

# Heart Healthy Meal Suggestions



## BREAKFAST

English muffin or 1-2 slices of bread. Whole wheat or whole grain preferred.\*  
8 ounces low-fat milk, or 4-6 ounces Greek yogurt +  
1-2 tablespoons peanut, nut, or seed butter  
Small banana, or ½ large banana

English muffin or 1-2 slices of bread. Whole wheat or whole grain preferred.  
1-2 whole eggs, 2-3 egg whites, or ½ cup egg substitute  
1 ounce of cheese  
1 small apple or serving of fresh fruit

1 cup cooked oatmeal (½ cup dry)  
4-8 ounces low-fat milk, or 1 hard boiled egg  
2 tablespoons dried fruit, or 1 serving fresh or frozen fruit  
1-2 tablespoons nuts, up to ¼ cup, if you choose not to include milk. I like walnuts!

1 serving whole grain cereal (high fiber and minimally added sugar, preferred) ^  
8 ounces low-fat milk, or plant-based milk alternative such as soy milk  
1-2 tablespoons nuts or seeds  
Serving of fresh fruit

½-1 serving whole grain cereal (high fiber and minimally added sugar, preferred)  
4-8 ounces low-fat Greek yogurt, or ½ cup low-fat cottage cheese  
1-2 tablespoons nuts or seeds (including chia and or flaxseeds)  
Serving of fresh fruit

1-2 whole grain waffles  
1 cup milk, or 4-6 ounces yogurt, or 1 egg  
1 tablespoon fruit spread, nut butter, or 1-2 tablespoons syrup  
1 cup berries or melon

1 small bagel, or ½ large deli-size bagel (whole grain always preferred!)  
1 ounce cheese, 1-2 tablespoons cream cheese, or 2 ounces smoked salmon  
1 serving grapes (about 17 grapes), or ½ large grapefruit

### Avocado Toast

1 slice whole grain bread toasted until golden and crispy  
1 whole egg or 2 egg whites: poached, or scrambled in 1 teaspoon oil, or non stick pan  
⅓ -½ avocado, peeled and seeded, mashed or sliced or a packaged individual serving  
Veggie of your choice, such as sliced tomato, onion, or salsa  
Salt and pepper to taste



## Veggie Omelette

1-2 slices whole grain toast or English muffin  
1-2 eggs, 2-3 egg whites, or ½ cup egg substitute  
1-2 tablespoons cheddar, part-skim mozzarella, or goat cheese  
Fresh mushrooms, broccoli, peppers, chopped tomatoes, onions, shredded cabbage or spinach sautéed in 1 teaspoon oil. Add fresh herbs such as cilantro, parsley, or dill. If you don't have any veggies, you can add a few tablespoons of fresh or prepared salsa.



## LUNCH OR DINNER

### SANDWICHES AND WRAPS

1-2 slices whole grain bread, or 1 serving whole wheat flat bread or tortilla  
2-3 ounces lean meat such as chicken, turkey, or roast beef  
Garden salad or cut up veggies with 1-2 tablespoons salad dressing  
1 serving fruit such as 1 large plum or kiwi

1 to 2 slices whole grain bread or 1 serving of whole grain crackers £  
2-3 ounces tuna or salmon -- the individual pouches or cans are handy  
1 tablespoon mayonnaise, 1-2 tablespoons salad dressing, or 1/3 avocado  
Veggies: carrots, onion, lettuce, tomato, sugar snap peas, cucumber, bell pepper, spinach  
1 serving fresh fruit such as 2 clementines

### Egg Salad

1 medium whole wheat pita round, or whole wheat tortilla  
1-2 whole eggs, 1 egg plus 1-2 egg whites, or 2-3 egg whites  
1 tablespoon mayonnaise or salad dressing  
Chopped celery, onion; spice it up with mustard, paprika, chili powder, or turmeric  
1 serving fruit such as 12 cherries, fresh or frozen

### Turkey Wrap

1 medium, or ½ large, whole wheat wrap  
2-3 ounces turkey or chicken breast. Boar's Head is a healthy option.  
⅓ sliced avocado, or 2 tablespoons guacamole or hummus  
Baby spinach leaves or lettuce, onions, sliced tomato  
1 small apple or ½ cup unsweetened applesauce with cinnamon

### SOUP AS A MEAL

1 cup lentil, black bean, minestrone, or split pea soup. Reduced sodium, less than 600 milligrams, is preferred.  
Garden salad with 1-2 tablespoons salad dressing  
½ cup low-fat cottage cheese, 1 serving low-fat Greek yogurt or 1 cup low-fat milk  
¾ cup fresh pineapple, or ½ cup pineapple chunks in its own juice



## MAIN DISH SALADS

Assortment of fresh vegetables: mixed salad greens; your choice of bell pepper, carrots, celery, cucumber, mushrooms, onion, sugar snap or snow peas, beets, etc.

3 ounces meat: chicken, turkey, salmon, shrimp, 1 egg, or ½ cup shelled edamame

½ cup garbanzo or kidney beans, preferably rinsed, or small whole wheat roll

1-2 tablespoons salad dressing, 5 medium olives, or 1/4 avocado

2 tablespoons dried fruit, or 1 serving fresh fruit

### Apple Walnut Spinach Salad

3 cups washed spinach

½ cup cottage cheese, or 2-3 ounces chicken or turkey

1 serving whole grain breadsticks, crackers or ⅓ to ½ cup kidney beans

1-2 tablespoons salad dressing, such as raspberry walnut vinaigrette

1 tablespoon chopped walnuts or sunflower seeds

1 small diced apple, or 2 tablespoons dried cranberries, blueberries, or raisins

### Southwest Salad

Mixed salad greens, tomatoes, bell pepper, onion

½ cup cooked, fresh, or frozen and thawed corn

3 ounces cooked chicken, ½ cup rinsed black beans, or ½ cup refried beans

Top with 1-2 tablespoons salad dressing, salsa, and/or sour cream, ½-1 serving cheddar cheese, and cilantro

1 cup mango or papaya

## CREATE YOUR OWN

### Quick and Easy Pizza for One

1 whole grain split open English Muffin, 2 slices whole wheat bread, or ½-1 piece Tandoori Naan Bread (43 to 85 grams, whole wheat preferred)

1-2 ounces mozzarella cheese

¼ cup pizza or pasta sauce, or tomato slices

Sliced green pepper, onion, mushrooms

Garden salad or raw veggies with 1-2 tablespoons dressing

1 serving fresh or frozen fruit

### Asian Stir Fry

½-⅔ cup cooked brown rice

½ cup shelled edamame, 1 serving tofu (85 grams), or 3-4 ounces shrimp

Assorted vegetables: broccoli, bok choy, carrots, celery, onions, peppers, snap peas, summer or zucchini squash sautéed in 1 teaspoon oil seasoned with garlic, ginger, and low-sodium chicken broth

1 tablespoon reduced-sodium soy or teriyaki sauce

1-2 tablespoons peanuts

1 orange



### **Veggie and Cheese Stuffed Baked Potato**

Small baked white or sweet potato  
1-2 ounces cheese or ½ cup low-fat cottage cheese  
Steamed broccoli, sliced tomato with 1 tablespoon Italian dressing  
1 cup berries

## **MEAL FAVORITES**

### **Good Old Fashioned Peanut Butter and Jelly**

1-2 slices whole grain bread  
2 rounded tablespoons of your favorite peanut, nut, or seed butter  
1-2 teaspoons fruit spread, if desired  
1 serving yogurt, or 4-8 ounces milk  
1 small banana or serving of fruit

### **Hummus Pita Pocket**

1 small or ½ large whole wheat pita  
¼-⅓ cup hummus. See recipe on my website,  
<https://hearthealthyrd.com/recipes-2/hummus/>  
4-8 ounces yogurt. Try plain Greek yogurt and add fresh garlic, diced cucumbers, and dill.  
Carrot sticks, or any raw veggies  
1 cup berries. Black berries and raspberries are loaded with fiber!

### **Reuben Sandwich**

This may not be below 600 mg sodium, but it is a lot healthier than one eaten at a deli!!  
2 slices rye bread  
2 ounces lean pastrami  
1 ounce Swiss cheese  
1 tablespoon sauerkraut, rinsed if possible, or 1 teaspoon horseradish sauce  
Grape tomatoes, sliced cucumber...any veggies would be great!  
3-4 fresh whole apricots, or 8 halves dried apricot

## **PROTEIN**

Tuna or salmon steak. 4 ounces raw = 3 ounces cooked  
Small baked red potato with 1 teaspoon soft tub butter blend  
Steamed or roasted green beans  
1 cup cubed cantaloupe or honeydew melon

2-4 ounces, cooked pork tenderloin  
Small baked sweet potato (3-6 ounces) or 1 serving *baked* sweet potato fries; recipe on my website, <https://hearthealthyrd.com/recipes-2/butternut-squash-fries>  
Asparagus spears  
1 teaspoon soft tub butter or olive oil  
Garden salad with 1 to 2 tablespoons salad dressing  
Small apple baked with cinnamon and a sprinkle of sugar



3-4 ounces cooked oven fried chicken with skin removed or fish: season with salt free herb blends, spritzed with olive oil, and bake at 400 degrees for 20-30 minutes. *Note: chicken should reach an internal temperature of 165°; fish will flake easily with a fork.*  
½-⅔ cup cooked brown rice or quinoa, or 1 cup cooked acorn or butternut squash  
Steamed or oven roasted broccoli, or any non-starchy veggie  
1 cup cubed watermelon

## SUGGESTIONS

### \* **Healthy Bread**

Whole wheat or whole grain as the first ingredient, with at least 3 grams of fiber per slice is preferred: Arnold's®, Fiber One™, Nature's Own, Pepperidge Farm®, Schmidt Old Tyme, Trader Joe's®, or Whole Foods® Whole Wheat, or Dave's Killer Bread.®

### + **Yogurt**

Plain preferred, low- or non-fat Greek yogurt. Add 1 teaspoon honey, jam, or agave, or try Chobani® Less Sugar, TruBlend®, and Siggis® as nice lower, natural sugar options!

### ^ **Whole Grain Cereal**

Steel cut, original, or quick **oatmeal**, with no added sugar or artificial sweeteners, preferred; Bob's Red Mill®, Alpen® original or no sugar added **muesli**, Post® Grape Nuts, Whole Grain Shredded Wheat or Wheat 'n Bran, Kashi® 7 Whole Grain Honey Puffs, General Mills® Cheerios, Wheaties or Total; KIND®, Bare Naked, or low added sugar granolas.

High fiber cereals include Kellogg's® All-Bran Original or Bran Buds, Trader Joe's® High Fiber Cereal, General Mills® Wheat Chex, Kashi® GO Original; Kellogg's®, Post® or Whole Foods® 365 Raisin Bran.

### £ **Whole Grain Crackers**

Whole grain as the first ingredient with at least 3 grams of fiber: Crunchmaster® Multi-Grain, Triscuits®, Mary's Gone Crackers®, Wasa® Multi Grain Crispbread



## MARY'S NOTES

Whether you choose non-, low-, or **full fat dairy products**, it's your preference. Evidence based nutrition studies are still pointing to the benefits of limiting total saturated fats as part of a heart healthy dietary pattern. The portion sizes, frequency, and balance within the day and weeks is what matters most!!

I do recommend **watching portion sizes** of even the good fats such as nuts, nut butters, seeds, olive oil, salad dressings, and avocado. Even though these are "heart healthy" fats they are not necessarily "weight friendly."

- 1 ounce nuts or seeds (about ¼ cup) = 160-200 calories
- 1 tablespoon peanut butter = 90 calories
- 1 tablespoon olive, canola or avocado oil = 120 calories
- 1 tablespoon full fat salad dressing usually = 80 or more calories
- 1 tablespoon full-fat mayonnaise = 100 calories
- 1 medium avocado = 234 calories

As often as you can, **choose whole, unprocessed foods**. The fewer the ingredients the better! Be especially careful with added sugars and fat, especially saturated fat. Read food labels to see what a "usual portion" size is.

The **sodium** content of food is also a consideration. The *Dietary Guidelines for Americans* recommends limiting sodium intake to less than 2,300 mg per day. To enhance flavor without salt, season with more dried and fresh herbs, lemon, lime, garlic or onion powder, pepper, and try salt-free blends. Horseradish and vinegar are low in sodium and can add a lot of flavor. Reduced-sodium soup or broth containing less than 600 milligrams per 8 ounce serving is preferred.

You can also try **growing your own herbs and vegetables** and may want to consider an indoor hydroponic garden kit such as Aerogarden®.

According to the American Heart Association and American College of Cardiology, healthy individuals can eat **eggs** as part of a healthy dietary pattern, however, in order to keep your dietary cholesterol intake low, they recommend no more than one whole egg per day.

1 whole egg = 2 egg whites = 1/4 cup egg substitute

One **fruit** serving is equivalent to 1 small piece of fresh fruit (¾ to 1 cup), ½ medium banana, 17 small grapes (3 ounces), 1 cup melon or berries, ½ cup canned or frozen fruit, 2 tablespoons of dried fruit (blueberries, cherries, cranberries, raisins) or ½ cup fruit juice.

