



Cambridge Cardiac Care Inc.

* Dietary Approaches to Stop Hypertension DASH * Lifestyle

Food Groups	Daily Servings	Serving Size	Examples and Notes
Grains and grain products	6-8	1 slice of bread (approx 2 servings) ½ cup dry cereal ½ cup cooked rice, pasta, or cereal	Whole wheat bread, English muffin, pita bread, bagel, cereals, grits, oatmeal
Vegetables	4-5	1 cup raw leafy vegetables ½ cup cooked or raw vegetables ½ cup vegetable juice	Tomatoes, potatoes, carrots, peas, squash, broccoli, turnip, artichokes, beans, sweet potatoes
Fruits	4-5	½ cup fruit juice 1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen or canned fruit	Apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, melons, mangoes, peaches, pineapples, prunes, raisins, strawberries, tangerines
Low-fat or nonfat dairy	2-3	1 cup milk 1 cup yogurt 1 ½ oz. cheese	Skim milk, skim buttermilk, nonfat or low-fat yogurt, skim mozzarella cheese, nonfat cheese
Lean meats, poultry and fish	6 or less	1 oz cooked meats, poultry or fish 1 egg	Lean meats (trimmed of visible fat), broiled, roasted or baked poultry with skin removed
Nuts, seeds and legumes	4-5 <u>per week</u>	1 ½ oz. or 1/3 cup nuts ½ oz. or 2 Tbsp. seeds 2 tbsp peanut butter ½ cup cooked legumes	Almonds (10-12 fresh, non-roasted, non-salted, not covered in chocolate), filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils

To lose weight, a reduction in the # of servings may be necessary.

Diabetic patients may need to reduce the above recommended daily servings to meet their caloric restrictions.

Diabetic patients should avoid eggs, including eggs in prepared/packaged foods (e.g. mayonnaise, cake, etc)

In general substitute egg whites for whole egg or use egg substitutes.

Sodium Reduction

- Recommended daily intake of sodium equals 2,400mg or approximately one teaspoon of table salt
- Use reduced or no-salt-added products
- Buy fresh, plain frozen, or canned vegetables
- Use fresh poultry, fish and lean meat rather than canned, smoked or processed types
- Limit cured foods (bacon, ham) or foods packed in brine (pickles, olives, sauerkraut) and condiments (MSG, mustard, ketchup, horseradish)

Exercise

- 30 -45 minutes of aerobic exercise daily and/or 10,000 – 14,000 steps daily using a pedometer.

Go to www.nhlbi.nih.gov (recipes on line)

Google: American Heart association “No Fad Diet” see web site

Cambridge Cardiac Care Centre
150 Hespeler Road
Cambridge, ON N1R 6V6
T. 519.624.3511 F. 519.624.3411
Prevention. Detection. Therapy.