

Heart Healthy Diet Plan

Name: _____

Date: _____

ID: _____

Information:

- Height: _____ m
- Weight: _____ kg
- BMI: _____ kg / m²

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

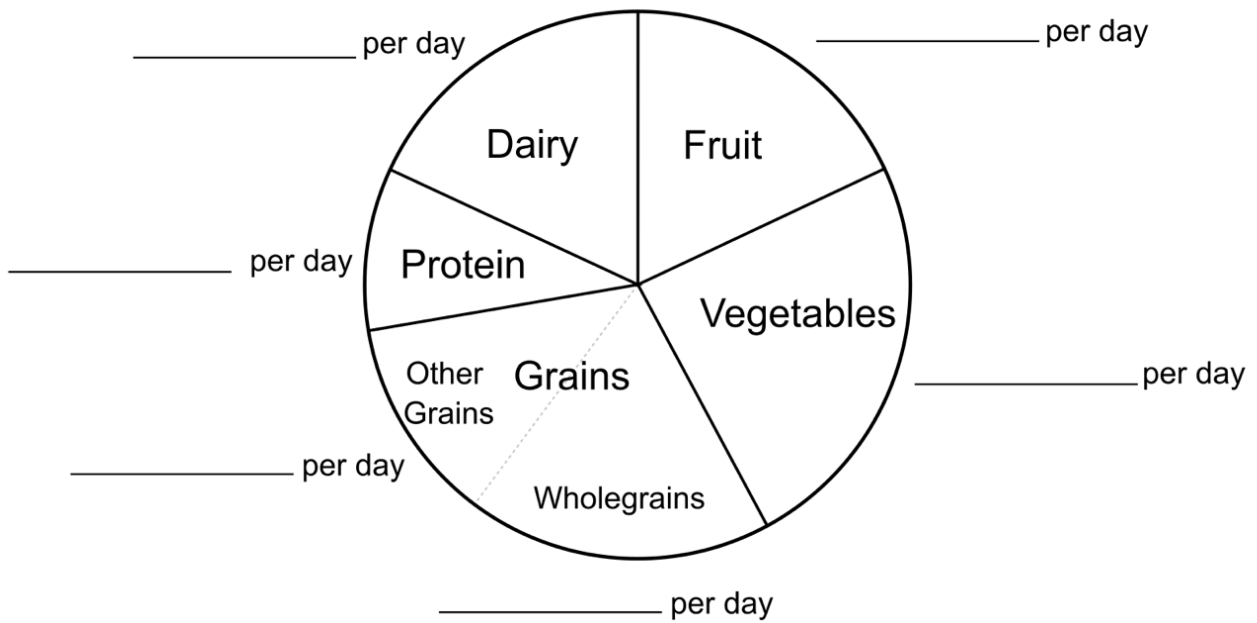
Table Two: Daily Servings Recommendations for Different Daily Energy Needs

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

Daily Food Group Goals



- 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
Morning							
Afternoon							
Evening							
Other / Snacks							
Daily Goals Met?	<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: