

Heart Patient Diet Chart

Patient Information:

- **Name:**
- **Age:**
- **Gender:**
- **Medical History:**
- **Current Medications:**

Dietary Recommendations	Portion	Notes
Fruits and Vegetables		
Whole Grains		
Lean Proteins		
Healthy Fats		
Dairy or Alternatives		
Limit Sodium Intake		
Hydration		

Meal Planning	Example Meal	Notes
Breakfast		
Lunch		
Dinner		

Results and Interpretation: