

# Heart Patient Diet Chart

Patient information			
Name:		Contact number:	
Date of birth:		Gender:	
Age:	Height:		Weight:
Address:			
Date of consultation:			
Foods to avoid or limit		Foods to include or eat	
<b>High-cholesterol foods:</b> <ul style="list-style-type: none"><li>• Whole-fat dairy products (milk, cheese, butter).</li><li>• Fried foods (chips, deep-fried snacks).</li><li>• Processed meats and saturated fat (sausage, bacon).</li></ul> <b>Sugary foods and drinks:</b> <ul style="list-style-type: none"><li>• Sweets (candy, cookies, cakes).</li><li>• Beverages (soda, energy drinks, sweetened juices).</li></ul> <b>Sodium-rich foods:</b> <ul style="list-style-type: none"><li>• Packaged soups, canned foods, pickles.</li></ul> <b>Other:</b> <ul style="list-style-type: none"><li>• Alcohol (limited to preferably no intake).</li></ul>		Consume an overall healthy dietary pattern that includes the following: <ul style="list-style-type: none"><li>• <b>Vegetables:</b> Spinach, carrots, cauliflower, broccoli, tomatoes.</li><li>• <b>Fruits:</b> Apples, bananas, oranges, berries.</li><li>• <b>Whole grains:</b> Brown rice, quinoa, oats, whole-grain bread.</li><li>• <b>Proteins:</b> Skinless poultry, fish (salmon, mackerel), lentils, tofu.</li><li>• <b>Healthy fats:</b> Avocado, non-tropical vegetable oils (canola, corn, olive), unsalted nuts (almonds, walnuts).</li><li>• <b>Low-fat dairy:</b> Skim milk, yogurt, cheese.</li></ul>	

## References

American Heart Association. (2021, November 2). *The American Heart Association diet and lifestyle recommendations*. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>

Restivo, J. (2023, November 9). *Heart-healthy foods: What to eat and what to avoid*. Harvard Health. <https://www.health.harvard.edu/heart-health/heart-healthy-foods-what-to-eat-and-what-to-avoid>

### Sample meal plan for heart patients

Day	Breakfast	Lunch	Snack	Dinner	Notes
1	Scrambled eggs with spinach and tomatoes, 1 slice whole-grain toast, 1 glass of water.	Turkey wrap with whole-grain tortilla, lettuce, tomato, and avocado, 2 glasses of water.	1 small banana, 8 oz. black coffee (no sugar).	Stir-fried tofu with mixed vegetables and brown rice, 1 piece of dark chocolate (70% cocoa).	Drink lots of water

### Weekly meal plan

Day	Breakfast	Lunch	Snack	Dinner	Notes
1					
2					
3					
4					
5					
6					
7					

## Additional notes

## Healthcare professional information

**Name:**

**License ID number:**

**Signature:**

**Date of consultation:**