

Cardiac Diet Chart

Patient Information:

- **Name:**
 - **Date of Birth:**
 - **Medical History:**
 - **Current Medications:**
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Dietary Recommendations	Portion	Notes
Fruits and Vegetables		
Whole Grains		
Lean Proteins		
Healthy Fats		
Dairy or Alternatives		
Limit: Sodium		
Added Sugars		
Hydration		

Interpretation of Results:

Cholesterol Levels:

- LDL ("Bad" cholesterol):
- HDL ("Good" cholesterol):
- Total Cholesterol:

Blood Pressure:

- Systolic:
- Diastolic:

Body Mass Index (BMI):

- BMI:
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Summary and Recommendations: