories a day should aim for 4½ cups of fruits and vegetables each day. Visit ChooseMyPlate.gov to find your daily goals.

What Kinds of Fruits and Vegetables Should I Eat?

To get a full range of healthy nutrients, plan to eat a variety of fruits and vegetables each day:

- ▶ At each meal, fill half of your plate with a range of colorful fruits and vegetables. Eat fruits and vegetables for snacks, too.
- ▶ Include any form of unsweetened fruits and servings from all of the vegetable subgroups each week.

Look for:

- seasonal fresh fruits
- dark green, red, and orange vegetables; beans and peas; starchy types; and other vegetables
- frozen fruits and vegetables
- canned fruit packed in water or natural juices
- low- or reduced-sodium canned vegetables or juice
- 100% fruit juice (*Note: Fruit juice has about 2 times the calories of a single piece of fruit and provides little or no dietary fiber.*)

EAT THE RAINBOW

Red

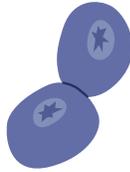
Cherries, red apples, strawberries, radishes, tomatoes

**Orange and Yellow**

Bananas, apricots, oranges, sweet potatoes, squash, pumpkins, orange and yellow peppers

**Blue and Purple**

Blueberries, plums, purple grapes, blackberries, eggplant

**Green**

Green apples, green pears, kiwi, avocados, green peppers, broccoli, green peas, green beans, spinach and other dark, leafy greens

**White**

Onion, cauliflower, mushrooms, jicama



- If you tend to eat the same fruits and vegetables all the time, aim to try 1 new fruit or vegetable each week. Encourage your kids to try new types, too. This will make them more likely to eat fruits and vegetables as adults!
- ▶ Follow the colors of the rainbow to guide your meals and snacks. The more colorful your plate, the better.

Sample Menu

What does a day filled with colorful fruits and vegetables look like? Here's an example to get you started:

- ▶ **Breakfast:** 2 slices of 100% whole wheat toast with 2 Tablespoon of peanut butter and a small sliced banana
- ▶ **Snack:** 1 cup of low-fat yogurt with 1 cup of blueberries
- ▶ **Lunch:** a 6-inch whole grain tortilla wrap filled with 2 to 3 ounces of sliced chicken, 1 cup of mixed peppers, and sliced avocado
- ▶ **Snack:** 1 large orange
- ▶ **Dinner:** 2 cups of mixed salad greens topped with a small grilled chicken breast (3 ounces) and 4 large strawberries (sliced), lightly tossed in 2 tablespoons of balsamic salad dressing



CHOOSING HEART-HEALTHY FATS

Eating some fat at your meals and snacks is actually healthy. Fat helps your body absorb certain nutrients. It adds flavor and texture to the foods you eat, and it helps you feel satisfied after a meal. It is important to understand which fats are healthiest so you can make the best choices.

EXAMPLES OF HEALTHY FATS

Monounsaturated fat

- ▶ Olive oil
- ▶ Peanut oil
- ▶ Canola oil
- ▶ Avocados
- ▶ Nuts and seeds
- ▶ Peanut butter

Polyunsaturated fat

- ▶ Soybean oil (often called “vegetable oil”)
- ▶ Corn oil
- ▶ Safflower oil
- ▶ Soft tub margarines
- ▶ Walnuts
- ▶ Flaxseed
- ▶ Sunflower seeds

Omega-3 Fats

- ▶ Fatty or oily fish, such as salmon, mackerel, tuna, sardines, herring
- ▶ Walnuts
- ▶ Ground flaxseed
- ▶ Flaxseed oil

Which Fats Are Healthy Fats?

Some types of fat are healthier for you (and your heart) than other types. Choose these types of fat more often:

- ▶ **Monounsaturated** and **polyunsaturated fats**: these fats can help lower your total cholesterol and your LDL (“bad”) cholesterol.
- ▶ **Omega-3 fats**: these are a type of polyunsaturated fat and may help improve your heart health by reducing plaque buildup in the arteries and decreasing triglycerides (unhealthy fats) in the blood.

Which Fats Are Unhealthy Fats?

Eating **saturated** and **trans fats** increases your total cholesterol and LDL (“bad”) cholesterol. These fats also raise your risk for heart disease. Choose these types of fats less often.

- ▶ Replace saturated fats with healthier types of fats whenever possible. For example, cook or bake with olive oil or canola oil instead of butter or stick margarine.
- ▶ Aim to limit saturated fat and avoid **trans** fats. Look for foods without **hydrogenated** or **partially hydrogenated oil** listed as an ingredient. (Note: If you like a food that has **trans** fat, compare food labels of similar products. Some may be made without unhealthy fats.)

SOURCES OF UNHEALTHY FATS

Saturated Fat

- ▶ Meats
- ▶ Poultry with skin
- ▶ Coconut oil
- ▶ Palm oil and other tropical oils
- ▶ Higher fat dairy products, such as whole or 2% milk, cream, butter, and ice cream

Trans Fat*

- ▶ Stick margarine
- ▶ Chips and crackers
- ▶ Cookies
- ▶ Doughnuts
- ▶ Pastries
- ▶ French fries

* Check the Nutrition Facts and ingredients list to see if these products contain *trans* fat.

What About Dietary Cholesterol?

Cholesterol is found in many of the same foods that have saturated fat. Meats, dairy foods, butter, eggs, and other animal products contain cholesterol. Therefore, if you limit foods with saturated fat, you will eat less cholesterol, too. There are no daily limits for cholesterol, but you should still try to watch your cholesterol intake since foods that are high in cholesterol also tend to be high in saturated fats.

Meal Planning Tips

The following tips can help you include healthier fats more often. They will help you limit the amount of dietary cholesterol you eat, too.

- Cook or bake with heart-healthy oils, such as olive oil or canola oil.
- Enjoy a 1-ounce serving of unsalted nuts as a snack.
- Add ground flaxseed and berries to low-fat yogurt for a quick and easy breakfast.
- Have a slice of avocado on your sandwich instead of mayonnaise or butter.
- Remove the skin from chicken and turkey.
- Choose lean cuts of meat. For beef, try top round or sirloin steak. For pork, try top loin chop or tenderloin.
- Eat a seafood meal 2 times each week.
- Plan at least 1 meatless meal each week.



WHOLE GRAINS AND HEART HEALTH

Whole grains include all the nutrient-packed parts of the original grain kernel. This is what makes them “whole.” On the other hand, refined or processed grains (like white rice or white flour) usually have the outer layer of the grain removed, which is where dietary fiber and other important nutrients are found.

At least half of your daily grain servings should be whole grains. For good heart health, aim to eat at least 3 ounces of whole grains each day.

The Benefits of Whole Grains

Whole grains add texture and flavor to your meals. Eating whole grains may also help you:

- ▶ reduce your risk of developing type 2 diabetes,
- ▶ lower your cholesterol,
- ▶ manage your weight, and
- ▶ increase the amount of nutrients you eat.

How Can I Tell If a Food Has Whole Grains?

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, WHOLE WHEAT, WHEAT GLUTEN, SUGAR, YEAST, MOLASSES, SOYBEAN OIL, CONTAINS 2% OR LESS OF: SUGARCANE FIBER, SALT, CALCIUM PROPIONATE AND SORBIC ACID TO EXTEND FRESHNESS, MONOGLYCERIDES, DATEM, SOY LECITHIN, WHEY (MILK).

- ← **Scan the ingredient list.** The list of ingredients for a whole grain food will include the word “whole” before the type of grain. Also, the whole grain will be the first item on the list. For example, look for whole wheat flour, whole oat, or whole rye as the first ingredient.
- ▶ **Check for label claims.** Look for products that say **100%** whole grain. Some foods may also have a “Whole Grain stamp.” A “100% Whole Grain stamp” means that 1 serving of the food has at least 16 g (1 serving) of whole grains. A “Whole Grain stamp” (without 100%) means that a food has at least 8 g (½ serving) of whole grains. Note that some foods claiming “made with whole grains” may only include a small amount of whole grain.



Tips for Eating More Whole Grains

- ▶ Choose whole grain pasta instead of pasta made with refined flour. Start by mixing equal amounts of whole grain pasta and regular pasta (cooking times may vary). Gradually switch to using only whole grain pasta as you get used to the taste and texture.
- ▶ Switch to whole grain breads, tortillas, pitas, cereals, and crackers.
- ▶ Substitute whole wheat flour for half of the white flour in your favorite recipes for baked goods, such as muffins, breads, pancakes, or cookies.
- ▶ When preparing meatballs or burgers, add $\frac{3}{4}$ cup of uncooked oats for every 1 lb of ground beef or turkey.
- ▶ Top salads with whole grains, such as quinoa, whole grain barley, or bulgur.
- ▶ Choose brown rice or wild rice instead of white rice.

WHAT COUNTS AS A SERVING OF WHOLE GRAIN?

Recommendations for the number of servings of whole grain you should eat are usually counted in ounce-equivalents per day. A 1-ounce equivalent of a whole grain is equal to:

- ▶ $\frac{1}{2}$ cup cooked brown rice, wild rice, or another cooked whole grain, such as bulgur or quinoa
 - ▶ 1 slice 100% whole grain bread
 - ▶ $\frac{1}{2}$ cup cooked 100% whole grain pasta
 - ▶ $\frac{1}{2}$ cup cooked whole grain hot cereal, such as oatmeal
 - ▶ 1 cup 100% whole grain ready-to-eat cereal
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