

Heart Healthy Foods List

Name: _____

Date: _____

Food Group	Examples
Fruits - <i>look out for added sugar in frozen, dried, and tinned products.</i>	Fresh whole fruit, frozen berries, tinned fruits, 100% fruit juice, dried fruits, frozen fruit pieces.
Vegetables - <i>rinse off canned vegetables to remove excess salt.</i>	<p>Leafy Green Vegetables Spinach, lettuce, mesclun, mixed leaves.</p> <p>Red/Orange Vegetables Bell peppers tomatoes, beets, carrots, pumpkin, squash, sweet potatoes, radishes, yams.</p> <p>Cruciferous Vegetables Broccoli, cauliflower, cabbage, brussels sprouts, kale, collard greens.</p> <p>Beans and Peas Kidney, black, garbanzo, lima, navy, pinto, cannellini, split peas, lentils, green beans, soybeans, tofu, tempeh, soymilk.</p> <p>Starchy Vegetables White potatoes, sweet potatoes, squash.</p> <p>Other Vegetables Cucumber, mushrooms, okra, zucchini, eggplant.</p>
Grains	Barley, millet, quinoa, brown rice, bulgur wheat, corn, buckwheat, whole-wheat flour, whole oats.
Meat, poultry, and eggs	Lean meat, poultry, turkey, chicken eggs, duck eggs.
Fish and Seafood	Anchovies, herring, mackerel, black cod, salmon, sardines, bluefin tuna, whitefish, shellfish, lobster, shrimps, prawns.
Nuts, Seeds, and Legumes - <i>see "Beans and Peas" above as well.</i>	Almonds, hazelnuts, pistachios, walnuts, pecans, peanuts, pumpkin seeds, chia seeds, sunflower seeds, beans and peas (see above), nut butter.
Low-fat Dairy Products	Light or non-fat milk, low-fat milk powder, low-fat yogurt, cottage cheese low-fat cheeses, low-fat ice cream.
Oils	Olive oil, vegetable oil, soybean oil, sesame oil, rice bran oil, grapeseed oil.

Adapted from 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).

Shopping List
