

Healthy heart diet

Following a healthy diet is an important part of leading a healthy lifestyle and is crucial for lowering the risk of heart disease and stroke. The following recommendations are general guidelines that must be followed. Read food labels to find out the content of processed foods.

Consume more fresh fruits and vegetables. These contain complex carbohydrates, in addition to vitamins and minerals.

Eat whole grains and foods with a lot of fiber.

Choose lean cuts of meat and cut off visible fat before cooking it. Remove the skin from chicken. Eat fish two or three times a week.

Cook meat in the oven or on the grill. Avoid frying all foods. Limit sausages and other processed meats.

Avoid foods with "trans" fats or with partially hydrogenated vegetable oil that contains trans fat.

Consume low-fat or skim dairy products.

Limit the amount of foods with added sugar or prepared with refined sugars.

Limit the amount of salt and sodium in your diet.

It is recommended that the following foods be consumed because typically they have little salt and little saturated fats and cholesterol. Consider buying a guide with information about nutrition.

Fruits: fresh, canned or frozen

Vegetables: fresh or frozen (avoid packaged sauces or flavor enhancers, since they add salt and fat)

Canned vegetables may be used if they do not have salt or are rinsed

Dairy products

Liquid or powdered milk (1 per cent, skim or non-fat)

"Cottage" type cheese, dry curd (low sodium)

Low-fat cheeses ("low fat" or "part-skim"), such as ricotta and mozzarella.

(Choose 2-3 portions a day of these low-fat dairy products)

Drink fruit juice, fresh or frozen

Also canned tomato or vegetable juice with little salt ("low sodium") or without salt ("no salt").

Drink liquid breakfast, whether prepared or powdered (only 1 cup a day)

Lemonade (concentrated, frozen or fresh)

Tea and coffee in moderation (reduce caffeine)

Powdered soy protein, soy milk

Unsalted margarine, unsaturated vegetable oils such as canola, olive, corn, cottonseed ("cottonseed"), peanut, safflower ("safflower"), soybean (soybean) and sunflower seed ("sunflower")

Low-salt and low-fat salad dressings and mayonnaise

Poultry, fresh or frozen fish (unbreaded)

Canned tuna and salmon (without salt or rinsed)
Chicken or turkey ("guajalote"), without skin
Lean cuts of beef, veal, pork or lamb (cut off all visible fat)
Meat substitutes; beans, peas and dry lentils (not canned)
Tofu (soybean curd)
Nuts or seeds
Without salt, toasted dry, such as sunflower seeds, peanuts, almonds and walnuts (eat small amounts of nuts because they have a lot of fat and calories)
Peanut butter without salt
Miscellaneous: use these products in small amounts
Breads, cereals, grains, starches, pastas
Butter substitute (maximum ½ teaspoon a day)
Cooked cereals, such as corn grits, farina (common), oatmeal, oat bran, cream of rice, cream of wheat (avoid instant cereals)
Cooking ingredients, seasonings, starch, tapioca
Corn flour (not self-rising because it contains a lot of salt)
Flavored gelatins
Flour: common, white or whole (not self-rising)
Fresh or dried herbs, no-salt herb seasoning
Fresh fruits and vegetables, such as lemon, lime, onion, celery, etc.
Fresh garlic or ginger

Fruit popsicles, fruit ice cream, sorbet, "sherbet"

"graham" type and animal-shaped crackers, fig bars, "gingersnaps" cookies
Homemade breads (with regular flour)
Jelly, marmalade, sweet, "apple butter"
Loaf bread and yeast buns
Hot sauce
Low-salt baking powder
Dry "melba" type toast
Onion or garlic powder (avoid garlic salt)
"pita" type bread

Puffed rice or wheat, wheat cereal in shreds ("shredded wheat") or any cereal that has 100-150 mg of sodium
Rice (enriched white or brown)
Sweets, carob powder, powdered cocoa
Sugar, honey, molasses, syrup (cane or maple)
Vegetables with starch, such as corn, potato, green beans, etc. (not canned unless it says "salt-free" (without salt))
Corn tortillas
Tomato paste, tomatoes without salt, tomato sauce without salt
Popcorn without salt or fat
Yeast
Vinegar

Water chestnuts
Wheat germ