

# Heart Healthy Diet Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

ID: \_\_\_\_\_

## Information:

- Height: \_\_\_\_\_ m
- Weight: \_\_\_\_\_ kg
- BMI: \_\_\_\_\_ kg / m<sup>2</sup>

## Recommended Daily Calorie Intake:

- 1600
- 2000
- 2400
- 3000
- Other: \_\_\_\_\_

**Table One: Eating Pattern Recommendations for Different Daily Energy Needs**

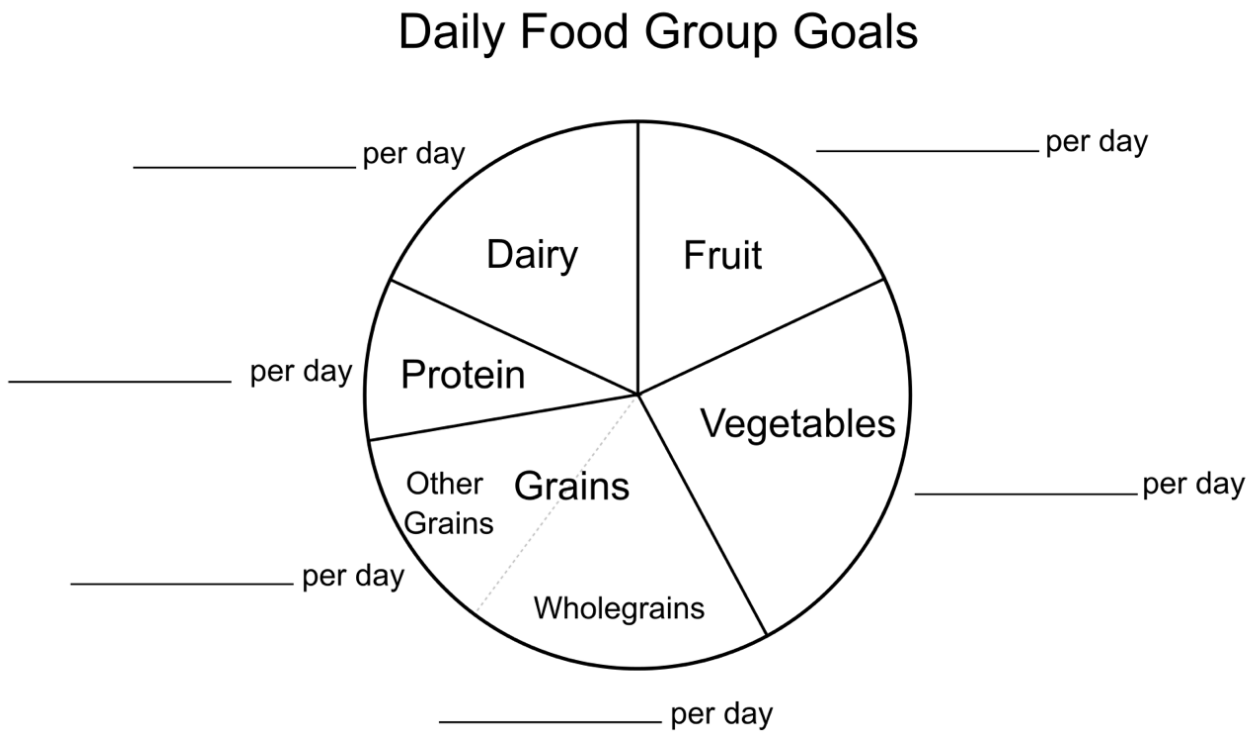
Food Group	Daily Energy Need (kcal)			
	1600	2000	2400	3000
Fruits: cups/day	1½	2	2	2½
Vegetables: cups/day	2	2½	3	4
Grains: oz equivalent/day	5	6	8	10
Whole grains: oz equivalent/day	3	3	4	5
Other grains: oz equivalent/day	2	3	4	5
Protein foods: oz equivalent/day	5	5½	6½	7
Dairy: cups/day	3	3	3	3
Oil (unsaturated): Tbsp/day	2	3	4	5.5
Solid fats: g/day	11	13	16	20
Added Sugars: g/day	14	25	25	38
Sodium: mg/day	1602	1787	2089	2300

**Table Two: Daily Servings Recommendations for Different Daily Energy Needs**

Food Group	Daily Energy Need (kcal)			
	1600	2000	2400	3000
Fruits: half-cup servings per day	3	4	4	5
Vegetables: half-cup servings per day	4	5	6	8
Grains: 1 oz servings per day	5	6	8	10
Whole grains: 1 oz servings per day	3	3	4	5
Other grains: 1 oz servings per day	2	3	4	5
Protein foods: 3 oz servings per day	1.6	1.8	2.2	2.2
Dairy: 1 cup servings per day	3	3	3	3
Oil (unsaturated): 1 tbsp servings per day	2	3	4	5.5
Solid fats (g /day)	11	13	16	20
Added Sugars (g / day)	14	25	25	38
Sodium (mg/day)	1602	1787	2089	2300

Above recommendations are adapted from Van Horn, L., Carson, J. A. S., Appel, L. J., Burke, L. E., Economos, C., Karmally, W., Lancaster, K., Lichtenstein, A. H., Johnson, R. K., Thomas, R. J., Vos, M., Wylie-Rosett, J., & Kris-Etherton, P. (2016). Recommended Dietary Pattern to Achieve Adherence to the American Heart Association/American College of Cardiology (AHA/ACC) Guidelines: A Scientific Statement From the American Heart Association. *Circulation*, 134(22).

**Figure 1: Daily Intake Goal Setting**



- Limit Sodium to \_\_\_\_\_ mg/day
- Limit Solid Fats to \_\_\_\_\_ g/day
- Limit Added Sugars to \_\_\_\_\_ g/day

**Table 3: Weekly Meal Plan**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>							
<b>Afternoon</b>							
<b>Evening</b>							
<b>Other / Snacks</b>							
<b>Daily Goals Met?</b>	<input type="checkbox"/> Fruit <input type="checkbox"/> Vegetables <input type="checkbox"/> Wholegrain <input type="checkbox"/> Protein <input type="checkbox"/> Dairy <input type="checkbox"/> Sodium <input type="checkbox"/> Solid Fats <input type="checkbox"/> Added Sugars	<input type="checkbox"/> Fruit <input type="checkbox"/> Vegetables <input type="checkbox"/> Wholegrain <input type="checkbox"/> Protein <input type="checkbox"/> Dairy <input type="checkbox"/> Sodium <input type="checkbox"/> Solid Fats <input type="checkbox"/> Added Sugars	<input type="checkbox"/> Fruit <input type="checkbox"/> Vegetables <input type="checkbox"/> Wholegrain <input type="checkbox"/> Protein <input type="checkbox"/> Dairy <input type="checkbox"/> Sodium <input type="checkbox"/> Solid Fats <input type="checkbox"/> Added Sugars	<input type="checkbox"/> Fruit <input type="checkbox"/> Vegetables <input type="checkbox"/> Wholegrain <input type="checkbox"/> Protein <input type="checkbox"/> Dairy <input type="checkbox"/> Sodium <input type="checkbox"/> Solid Fats <input type="checkbox"/> Added Sugars	<input type="checkbox"/> Fruit <input type="checkbox"/> Vegetables <input type="checkbox"/> Wholegrain <input type="checkbox"/> Protein <input type="checkbox"/> Dairy <input type="checkbox"/> Sodium <input type="checkbox"/> Solid Fats <input type="checkbox"/> Added Sugars	<input type="checkbox"/> Fruit <input type="checkbox"/> Vegetables <input type="checkbox"/> Wholegrain <input type="checkbox"/> Protein <input type="checkbox"/> Dairy <input type="checkbox"/> Sodium <input type="checkbox"/> Solid Fats <input type="checkbox"/> Added Sugars	<input type="checkbox"/> Fruit <input type="checkbox"/> Vegetables <input type="checkbox"/> Wholegrain <input type="checkbox"/> Protein <input type="checkbox"/> Dairy <input type="checkbox"/> Sodium <input type="checkbox"/> Solid Fats <input type="checkbox"/> Added Sugars

**What went well this week?**

**What will I work on next week?**

**Additional Notes:**