

Heart Healthy Shopping Tips

Use this guide to shop for a variety of heart healthy foods.



Vegetables and Fruits

- Fresh, frozen, dried, and canned fruit in its own juices
- 100% fruit juices
- Fresh and frozen vegetables, low sodium canned vegetables



*tip – include vegetables and fruits with dark and bright colors to increase intake of B vitamins and antioxidants

Dairy Products



- Fat-free or 1% milk and milk products
- Fat-free or low-fat yogurt
- Low-fat cheeses
- Low-fat soymilk
- Fat-free half-and-half and fat-free non-dairy creamer

Meat, Poultry, Fish, Meat Substitutes, and Nuts

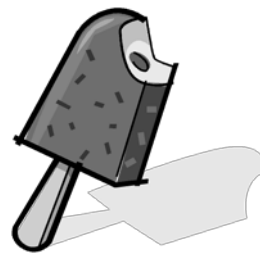
- Lean cuts of meat with fat trimmed before cooking
 - Fish – fresh or frozen fish (especially light tuna, salmon, mackerel, and herring). Eat fish 2 times each week.
 - Poultry – skinless, white meat
 - Pork – tenderloin, top loin, sirloin, lean loin chops
 - Veal – all fresh or frozen veal
 - Lamb – leg, arm, loin
 - Beef – lean ground beef, tenderloin, top round, sirloin, flank steak, rump roast
- Meat Substitutes – dry, frozen, or no salt added canned legumes, soybeans, tofu.
- Eggs – egg whites or egg substitute
- Unsalted Nuts – almonds, walnuts, cashews, pistachios, peanuts



*tip – use leftover meat and poultry for your sandwich meat instead of high fat deli meats

Sweets and Snacks (avoid too many sweets)

- Fat-free or low-fat, frozen desserts (such as sherbet, sorbet, Italian ice, frozen fruit juice bars, fudge pops, frozen yogurt)
- Angel food cake, fig bars, vanilla wafers, gingersnaps, and animal crackers
- Hard candies and gum candies
- Plain popcorn and unsalted pretzels
- Low-fat, unsalted crackers, Melba toast
- Pudding made with fat-free or 1% milk



Breads, Grains, Pasta, Rice, and Cereals

- Whole grain products (such as whole wheat bread, whole grain cereals and whole wheat pasta)
- Brown or wild rice
- Barley, bulgar, wheat germ, corn bran and bran
- Rye and flax bread



*tip – servings which contain greater than 2g fiber are high fiber food choices

Fats and Oils (limit the use of fats and oils)

- Unsaturated vegetable oils (canola and olive oil are preferred)
- Trans fat-free soft tub margarine and sterol based spreads
- Fat-free or low-fat salad dressings
- Fat-free or low-fat mayonnaise
- Flaxseed oil (high in omega-3 fatty acids which are good for your heart health)
- Cooking sprays

