



# Choosing Foods for Heart Health

Simple substitutions for better heart health + best choices for common foods.

Instead of this...	Try this...
Beer & Liquor	<b>Red Wine</b> Red wine (limit 2 glasses/day for men or 1/day for women) offers antioxidants; but if you don't drink, don't start! Alcohol-free beverages are also available that provide the taste of alcohol without the alcohol.
Bread & Bagels	<b>Sprouted Wheat Bread, Cracked Wheat Bread, Pumpernickel Bread and wheat tortillas</b> Limit breads made with flour which can spike blood sugar.
Margarines	<b>Nut Butters, Hummus, Mashed Avocado</b> Even "healthy" margarines are highly processed; if you crave butter, use one pat of the real thing.
Chips & Pretzels	<b>Red Bell Peppers, Jicama, Carrots, Apples, or Berries</b> These fresh, raw vegetables and fruits offer crunch and fiber without being heavy in calories, fat or glycemic load.
Coffee	<b>Tea (Especially White, Green and Oolong)—Or limit coffee to 2 cups/day</b> Teas provide healthy antioxidants. Coffee appears to reduce the risk for diabetes, probably due to polyphenol content, but limit to 2 cups/day to avoid caffeine overload.
Cookies & Candy	<b>Unsweetened Dried Fruit, Dark Chocolate, Fresh Fruit</b> All of these offer healthy compounds, but eat chocolate sparingly.
Eggs	<b>No Substitution Needed!</b> Even yolks are OK—just choose omega-3 enriched or eggs from free-range chickens and limit to 7 per week.
Mayonnaise	<b>Dijon Mustard or Horseradish</b> Both avoid unhealthy fats; if you crave mayonnaise, choose one made with canola oil.
Ice Cream & Other Desserts	<b>Dark Chocolate, Fruit Sorbets, Fresh Fruit, Fruit Yogurt (choose low sugar varieties - yogurt naturally contains about 12 grams of sugar/6 oz. due to the milk content)</b> All offer healthy compounds or ingredients without unhealthy butterfat, flour or oils.
Milk	<b>Low fat Milk or Soymilk</b> Low fat milk contains fewer unhealthy hormones (organic preferable) and soymilk provides protective isoflavones. Other plant-based milks, such as almond milk, are also good choices.



<b>Instead of this...</b>	<b>Try this...</b>
Pasta	<b>Whole Grain Pasta, Bean Thread, Soba, Udon or Rice Noodles</b> The glycemic index of pasta increases as it cooks, so eat it al dente (still a bit firm, with some “tooth” to it).
Potatoes	<b>Sweet Potatoes and Yams</b> Both are actually sweet potatoes and both are healthier and carry lower glycemic loads.
Salt	<b>Turmeric, Curry, Ginger, Garlic, Chile, Basil, Cinnamon, Rosemary, Thyme</b> All of these spices provide flavor plus protective compounds in place of excess sodium. Limit sodium to 2-3 grams per day.
Soda & Diet Soda	<b>Seltzer Water, Unsweetened Iced Tea</b> If you crave a carbonated drink, try cold seltzer with fresh fruit and/or a touch of natural sweetener.
Sugar	<b>Stevia or Sucralose; small amounts of Honey or Maple Syrup</b> Stevia has no sugar (and no calories). Among artificial sweeteners, sucralose (Splenda®) is a better choice but still a processed food.

**Best Fruits**

Choose colorful fruits like berries, peaches, nectarines, oranges, pink grapefruit, red grapes, plums, pomegranates, cherries, apples and pears for antioxidant and anti-inflammatory flavonoids and carotenoids.

**Best Vegetables**

Select dark leafy greens, broccoli, cabbage, Brussels sprouts, cauliflower, kale, bok choy, turnips, carrots, beets, onions, peas, squashes and sea vegetables: all are rich in antioxidants and anti-inflammatory components.

**Best Fish & Meat**

Choose fish rich in omega-3 fatty acids and low in mercury, such as wild Alaskan salmon (especially sockeye), herring, sardines and black cod—all strongly anti-inflammatory. Organic turkey and chicken are also great choices.

**Best Oils**

Use expeller-pressed extra virgin olive oil, nut oils and flax seed oil or, for flavorless oils, expeller-pressed canola oil or grapeseed oil—healthy fats that don’t harm (and can even help!) cholesterol levels.

**Choose organic whenever possible, especially for fish and poultry, milk, fruits and vegetables.**