








MAKING BETTER FOOD CHOICES[©]


The following recommendations for preventing cardiovascular disease and improving overall health and blood cholesterol are based on [Canada's food guide: Eat well. Live well.](#)

Nutritious foods can reflect cultural preferences and food traditions










Eat protein foods

Recommended	Eat Occasionally (maximum 3 times weekly)	Limit
<p><u>Fish</u> (2 or more times per week) Fresh and frozen fish</p> <p>Oysters, scallops, clams, lobster, crab, shrimp, squid, etc.</p> <p>Low sodium/salt free canned fish or seafood in water</p> <p> Canned fish or seafood in water (salmon or tuna packed in water, sardines, mackerel, herring, oysters, mussels, shrimp, clams, crabmeat, etc.)</p> <p><u>Legumes</u> Dried legumes: e.g. lentils, soybeans, chick peas, navy beans, kidney beans, lima beans</p> <p> Canned legumes, canned beans in tomato sauce, hummus</p> <p><u>Poultry</u> (skinless) Chicken, turkey, Cornish hens Lean or extra lean ground chicken or turkey</p> <p><u>Game</u> Venison, rabbit, moose, bison</p> <p><u>Other</u> Egg substitutes, egg whites Omega-3 enriched liquid eggs</p> <p>Tofu (soy curd)</p> <p>Unsalted Nuts & Seeds: walnuts, almonds, peanuts, pecans, chestnuts, hazelnuts, pistachios, macadamias, cashews; pumpkin, sesame, sunflower & their butters</p>	<p> Lightly battered frozen fish with no trans fat</p> <p> Canned fish in oil or smoked fish (salmon, tuna, sardines, oysters, mussels, herring, etc.)</p> <p>Dark poultry meat</p> <p><u>Lean Meat</u> Beef – round, steak, rump roast, sirloin tip, lean stewing beef, extra lean or lean ground beef Veal – roast, round, rump, tenderloin Lamb – leg, loin, roast, shank Pork – tenderloin, loin chops</p> <p>Eggs – discuss with your dietitian</p> <p></p> <p> Salted Nuts & Seeds: walnuts, almonds, peanuts, pecans, chestnuts, hazelnuts, pistachios, macadamias, cashews; pumpkin, sesame, sunflower</p>	<p>Deep fried, breaded, or battered fish and seafood</p> <p>Canned beans with pork or lard, canned split pea soup with lard</p> <p>Duck, goose</p> <p>Poultry skin</p> <p>Deep fried chicken, chicken wings</p> <p>Fatty marbled meats, prime cuts, e.g. T-bone</p> <p>Regular or medium ground beef/chicken/turkey or hamburger patties</p> <p>Organ meats (liver, kidney, heart, brains, gizzards, giblets)</p> <p>Mutton, ground lamb</p> <p>Side bacon, peameal bacon, ham, ham hocks, pig's feet, spare ribs, short ribs</p> <p>All pates, liverwurst, and processed meats such as cold cuts, wieners, sausages; canned meats, e.g. Spam™, canned corned beef, deviled ham</p> <p>Coconut</p>


 If you are at high risk for or have diabetes, have high triglycerides or low HDL cholesterol, reduce the quantity of these sweet foods.

 If you have high blood pressure, reduce the quantity of these salty foods.

Eat protein foods (continued)






Recommended	Eat Occasionally (maximum 3 times weekly)	Limit
Fluid Milk and Alternatives		
Skim, 1%, 2% M.F. regular milk  Buttermilk (skim, 1% M.F.) Evaporated milk Fortified soy beverage (plain or unsweetened)	 Flavoured milk  Condensed milk  Flavoured fortified soy beverage	Whole milk (3.25% M.F.)
Yogurt		
Plain or artificially sweetened yogurt (2% M.F. or less) Greek yogurt (2% M.F. or less) Kefir (unsweetened 2% M.F. or less)	Plain, Greek, or artificially sweetened yogurt (2-4% M.F.)  Flavoured yogurt (less than 4% M.F.)	Yogurt (4% M.F. or more) Kefir (more than 2% M.F.)
Cheese		
 Cottage cheese  Ricotta cheese	 Hard cheese, brick or sliced – discuss portion size with your dietitian  Soft cheese – discuss portion size with your dietitian	Processed cheese slices Soy or veggie cheese Cream cheese

[% M.F. = percent milk fat]


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 If you have high blood pressure, reduce the quantity of these salty foods.

Choose whole grain foods

Recommended	Eat Occasionally (maximum 3 times weekly)	Limit
<p>Products made with 100% whole grains (read labels: e.g. 100% whole grain whole wheat, pumpnickel, rye, stoned ground whole wheat, buckwheat, millet, barley, sorghum, teff): bread, rolls, buns, pita, English muffin, soft tortilla shells (Aim for 2 or more grams of fibre <u>per slice</u>).</p> <p>Whole grain cereals (4 grams or more of fibre and 8 grams or less of sugar per serving)</p> <p>Home made hot cereals (e.g. oatmeal, oat bran, Red River)</p> <p>Homemade baked goods***</p> <p>Homemade pancakes, waffles***</p> <p>Whole wheat pasta</p> <p>Brown rice, wild rice, bulgur, quinoa, amaranth</p> <p>Melba toast (whole wheat or multigrain)</p>	<p>Breads, rolls, buns, etc. made with white flour</p> <p>Bread sticks</p> <p>Cereals not in other two columns</p> <p> Instant hot cereal</p> <p></p> <p>White pasta</p> <p>White rice</p> <p> Low fat granola bars, low fat cereal bars (look for no trans fat, 2 grams or less of saturated fat, 3 or more grams of fibre)</p> <p> Crackers with no trans fat and 2 grams or less of saturated fat per serving</p>	<p>Cheese or egg bread/buns</p> <p>Danishes, sweet rolls, croissants, tea biscuits</p> <p>Refrigerated ready-made dough (e.g. Crescent rolls, cookies)</p> <p>Pre-sweetened cereals</p> <p>Granola-type cereals (made with coconut and/or coconut oil)</p> <p>Muffins, donuts</p> <p>Cookie, muffin, and cake mixes; Frozen or ready-made pancakes and waffles</p> <p>Chow mein noodles</p> <p>Prepackaged rice mixes, side pasta, stuffing</p> <p>Granola bars, cereal bars that do not meet recommended criteria</p> <p>Regular crackers</p>
<p> Whole grain crackers or unsalted crackers with no trans fat and 2 grams or less of saturated fat per serving</p>		

***These foods should be made from recommended ingredients such as: 100% whole grains, less than 2% M.F. dairy, & oil or non-hydrogenated margarine. Use less sugar.








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 If you have high blood pressure, reduce the quantity of these salty foods.

Have plenty of vegetables and fruits

Eat at least one dark green and one orange vegetable each day.





Have vegetables and fruit more often than juice.

Recommended	Eat Occasionally (maximum 3 times weekly)	Limit
<p>Fresh and frozen vegetables</p> <p>No salt added canned vegetables</p> <p>Home-made oven-baked fries (white potato or sweet potato)</p> <p>Low sodium vegetable juices</p>	<p> Canned vegetables (with salt) Rinsing these vegetables in water reduces salt content.</p> <p> Vegetable juices (with salt)</p>	<p>Battered and deep-fried vegetables</p> <p>Vegetables with butter, cheese or cream sauces</p> <p>Deep fried: French fries, hash browns, potato croquettes</p>
<p>Fresh, frozen and unsweetened canned fruit</p> <p>Avocado</p> <p> Olives</p>	<p></p>	
<p> Dried fruit</p>	<p> Canned fruit in heavy syrup, light syrup or fruit juice</p> <p> Unsweetened fruit juices</p>	<p>Sweetened fruit juices</p>


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 If you have high blood pressure, reduce the quantity of these salty foods.

Choose foods with healthy fats














Recommended	Eat Occasionally (maximum 3 times weekly)	Limit
<p><u>Oil:</u> olive, canola, peanut and other nut oils, sesame, flax**, hemp** (**cannot cook with these 2 oils)</p> <p>Vegetable oil made with above oils (check ingredient list)</p> <p>Non-hydrogenated margarine</p> <p>Non-hydrogenated light margarine</p> <p>Regular or light mayonnaise (preferably with canola oil)</p> <p>Non-fat sour cream</p> <p> Gravy with fat skimmed off</p> <p>Homemade salad dressings (with recommended ingredients)</p> <p> Bottled salad dressings, regular, low fat or low calorie</p> <p>Salad sprays</p> <p>Vegetable oil cooking sprays</p>	<p><u>Oil:</u> safflower, sunflower, corn, soybean, grapeseed, cottonseed</p> <p>Vegetable oil made with above oils (check ingredient list)</p> <div style="text-align: center;">  </div> <p>Low-fat sour cream</p>	<p><u>Oil:</u> *palm oil and palm kernel oil (used in many imitation cream products), coconut oil</p> <p>Butter, stick margarine, or hydrogenated margarines</p> <p>Lard, fat drippings, shortening</p> <p>Regular sour cream</p> <p>Regular gravy</p> <p>Creamy or cheesy sauces</p> <p>Fat-free salad dressings</p>
*Some non-hydrogenated margarines use small amounts of palm oil, which is acceptable.		
	<p> Ice cream, ice milk, frozen yogurt (4% M.F. or less)</p> <p>Coffee whiteners with no trans fat and 0.5 grams or less saturated fat per teaspoon</p>	<p>Ice cream, ice milk, frozen yogurt (more than 4% M.F.)</p> <p>Coffee whiteners with trans fat and/or more than 0.5 grams saturated fat per teaspoon</p> <p>Dairy cream</p>


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 **If you have high blood pressure, reduce the quantity of these salty foods.**

Other foods

Recommended	Eat Occasionally (maximum 3 times weekly)	Limit
Unbuttered, air popped popcorn	 Non-hydrogenated light/low fat microwave popcorn	Regular microwave, cheese, buttered, or movie popcorn
	Plain cookies (arrowroot, social tea, graham crackers, animal crackers, pizelle {Italian waffle cookies}, biscotti)	All other cookies
 Stock soups	 Fruit bar cookies	Cream soups
Herbs & spices	 Pretzels	Desserts made with cream or whole milk, frozen cream pies, commercial pies, cakes, cheesecake
Cocoa powder	Rice cakes	Candies made with fat, oil, butter, cream, chocolate, malted milk, coconut, butter icing, whole milk
 Pickles	  Ketchup, relish, barbeque sauce etc.	
 Salsa	 Light mousse, Jello™ desserts, meringues, angel food cake, puddings made with skim or 1% M.F. milk, sherbet, fruit ices, gelato	
Mustard	 Nutella	Other chocolate
Vinegar	 Pure dark chocolate (60% or more cocoa content)	Pre-mixed crumb coating for meat and vegetables
Unsweetened non-dairy milks	 Jam, jelly, honey, sugar, syrup, molasses	Deep fried snack foods such as cheezies, potato chips, corn chips, taco chips
Tea, unsweetened iced tea, herbal tea	 Baked nachos and baked chips	Ready-made cake frosting
Water (with touch of lemon, lime or fruit juice if desired)	Diet carbonated beverages	Fruit flavoured drinks
	Flavoured water with artificial sweeteners	Carbonated beverages
		Sweetened iced tea

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