



Monmouth Cardiology Associates, L.L.C.

NONINVASIVE, INVASIVE, INTERVENTIONAL, NUCLEAR CARDIOLOGY
ELECTROPHYSIOLOGY & CARDIAC PACING, VASCULAR & CRITICAL CARE MEDICINE

HEALTH DIET GUIDELINES

A healthy diet should be high in vegetables, fruits, whole grains, seafood, legumes and nuts; moderate in low/non-fat dairy products; lower in red and processed meats; and low in sugar sweetened food and drinks and refined/processed grains (white bread/flour).

Examples of health diets:

- Healthy US Style Eating Pattern
- Healthy Mediterranean Style Eating Pattern
- Healthy Vegetarian Eating Pattern
- DASH Diet
- Portfolio Diet (Hard to maintain)

Generally, only 5-6% of calories should be from saturated fat; <2400mg of sodium/day; <10% of calories from added sugar.

For an average 2000 calorie/day diet, that is less than 20mg saturated fat and less than 20mg sugar a day.

- Vegetables 2-3 servings a day
- Legumes (beans and peas) 3 servings a week
- Fruits 2 servings a day
- Fish 2 times a week, especially fish with omega-3 fatty acids such as tuna, salmon, trout, mackerel and herring.
- Choose poultry without skin and lean meats
- Drink alcohol in moderation (no more than 1 drink a day for women, 2 drinks a day for men)

OK to have eggs, they have a neutral effect on health. Limit intake to <7/week

OK to eat avocados

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Avoid High Glycemic Index Foods:

- Refined carbohydrates (white rice, white flour, white bread)
- Sugar sweetened drinks/food
- Starch

Avoid processed food, fried food, fast food

Eat brown rice, legumes, beans/peas, whole grain foods/cereals

What is a Whole Grain?

Words you may see on package:

- Whole grain
- Whole wheat
- Whole (other grain)
- Oats, oatmeal
- Brown rice
- Wheat berries

*Replace Saturated Fats with monounsaturated fats (Olive oil) or polyunsaturated fats (Canola oil, Rapeseed oil)

*Replace juice with whole fruit

*Replace sour cream, cream and cheese with low fat yogurt, low fat milk, low fat cheese

*Replace traditional chips with healthy whole grain snacks

*Replace traditional dips with guacamole, hummus or salsa

*Replace traditional snacks with mixed nuts

READ LABELS:

- Avoid PALM OIL
- Avoid PARTIALLY HYDROGENATED OIL/FAT
- Avoid TRANS FATS
- Avoid FRUCTOSE
- Avoid CORN SYRUP
- Avoid HIGH FRUCTOSE CORN SYRUP
- Avoid SUCROSE