

Heart Healthy Eating Guidelines

Follow a healthy meal pattern

- Eat regular meals throughout the day
- Eat your first meal within 1 to 2 hours of waking.
- Cook at home more often.
- Drink water.
- Avoid highly processed foods.

Eat more vegetables and have some fruit

- At lunch and dinner, fill ½ your plate with vegetables.
- Choose a variety of coloured vegetables, fresh, frozen, raw or cooked.
- Choose berries or fruit instead of juice.

Choose whole grains

- Choose whole grain and sprouted grain breads, wholegrain pastas and cereals, oatmeal, barley, quinoa, brown or wild rice.
- Limit foods made with white flour or added sugar.

Eat plant-based protein each day

- Add legumes such as split peas, lentils, chickpeas, black beans, and kidney beans to soups, salads, casseroles, and baked goods. Use them as a dip or a sandwich spread.
- Add unsalted nuts and seeds to breakfast cereals and salads, or have them as a snack.
- Try tofu instead of meat.

Eat healthy fats

- Eat avocado, unsalted nuts and seeds, and nut butters.
- Choose a variety of oils such as olive, avocado, canola, grapeseed, corn, and others.
- Include 2 to 3 tablespoons (30 to 45 mL) of healthy fat each day.
- Choose omega-3 fats such as salmon, sardines, mackerel, and trout at least 2 times a week.
- Limit saturated fats from fatty meat, butter, high fat dairy, and tropical oils (coconut and palm).
- Avoid processed foods made with palm oil or shortening. Stay away from deep-fried foods, pre-packaged snack foods, and commercial baked goods.



Choose lower fat dairy products and milk alternatives

- Choose milk and yogurt with 2% milk fat (M.F.) or less.
- Choose lower fat cheese when possible, or enjoy smaller portions of regular cheese.
- Choose unsweetened milk alternatives fortified with calcium and vitamin D.

Choose lean meats

- Choose lean meats. Avoid processed meats like bacon, ham, sausages, and deli meat.
- Trim any visible fat, and remove skin from chicken, turkey, and other poultry.
- Meat should be no more than ¼ of your plate.

Limit salt (sodium)

- Limit take-out and restaurant foods.
- Avoid high sodium packaged and canned foods.
- Cook with less salt and remove the salt shaker from the table.
- Try salt-free seasonings (herbs, spices, lemon juice, garlic, or vinegars).

Limit sugar

- Replace pop, juice, and sweetened drinks with water.
- Avoid foods with added sugar such as honey, molasses, brown sugar, cane sugar, fruit juice concentrate, agave, and high fructose corn syrup.

Limit alcohol

- For men, limit alcohol to 2 drinks per day or less.
- For women, limit alcohol to 1 drink per day or less.

One drink = 12 oz. of beer, **or**
= 5 oz. of wine, **or**
= 1.5 oz. of hard liquor

Additional Resources

canada.ca/foodguide

unlockfood.ca/menuplanner

healthlinkbc.ca/healthy-eating

heartandstroke.ca/get-healthy/healthy-eating

healthyfamiliesbc.ca/eating

Notes:
