

Cardiac Diabetic Food List

Patient information

Name:

Date:

Dietitian/nutritionist:

The cardiac diabetic diet supports both heart health and blood sugar management. This handout outlines key food choices to help you manage your condition effectively. For best results, combine these food choices with regular physical activity and consult with your healthcare provider.

Recommended food

1. Whole grains

- Brown rice
- Whole grain pasta
- Oats
- Quinoa

These fiber-rich options help regulate blood sugar and support heart health.

2. Fruits and vegetables

- Leafy greens (spinach, kale)
- Berries (blueberries, strawberries)
- Apples
- Carrots

Choose fruits and vegetables that are high in fiber and low on the glycemic index to aid in blood sugar control.

3. Lean proteins

- Lean ground beef
- Chicken (skinless)
- Turkey
- Fatty fish (salmon, tuna)
- Plant-based proteins (beans, lentils)

These proteins are beneficial for maintaining muscle mass and supporting heart health.

4. Healthy fats

- Avocados
- Nuts (almonds, walnuts)
- Seeds (chia Seeds, flaxseeds)
- Olive oil

Focus on these heart-healthy fats to improve cholesterol levels while avoiding coconut and palm oils due to their saturated fat content.

5. Low-fat dairy products

- Low-fat yogurt
- Skim milk

These provide essential calcium and protein without excess saturated fat.

Food to limit or avoid

1. **Sugary foods and beverages:** Limit or avoid candies, pastries, desserts, and sugary drinks (sodas, sweetened teas) as they can cause spikes in blood sugar levels.
2. **Refined carbohydrates:** Avoid white bread, white rice, and products made with white flour, as they can lead to rapid increases in blood sugar.
3. **Saturated and trans fats:** Limit foods high in saturated fats (such as fatty cuts of meat, full-fat dairy products, and butter) and avoid trans fats found in many processed foods, baked goods, and margarine, as they can raise cholesterol levels and increase heart disease risk.
4. **High-sodium foods:** Reduce intake of processed and packaged foods, which often contain high levels of sodium. This includes canned soups, frozen dinners, and snack foods, as excessive sodium can contribute to high blood pressure.
5. **High-glycemic index foods:** Limit foods that have a high glycemic index (like white potatoes and certain cereals) as they can lead to rapid increases in blood sugar levels.

Disclaimer: Always consult your healthcare provider or dietitian before making dietary changes. This list is intended to provide general guidance for heart and blood sugar health.

Additional notes

Any specific dietary restrictions or considerations:

Patient's preferences/allergies:

Dietitian / nutritionist's signature:

Date:

Patient acknowledgment

I have reviewed this cardiac diet plan with my healthcare provider and understand the recommendations.

Patient's signature:

Date: