

# Protect Your Heart: Heart-Healthy Menu Ideas

One way to stay healthy is by eating heart-healthy meals. Use these menus at home or when you're eating out. They are healthy for you and your whole family.

## About the menus

These menus include plenty of heart-healthy foods: fruits, vegetables, beans, whole grains, lean meats, fish, low-fat dairy foods, and certain nuts and oils. The meals and snacks are also low in saturated fat and high in fiber. Talk with your health care provider about 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 menu 1

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

### Breakfast menu 2

- ¾ cup oatmeal
- 1 tablespoon walnuts
- 1 cup fat-free milk
- 1 hard-boiled egg
- ¾ cup blueberries



### Breakfast menu 3

- 1 ounce low-fat cheese
- 1 slice toasted rye bread
- 1 cup fat-free milk
- 2 small tangerines

### Lunch menu 1

- 2 slices whole wheat bread
- 2 ounces sliced turkey breast
- Lettuce, tomato, onion, sprouts, and cucumber
- 1 tablespoon mustard or mayonnaise
- 1 orange

### Lunch menu 2

- 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

### Lunch menu 3

- 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 menu 1

- 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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**Dinner menu 2**

- 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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**Dinner menu 3**

- 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
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**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

**Other resources**

**Where to find recipes online**

Take a look at the American Diabetes Association’s Recipes for Healthy Living at [diabetes.org/recipes](http://diabetes.org/recipes)

Each month, find new:

- Meal plans
- Quick and budget-friendly recipes
- Healthy eating tips
- Shopping lists

You can also find recipes in the Association's Diabetes Forecast magazine at [diabetesforecast.org](http://diabetesforecast.org)

**Websites**

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

- The United States Department of Agriculture offers a tracker, recipes and meal planning advice at [myplate.gov](http://myplate.gov).
- 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 [nhlbi.nih.gov](http://nhlbi.nih.gov).

**American Diabetes Association books**

Find cookbooks and books about meal planning at [shopdiabetes.org](http://shopdiabetes.org). Titles include: the *Family Classics Diabetes Cookbook*, *The Healthy Home Cookbook*, *Month of Meals* series, *The Ultimate Diabetes Meal Planner*, *Diabetes & Heart Healthy Meals for Two*, and *Diabetes Meal Planning Made Easy*.



**Provided By**

For this and other health education sheets, please call StayWell’s Health Management Department at 477-5091 ext. 1185.

