Building a Heart-Healthy Plate

Advice from the National Lipid Association Clinician's Lifestyle Modification Toolbox

A heart-healthy eating pattern can help prevent heart disease. Eating heart-healthy foods can lower your cholesterol and triglycerides. Heart-healthy foods can lower blood pressure, too.

Non-Starchy Vegetables

Fill **½ your plate** with colorful, non-starchy vegetables:

- Broccoli, Brussels sprouts, carrots, and green beans
- Orange, red, and yellow peppers
- Dark greens like arugula, kale, or spinach

Whole Grains and Starchy Vegetables

Fill **¼ of your plate** with high-fiber whole grain foods and colorful starchy vegetables:

- Barley, bulgur, oats, and quinoa
- 100% whole-wheat breads and pastas
- Starchy vegetables like sweet potatoes
- or yams and winter squash
- Cooked dried beans like kidney, pinto,
- and black beans, split peas, and lentils

Lean Protein-Rich Foods

Fill **¼ of your plate** with lean protein foods (about 3 oz. cooked)

- Fish like salmon, tuna, trout
- Chicken or turkey with no skin
- Lean red meat like "round"
- and "loin" cuts
- Plant protein foods like soy (tofu) and dried beans and lentils

Heart-Healthy Fats

Add foods with healthy fats at meals and snacks

- ¼ of an avocado
- **1 oz. or ¼ cup** unsalted nuts or seeds
- Use **liquid oils** like canola, corn, olive, soybean, and safflower oils
- **Limit unhealthy fats** like butter, coconut oil, palm/palm kernel oil and lard

Drinks

Choose mostly water

- Up to 3–4 cups of coffee or tea with no sugar a day is okay

Avoid drinks with added sugar like sodas, lemonade, fruit drinks, and energy/sports drinks

- If you drink alcohol, limit to 1 drink a day for women and 2 a drinks a day for men
- One drink = a 12 oz. beer, 5 oz. wine, or 1.5 oz. liquor

Fruit

- Choose **whole fruit**, frozen fruit with **no added sugar** or canned fruit in its **own juice**
- Choose 100% fruit juice
- Limit juice to ½ cup a day

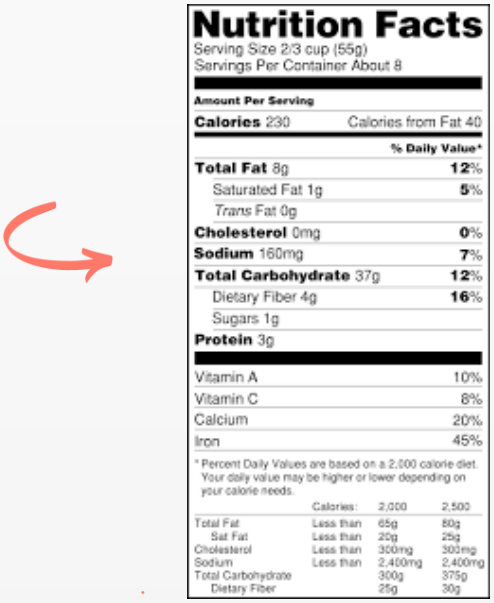
Dairy or Calcium-Fortified Dairy-Free Options

- Choose **fat-free or low-fat dairy foods**
- Choose skim or 1% milk or part-skim cheese
- Choose low-fat yogurt with no added sugar
- Choose fortified soy and nut milks with no sugar

Limit Sodium and Salt

Read food labels

- Choose foods with no added salt
- **Use less salt to flavor food**
- Try herbs, spices, lemon, and lime juice, and vinegars instead of salt to add flavor to food



Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 40
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

A registered dietitian nutritionist (RDN) can help you make a heart-healthy meal plan that works best for your lifestyle and support you in your nutrition journey.