Boulder Community Health

PATIENT EDUCATION

Heart-Healthy Diet

Patient Information	
What is a heart-healthy diet	• A heart-healthy diet is one that includes eating vegetables, fruits, whole grains, fat-free or low-fat dairy products, fish, lean meats, poultry, eggs, nuts, seeds, soy products, legumes, and vegetable oils (but not coconut or palm oil). • It also involves limiting salt (sodium), saturated fats, trans fats, added sugars, and alcohol.
Foods you should eat	Examples of foods that are heart-healthy include: Grains: • Whole-wheat breads, cereals, pastas, and tortillas • Brown rice • Plain oatmeal Vegetables: • Green vegetables (e.g. broccoli, beans, peas, spinach, collard greens, kale) • Carrots • Sweet potatoes • Tomatoes • Peppers • Avocados • Canned vegetables with no added salt Fruits: • Fresh fruit (e.g. apples, bananas, pears, grapes) • Dried fruit such as raisins or dates • Citrus fruits • Berries (e.g. strawberries, raspberries) • Canned fruit with no added sugar Dairy: • If you have heart disease, lower fat dairy products are encouraged, but there is evidence that full fat dairy is neutral for most people. Oils • Corn, canola, olive, safflower, sesame, sunflower, and soybean oils Meats & proteins: • Lean cuts of beef and pork (e.g. 95% lean ground beef or pork tenderloin) • Skinless chicken and turkey

	• Legumes • Soy products • Eggs • Nuts, seeds, and soy products • Legumes (e.g. kidney beans, lentils, chickpeas, black-eyed peas, lima beans) • Fish high in omega-3 fatty acids (e.g. salmon, tuna, and trout) • Tofu
Other things to be aware of	• Try to limit the amount of added sugars you eat. • The amount of alcohol you drink should also be limited. Men should have no more than two drinks a day, and women should have no more than one. One drink is considered: 12 ounces of regular beer, 5 ounces of wine, or 1 ½ ounces of 80-proof liquor.

Source: National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.

For more information and guidance about eating a heart-healthy diet, please speak to your health care provider.

This material is for informational purposes only. It does not replace the advice or counsel of a physician or health care professional. BCH makes every effort to provide information that is accurate and timely, but makes no guarantee in this regard. You should consult with, and rely on the advice of your physician or health care professional. Last reviewed: 07/2025