

Foods to Focus on for Heart Disease Prevention

A shopping guide!



DAIRY PRODUCTS

Fat free milk
1% Milk
Unsweetened Almond Milk
Unsweetened Soy Milk
Fat Free Yogurt (Greek or Regular)
Fat Free Cottage Cheese
Non Fat Ricotta Cheese
Non Fat Sour Cream
Reduced Fat or Non-fat cream cheese
Part Skim Mozzarella
Low fat frozen yogurt

GRAINS

Look for whole grain on the label
Brown Rice
Whole Wheat Pasta
Whole Wheat Bread
Whole Grain Tortillas
Whole Wheat Pitas
Oatmeal
Couscous
Quinoa
Flaxseed
Wheat Germ
High Fiber Cereal (>3 grams fiber/serving)
Popcorn (Air popped) *Avoid added butter

PROTEIN

Chicken breasts and thighs (no skin)
Turkey
Pork Tenderloin
90% Lean ground sirloin
90% Lean Beef
Ground Turkey

GROUND CHICKEN

Salmon
Trout
Halibut
Cod
Flounder
Tuna
Egg whites
Beans (chickpeas/kidney beans/black beans/navy beans)
Edamame
Nut butters (All natural)
Walnuts
Almonds
Seeds
Lentils
Hummus
Tofu

FRUITS

All fresh and frozen fruits
Apples
Bananas
Oranges
Strawberries
Blueberries
Raspberries
Cantaloupe/Honeydew
Watermelon
Grapes
Mango
Pineapple
Cherries
Unsweetened applesauce
Plums
Kiwi
Peaches

VEGETABLES

All fresh and frozen vegetables
Lettuce
Spinach
Kale
Tomatoes
Cucumbers
Squash
Zucchini
Carrots
Peppers
Broccoli
Brussels sprouts
Artichokes
Sweet potatoes
Peas
Eggplant
Mushrooms
Onions

DRINKS

Seltzer
Water
Crystal Light
Unsweetened Iced Tea

FATS

Olive Oil
Canola Oil
Safflower oil
Avocado
Brummel and Brown Yogurt spread
Benecol Buttery Spread
Smart Balance Buttery Spread

PANTRY/CONDIMENTS/ SNACKS

Tomato sauce
Fat free salad dressing
Mustard
Low-fat mayonnaise
Pickles
Banana Peppers
Canned tomatoes
Canned Beans
Pretzels
Baked chips
Low fat granola bars
Low fat cereal bars
Nuts
Freeze Dried fruit
Dried fruit (no sugar added)
Rice cakes
Graham crackers
Snap pea crisps
Whole grain crackers

KEEP OUT OF SHOPPING CART!

Coconut oil
Butter
Margarine with saturated and trans-fat
Crisco
Palm oil
Full fat salad dressings
Full fat mayonnaise
Full fat dairy products
Bacon/Sausage/Pepperoni/
Bologna/Salami
White bread
White Pasta
White Rice
Donuts/Cakes/Muffins/
Frosting
Pop-Tarts/Danish/Coffee
Cakes/Cookies
Candy
Sugar Cereal
Potato Chips/Cheese Puffs
Cheese Crackers
Mac and Cheese
Frozen Meals
Juice/Soda/Sports drinks