

## Nikam's Heart Healthy Diet

### 1. Heart Healthy Foods Shopping list - Dairy Products

<b>Foods</b>	<b>Cal</b>	<b>Pro</b>	<b>Carb</b>	<b>Fats</b>	<b>Chol</b>	<b>Salt</b>	<b>Fbr</b>
Skim Milk	90	9.0	11.0	0	<5	130	0
Fat free cottage cheese (Friendship)	80	15.0	4.0	0	<5	380	0
Low fat cheese (Alpine Lace Reduced Fat)	70	8.0	1.0	4.5	15	170	0
Nonfat Yogurt (Dannon)	130	12.0	19.0	0	5	190	0
Light margarine	50	0	0	6.0	0	85	0
Fat-free sour cream	30	1.0	5.0	0	<5	40	0
Fat-free cream cheese 1 Oz.	25	5.0	1.0	0	<5	170	0
Eggs	80	7.0	1.0	4.5	215	65	0
Egg white	17	3.5	.3	0	0	55	0
Egg beaters	30	6.0	1.0	0	0	125	0
Egg, Goose, 1 egg	267	20.0	1.9	19.1	1227	199	0

Carbohydrates=4, proteins=4, fats=9, and alcohol=7 cal.

## Healthy Choice Food Values

### 2. Heart Healthy Foods Shopping List- Carbohydrates

<b>Foods</b>	<b>Cal</b>	<b>Pro</b>	<b>Carb</b>	<b>Fats</b>	<b>Chol</b>	<b>Salt</b>	<b>Fbr</b>
English muffins (Thomas')	120	4.0	25.0	1.0	0	200	1.0
Whole wheat bread (Nature's Own 100%)	50	4.0	10.0	1.0	0	115	3.0
High fiber tortillas (Azteca Burrito Size)	160	4.0	28.0	3.0	0	330	3.0
All bran cereal extra fiber ½ cup	50	3.0	20.0	1.0	0	120	13.0
Oatmeal (Pepperidge Farm)	60	2.0	11.0	1.0	0	160	1.0
Brown rice (Success), ½ cup	150	4.0	33.0	1.0	0	5	2.0
Pasta plain	211	7.3	42.6	.9	0	4	1.4
Bread Rye (Monk's)	60	2.0	12.0	0	0	115	2.0
Bread 7 grain (Pepperidge)	45	2.0	9.0	0	0	95	<1.0
Whole wheat (nature's own)	50	4.0	10.0	1.0	0	115	3.0
Wheat (honey) (Healthy Choice)	60	3.0	12.0	.5	0	120	2.0
Wheat, puffed	55	2.5	11.0	0	0	0	1.5
Fiber one	60	2.0	26.0	0	0	15	2.0
All bran flakes (Kellogg's Complete)	90	3.0	23.0	.5	0	210	5.0
Kashi Heart to Heart cereal	110	4.0	25.0	1.5	0	90	5.0
Corn ½ cup	90	2.0	19.0	.5	0	290	2.0
Croissant 1 pc.	290	4.0	30.0	17.0	0	340	0

Carbohydrates=4, proteins=4, fats=9, and alcohol=7 cal.

## Introduction

### 3. Heart Healthy Foods Shopping list – Proteins Meats

Foods	Cal	Pro	Carb	Fats	Chol	Salt	Fbr
Ham, lean	239	33.4	0	10.7	107	73	0
White meat chicken 4 oz.	60	13.0	0	1.0	30	290	0
Turkey 4 oz.	193	3.2	0	5.6	86	79	0
Fish Sticks (Swanson Fun Feast), 7 oz	340	10.0	48.0	12.0	0	590	3.0
Sirloin, fried, lean only, 4 oz.	270	36.8	0	12.4	112	87	0
Pork tenderloin 4 oz. (Armour)	110	20.0	0	4.0	55	480	0
Bacon, Canadian	70	12.0	1.0	2.0	35	570	0
Bacon, vegetarian 2 slices	60	2.0	2.0	4.5	0	220	<1.0
Bacon bits	30	3.0	0	1.5	5	250	0
Bass 4 oz.	129	21.4	0	4.2	77	79	0
Beef brisket lean	274	33.7	0	14.5	105	79	0
Beef-ground extra lean	290	28.8	0	18.5	95	79	0
Beef flank steak	256	30.0	0	14.2	77	92	0
Beef chuck steak	255	37.4	0	10.5	115	75	0
Beef sirloin steak	229	34.4	0	9.1	101	75	0
Beef T-bone steak	243	31.9	0	11.8	91	75	0
Beef tenderloin lean	252	32.0	0	12.7	95	71	0
Beef lunch meat roast	70	13.0	1.0	1.5	40	200	0
Beef lunch meat Health Choice	50	8.0	1.0	1.0	20	450	0
Catfish 4 oz.	153	17.7	0	8.6	15	60	0
Chicken dark meat only	232	31.0	0	11.0	105	105	0
Chicken breast (Tyson)	140	25.0	0	4.0	65	40	0
Chicken breast Cajun	130	21.0	3.0	4.0	60	700	0
Chicken drumsticks skinless	130	21.0	0	5.0	110	95	0
Tenderloin	110	24.0	0	1.5	65	160	0
Tenders 4 oz.	110	26.0	0	5.0	55	40	0
Chk. Thighs, skinless, boneless	160	19.0	0	10.0	90	75	0

Carbohydrates=4, proteins=4, fats=9, and alcohol=7 cal.

## Healthy Choice Food Values

### 4. Heart Healthy Foods Shopping list – Proteins Meats (contd.)

<b>Foods</b>	<b>Cal</b>	<b>Pro</b>	<b>Carb</b>	<b>Fats</b>	<b>Chol</b>	<b>Salt</b>	<b>Fbr</b>
Chicken vegetarian diced (Worthington Meatless) ¼ cup	60	11.0	3.0	0	0	260	<1.0
Drumsticks	100	10.0	4.0	6.0	0	300	2.0
Slices	80	9.0	1.0	4.5	0	370	<1.0
Tenders	90	12.0	8.0	2.0	0	350	3.0
Chicken lunch meat	50	9.0	1.0	1.0	20	470	0
Beef corned	180	16.0	0	13.0	50	550	0
Clam, canned ½ cup	50	9.0	2.0	1.0	40	270	0
Cloves, ground, 1 tsp.	21	.4	4.0	1.3	0	16	<1.0
Crab, raw, 4 oz.	99	20.5	.1	1.2	89	332	0
Crab, canned	40	8.0	0	1.0	50	300	0
Frankfurter, beef (Healthy Choice)	70	6.0	7.0	2.5	15	440	0
Frankfurter, vegetarian	80	11.0	3.0	3.0	0	220	2.0
Frankfurter, (Yves Chili Dogs)	50	10.0	3.0	0	0	360	2.0
Halibut 4 oz.	124	23.6	0	2.6	37	61	0
Ham, vegetarian 2 slices	90	8.0	2.0	5.0	0	320	0
Herring, Atlanta 4 oz.	180	20.4	0	10.3	68	102	0

Carbohydrates=4, proteins=4, fats=9, and alcohol=7 cal.

## Introduction

### 3.1 Heart Healthy Foods Shopping list – Vegetable Proteins

<b>Foods</b>	<b>Cal</b>	<b>Pro</b>	<b>Carb</b>	<b>Fats</b>	<b>Chol</b>	<b>Salt</b>	<b>Fbr</b>
Tofu 4 oz.	60	6.0	2.0	3.0	0	10	0
Lentils ½ cup	70	8.0	19.0	0	0	5	9.0
Black beans 1/3 cup	120	8.0	20.0	0	0	240	11.0
Red beans	100	6.0	19.0	.5	0	310	9.0
Navy beans	129	7.9	24.0	.5	0	1	3.3
Pinto beans, dry, ¼ cup	150	10.0	27.0	.5	0	0	8.0
Blackeyed peas 3 oz.	130	8.0	21.0	1.0	0	250	11.0
Fava beans	100	6.0	17.0	0	0	5	4.0
Mung beans, dry, ¼ cup	160	11.0	28.0	.5	0	0	9.0
Italian white beans							
Great white northern beans							
Chickpeas, dry, ¼ cup	170	10.0	29.0	2.0	0	10	6.0
Black beans canned (Bush's Best)	100	7.0	20.0	.5	0	470	7.0
Blackberry canned 2/3 cup	60	2.0	13.0	.5	0	20	9.0
Blackeyed peas canned ½ cup	110	7.0	21.0	1.0	0	350	6.0
Broad beans canned ½ cup	110	6.0	20.0	.5	0	250	5.0
Baked beans ½ cup	150	6.0	29.0	1.0	0	350	8.0
Garbanzo beans, canned	120	5.0	20.0	2.5	0	280	5.0
Kidney beans	130	8.0	21.0	1.0	0	260	7.0

## Healthy Choice Food Values

### 4. Heart Healthy Foods Shopping list – Fresh Fruits

Foods	Cal	Pro	Carb	Fats	Chol	Salt	Fbr
Apples	80	0	22.0	0	5.0	0	0
Peaches, fresh, 1 med., 3.5 oz.	40	1.0	10.0	0	0	0	2.0
Oranges (Florida), 5 oz.	65	1.0	16.3	.3	0	1	3.4
Pears	100	1.0	25.0	1.0	0	0	4.0
Grapes, fresh, 1 1/2 cups	90	1.0	24.0	1.0	0	0	1.0
Grapefruit	60	1.0	16.0	0	0	0	6.0
Apricot	60	0	11.0	1.0	0	0	1.0
<b>Cherries, ½ cup</b>	<b>52</b>	<b>.9</b>	<b>12.0</b>	<b>.7</b>	<b>0</b>	<b>1</b>	<b>1.7</b>
Plums, 2 medium	80	1.0	19.0	1.0	0	0	2.0
Lemon, 1 medium	15	0	5.0	0	0	5	1.0
Limes, 3 oz.	25	1.0	9.0	0	0	0	2.0
Papaya, fresh, ½ medium	70	0	19.0	0	0	10	2.0
Olives, 3 pcs., .5 oz., (Krino's)	45	0	2.0	4.0	0	230	0
Jackfruit, fresh, trimmed, 10 oz.	27	.4	6.8	.1	0	1	.5
Apricots	60	0	11.0	1.0	0	0	1.0
Artichoke 4.5 oz.	60	4.2	13.5	.2	0	120	6.9
<b>Bananas</b>	<b>110</b>	<b>1.0</b>	<b>29.0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>4.0</b>
Blueberry ½ cup	41	.5	10.2	.3	0	5	2.0
Cherry 1/2 cup	52	.9	12.0	.7	0	1	1.7

Carbohydrates=4, proteins=4, fats=9, and alcohol=7 cal.

## Introduction

### 5. Heart Healthy Foods Shopping list – Fresh Vegetables

Foods	Cal	Pro	Carb	Fats	Chol	Salt	Fbr
Broccoli 5.2 oz stalk	45	5.0	8.0	.5	0	55	5.0
Peas	120	7.0	20.0	1.0	0	530	5.0
Cauliflower	25	2.0	5.0	0	0	30	5.0
Squash	50	1.0	12.0	0	0	0	4.0
Green beans, fresh, ½ cup	17	1.0	3.9	.1	0	3	1.9
Spinach, fresh, raw, 3 oz.	40	2.0	10.0	0	0	160	5.0
Lettuce, 3oz.	15	1.0	3.0	0	0	10	1.0
Cabbage	228	13.1	49.3	2.4	0	164	20.9
Artichokes, 4.5-oz.	60	4.2	13.5	.2	0	120	6.9
Cucumber	38	2.1	8.3	.4	0	6	2.4
Mushrooms, raw pcs., or slices	9	1.0	1.5	.2	0	1	.4
Carrots 7' long	35	1.0	8.0	0	0	40	2.0
Onions, 3 pcs., 3 oz.	30	1.0	7.0	0	0	0	2.0
Tomatoes, fresh, ripe, ½ cup, 3 oz.	20	1.0	4.0	0	0	10	1.0
Green peppers, 1 medium, 5.2 oz.	30	1.0	7.0	0	0	0	2.0
Chilies							
Tomatillos	25	1.0	5.0	1.0	0	0	2.0
Eggplant	20	1.0	5.0	0	0	0	2.0
Bamboo shoots ½ cup	21	2.0	4.0	.2	0	3	.7
Chinese celery	15	1.0	3.0	0	0	75	1.0
Water chestnuts, 1.1 oz.	30	0	7.0	0	0	0	1.0
Bean sprouts, canned (La Choy), 2/3 cup	15	1.0	3.0	0	0	50	<1.0
Asparagus 5 spears	25	2.0	4.0	0	0	0	2.0
Avocado ½ cup	121	1.5	18.1	11.5	0	15	7.5
Bean spourts 2/3	15	1.0	3.0	0	0	50	<1.0
Beet 3 oz.	35	1.0	8.0	0	0	65	2.0
Beet canned ½ cup	35	<1.0	8.0	0	0	240	2.0
Broccoli frozen 1 cup	52	5.7	9.8	.2	0	44	5.5
Cabbage	228	13.1	49.3	2.4	0	164	20.9

Carbohydrates=4, proteins=4, fats=9, and alcohol=7 cal.

## Healthy Choice Food Values

### 5. Heart Healthy Foods Shopping list – Fresh Vegetables

Cabbage-red raw 1 lb.	100	5.0	22.2	.9	0	38	7.3
Cantaloupe ¼ med.	50	1.0	12.0	0	0	25	1.0
Frozen baby carrots ½ cup	40	1.0	9.0	0	0	45	2.0
Cauliflower frozen ½ cup	20	2.0	4.0	0	0	15	2.0
Celery	20	1.0	2.0	0	0	100	2.0
Chives ¼ cup frozen	2	.2	.5	<.1	0	24	<1.0
Eggplant, raw	20	1.0	5.0	0	0	0	2.0
Green bean, frozen	25	1.0	6.0	0	0	0	2.0

### 6. Heart Healthy Foods Shopping list –Dressings & condiments

Foods	Cal	Pro	Carb	Fats	Chol	Salt	Fbr
<b>Italian seasoning 1 tsp.</b>	<b>10</b>	<b>0</b>	<b>2.0</b>	<b>0</b>	<b>0</b>	<b>630</b>	<b>0</b>
Nonstick cooking spray							
Baking powder, 1/8 tsp.	0	0	0	0	0	60	0
Baking soda ½ tsp.	0	0	0	0	0	630	0
Cornstarch							
Unflavored gelatin	25	6.0	0	0	0	15	0
Non-fat salad dressings							
<b>Mustard (Dijon, etc.)</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>.5</b>	<b>0</b>	<b>130</b>	<b>0</b>
Ketchup, 1 tsp.	15	0	4.0	0	0	190	0
Barbecue sauce							
Jam, jelly, or honey							
Flavored vinegars							
Salsa or picante sauce							
Soy sauce							
Bouillon cubes/granules							
No-calorie drink mixes (coke 12 oz.)							
<b>Unsweetened iced tea</b>							
Carbonated water							
Water							

**Introduction**

**6. Heart Healthy Foods Shopping list – Drinks & dressings**

Barbecue sauce 2 tsp.	60	0	13.0	0	0	330	0
Beer regular	146	.9	13.2	0	0	19	0
Beer light	100	.7	4.8	0	0	10	0
Brown gravy	25	0	4.0	1.0	<5	340	0
Brussels sprouts ½ cup	30	2.0	6.8	.4	0	17	3.4
Butter	110	0	0	12.0	30	0	0
<b>Cardamom 1 tsp.</b>	<b>6</b>	<b>.2</b>	<b>1.4</b>	<b>.1</b>	<b>0</b>	<b>&lt;1</b>	<b>.5</b>
Parmesan grated 1 tsp.	20	1.0	1.0	1.0	5	55	0
Parmesan shredded 1 tsp.	20	2.0	0	1.0	0	35	0
Chili powder	0	0	0	0	0	20	0
Chili mix 1 tsp.	24	.9	4.1	1.3	0	76	2.6
Barley	170	5.0	37.0	.5	0	0	6.0
Cinnamon, ground 1 tsp.	6	.1	2.1	.1	0	1	1.4
Coffee 6 fl. Oz.	4	.1	.8	0	0	4	0
Cappuccino	130	4.0	23.0	3.0	0	125	0
Coriander ¼ cup	1	.1	.1	<.1	0	1	.1
Cumin seed, ground, 1 tsp.	8	.4	.9	.5	0	4	.2
Curry paste, medium, 1 tbsp.	170	1.0	3.0	17.0	0	920	0
Curry powder 1tbsp.	20	.8	3.7	.9	0	3	1.0
Fennel seeds 1 tsp.	7	.3	1.1	.3	0	2	<1.0
Flax seeds	140	5.0	11.0	10.0	0	0	6.0
Garlic powder 1 tsp.	10	.5	2.3	0	0	1	0
Ginger 1 oz.	20	.5	4.3	.2	0	4	.6
Grape juice (Welch's) 4 oz.	170	0	42.0	0	0	20	0
Grapefruit (Dole)	60	1.0	16.0	0	0	0	6.0

**7. Heart Healthy Foods Shopping list – Meat Analogs**

<b>Foods</b>	<b>Cal</b>	<b>Pro</b>	<b>Carb</b>	<b>Fats</b>	<b>Chol</b>	<b>Salt</b>	<b>Fbr</b>
<b>Burgers vegetarian</b>							
Boca							
Harvest burgers							
Black bean spicy							
Pizza, tomato basil							
Boca salsa							



**Introduction**

Mozzarella shredded (low fat)	70	8.0	<1.0	4.0	15	190	0
Cheese romano grated	25	2.0	0	1.5	5	90	0
Cheese romano shredded	20	1.0	0	1.5	0	100	0
Swiss reduced fat	90	8.0	1.0	6.0	20	35	0
Swiss sargento light	70	8.0	<1.0	3.5	15	40	0
Swiss kraft processed	70	5.0	0	5.0	20	310	0
American smart beat	25	4.0	3.0	0	0	180	0
<b>Cheddar (Yves)</b>	<b>35</b>	<b>4.0</b>	<b>1.0</b>	<b>2.0</b>	<b>0</b>	<b>280</b>	<b>1.0</b>
Mozzarella (Yves)	30	4.0	0	2.0	0	270	0
Colby (Kraft reduced fat)	80	7.0	0	6.0	20	220	0
Creams	45	0	<1.0	4.5	20	5	0
Cream non-fat (Land O Lakes)	30	1.0	5.0	0	<5	40	0
Flax seeds	140	5.0	11.0	10.0	0	0	6.0

Chicken Strip Basket	1000	35.0	102.0	50.0	55	2260	5.0		
Denny's Lumberjack slam	1259	54.0	118.0	70.0	481	4028	5.0		
Denny's All American Slam	712	38.0	9.0	62.0	686	1281	1.0		
Denny's Breakfast Dagwood	1251	75.0	35.0	90.0	802	3597	1.0		
<b>Denny's Farmer's Slam</b>	<b>1200</b>	<b>51.0</b>	<b>82.0</b>	<b>80.0</b>	<b>704</b>	<b>3204</b>	<b>3.0</b>		
Denny's French Slam	1029	44.0	58.0	71.0	777	1428	2.0		

Carbohydrates=4, proteins=4, fats=9, and alcohol=7 cal.

**9. Heart Healthy Foods Shopping list – Snacks**

Foods	Cal	Pro	Carb	Fats	Chol	Salt	Fbr
<b>Almonds</b>	<b>170</b>	<b>7.0</b>	<b>6.0</b>	<b>14.0</b>	<b>0</b>	<b>0</b>	<b>3.0</b>
Apple snacks	50	0	13.0	0	0	125	2.0
Dry soy nuts							

