Cardiac Diet Plan Food List

| Patient information | |
|---------------------------|--|
| Name: | |
| Date: | |
| Dietitian / nutritionist: | |
| | |

General guidelines

- Aim for a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.
- Limit intake of saturated fats, trans fats, cholesterol, sodium, and added sugars.
- Prefer cooking methods like baking, grilling, steaming, and boiling over frying.
- Monitor portion sizes to maintain a healthy weight.

Recommended foods

1. Fruits and vegetables

- Fresh or frozen fruits (apples, berries, oranges, bananas, etc.)
- Fresh or frozen vegetables (broccoli, spinach, carrots, bell peppers, etc.)
- Limit canned fruits with added sugars and vegetables with added salt.

2. Whole grains

- · Whole wheat bread and pasta
- Brown rice
- Oatmeal
- Quinoa
- Barley

3. Lean proteins

- Skinless poultry
- · Fish, especially fatty fish like salmon, mackerel, and sardines
- Beans and legumes
- Tofu and other soy products
- Egg whites or egg substitutes

4. Low-fat dairy

- Skim or 1% milk
- Low-fat yogurt
- · Low-fat cheese

5. Healthy fats

- Nuts and seeds (almonds, walnuts, flaxseeds, chia seeds)
- Avocado
- Olive oil and other vegetable oils (in moderation)

6. Beverages

- Water
- Herbal teas
- Low-sodium vegetable juices

| High-fat meats (e.g., bacon, sausage, ribs) Full-fat dairy products Fried foods Fast food Processed snacks (e.g., chips, cookies, cakes) Foods high in sodium (e.g., canned soups, pickles, processed meats) Sugary drinks (e.g., soda, sweetened juices) Alcohol (limit intake as recommended by your healthcare provider) |
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| Additional notes |
| Any specific dietary restrictions or considerations: |
| Patient's preferences or allergies: |
| |
| Dietitian / nutritionist's signature: |
| Date: |
| Patient acknowledgement |
| I have reviewed this cardiac diet plan with my healthcare provider and understand the recommendations. |
| Patient's signature: |
| Date: |

Foods to limit or avoid