

Toolkit No. 12

Protect Your Heart: Heart-Healthy Menu Ideas

Stay healthy by eating heart-healthy meals. Use these menus at home or when you're eating out. These menus are healthy for you and your whole family. Talk with your health care team if you have questions about what to eat.

About the menus

These menus include plenty of heart-healthy foods: fruits, vegetables, whole grains, lean meats, fish, low-fat dairy foods, and certain nuts and oils. The meals and snacks are also low in saturated and fat but high in fiber. Talk with your health care provider to learn whether you need to change these menus to meet your personal needs.

You can mix and match the menus. Choose a breakfast, lunch, dinner, and 2 snacks. On average, the menus for one day provide about:

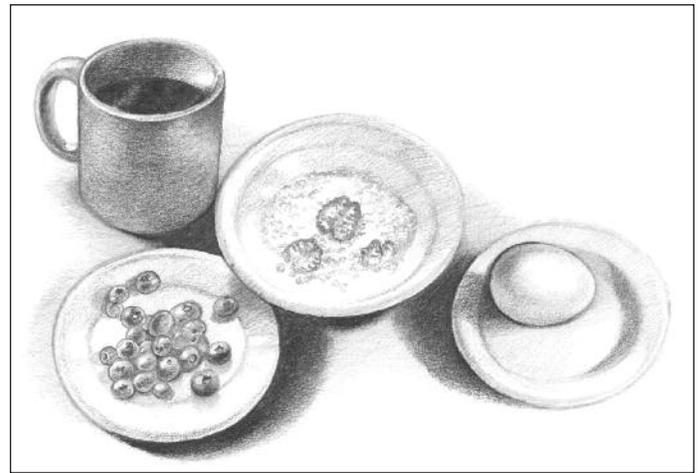
- 1600 calories
- 182 grams of carbohydrate (an average of about 45 to 60 grams per meal)—46% of total calories
- 77 grams of protein—19% of calories
- 62 grams of fat—35% of calories
- 11 grams of saturated fat—6% of calories
- 205 milligrams (mg) of cholesterol
- 1900 mg of sodium
- 30 grams of dietary fiber

You can cut 200 calories from the daily total by skipping the snacks. Or you can add 200 calories by eating 3 ounces of meat, poultry, or fish at lunch; 4 ounces of meat, poultry, or fish at dinner; and an extra half-serving of carbohydrate food, such as bread or rice, at 2 of your meals.

Menu ideas

Breakfast

- 1 toasted whole-wheat English muffin
- 2 tablespoons almond butter (like peanut butter, but made from almonds)
- 1 cup fat-free milk
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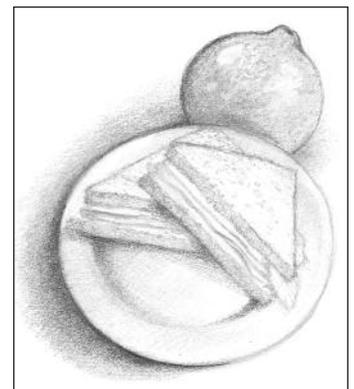


- ¾ cup oatmeal
- 1 tablespoon walnuts
- 1 cup fat-free milk
- 1 hard-boiled egg
- ¾ cup blueberries
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- 1 ounce low-fat cheese
- 1 slice toasted rye bread
- 1 cup fat-free milk
- 2 small tangerines

Lunch

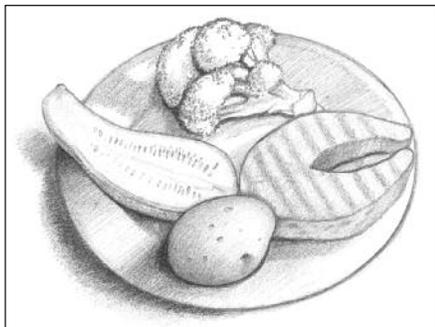
- 2 slices whole wheat bread
- 2 ounces sliced turkey breast
- Lettuce, tomato, onion, sprouts, and cucumber
- 1 tablespoon mustard or mayonnaise
- 1 orange
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- Salad with 1 cup fresh spinach, plus tomatoes, cucumber, onion, and red cabbage
- ½ cup black beans
- 1 ounce low-fat cheese
- 1 tablespoon low-fat or fat-free salad dressing
- 6 whole-wheat crackers
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- Small hamburger on a bun
- 1 tablespoon mustard or ketchup
- 1 side salad
- 1 tablespoon low-fat or fat-free salad dressing
- ½ cup fresh fruit mixture

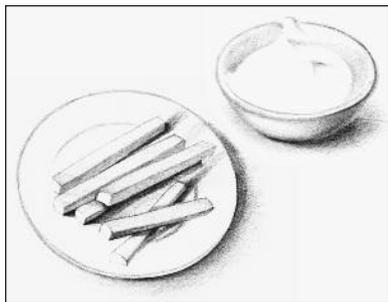
Dinner

- 3 ounces salmon
- ½ cup roasted red potato
- ½ cup zucchini squash
- 1 cup broccoli
- 1 tablespoon olive oil for cooking/seasoning
- 1 tablespoon trans fat-free light margarine
- ½ cup fat-free frozen yogurt
- ½ cup canned sliced peaches
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- 3 ounces roast pork loin
- ⅔ cup brown rice
- 1 cup fresh spinach salad and 1 tablespoon sliced almonds
- 1 tablespoon low-fat or fat-free salad dressing
- ½ cup green beans
- 1¼ cups whole strawberries
- 6 ounces light vanilla yogurt
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- 3 ounces baked chicken
- ¼ large (3 ounces) baked potato
- ½ cup roasted baby carrots and onions
- 1 tablespoon olive oil for cooking/seasoning
- 1 tablespoon trans fat-free light margarine
- 1 cup green salad
- 1 tablespoon low-fat or fat-free salad dressing
- 5 vanilla wafers
- 1¼ cups watermelon cubes



Snacks

- 1 cup carrot sticks and 1 ounce low-fat ranch dressing
- 1 sliced apple and 1 tablespoon peanut butter
- ½ banana and 2 tablespoons sunflower seeds
- 6 whole-grain crackers and 1 ounce low-fat cheese
- 6 ounces (⅔ cup) low-fat fruit-flavored yogurt
- ¾ cup high-fiber cereal and ½ cup fat-free milk



Where to find recipes online

Take a look at the American Diabetes Association’s (ADA) MyFoodAdvisor™ website at www.diabetes.org/MyFoodAdvisor online.

MyFoodAdvisor™ features

- a variety of recipes
- a place to save your favorite recipes
- nutrition information for many foods
- a way to check the nutrition information for your own recipes
- shopping lists

You can also find recipes at the ADA’s Diabetes Forecast magazine at www.forecast.diabetes.org/recipes online.

Other resources

Websites

You’ll find more healthy menu ideas and recipes at the following websites:

- The United States Department of Agriculture offers a personalized menu planner at www.mypyramidtracker.gov/planner.
- The National Heart, Lung, and Blood Institute, part of the National Institutes of Health, provides information about the DASH eating plan, a healthy diet for lowering blood pressure. Search “DASH” at www.nhlbi.nih.gov.
- The Mayo Clinic has diabetes-friendly recipes at www.mayoclinic.com/health/diabetes-recipes/RE00091.

ADA books

The ADA’s store at <http://store.diabetes.org> online offers cookbooks and books about meal planning. Titles include: the *Month of Meals* series, *The Ultimate Diabetes Meal Planner*, *Diabetes & Heart Healthy Meals for Two*, and *Diabetes Meal Planning Made Easy*.

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