

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

Foods to limit or avoid

- 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)

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:**