

AHA Diet and Lifestyle Recommendation for Cardiovascular Disease Risk Reduction



- ♥ **Balance calorie intake and physical activity** to achieve or maintain a healthy body weight
- ♥ Aim for at least **150 minutes of moderate physical activity** or 75 minutes of vigorous physical activity – or an equal combination of both – each week. Regular physical activity can help you maintain your weight, keep off weight that you lose and help you reach physical and cardiovascular fitness.
- ♥ If you **drink alcohol, drink in moderation**. That means no more than one drink per day if you're a woman and no more than two drinks per day if you're a man.
- ♥ **Eat/drink less of the nutrient-poor foods** such as sweets, sugar-sweetened beverages, and processed foods, partially hydrogenated oils, high sodium foods.
- ♥ **Eat an overall healthy dietary pattern that emphasizes:** a variety of fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes.
- ♥ **Don't smoke tobacco**

Heart Healthy Eating Plan: Mediterranean Diet

Food Group/ Servings per day	Serving Sizes/Examples
Non-Starchy Vegetables 4-8 servings/day	½ cup cooked or 1 cup raw vegetables This includes all vegetables (except corn, potatoes, peas, and winter squash)
Fruits 2-4 servings/day	1 small fresh fruit 1 cup fresh fruit cut ¼ cup dried fruit ½ cup fruit juice Whole fruit is preferred. Choose canned fruit in its own juice. Limit fruit juice
Low Fat Dairy 1-3 servings/day	1 cup milk 1 cup yogurt ½ cup cottage cheese 1 oz low fat cheese
Whole Grains and Starchy Vegetables 4-6 servings/day	1 slice wheat bread 6-in wheat tortilla ½ whole grain bun ½ cup whole grain cereal, whole wheat pasta, brown rice, quinoa ½ cup peas, corn, potatoes, winter squash
Legumes and Nuts 1-3 servings/day	2 Tbsp seeds 2 Tbsp nut butter 15 almonds 8 walnuts ½ cup beans 1/3 cup hummus
Fish or Shellfish 2-3 servings/week	3-4 oz serving. Choose fatty fish like tuna, salmon, herring, sardines, or mackerel. Bake, sauté, stir fry, roast, or grill your fish.
Poultry 1-3 servings/ week	3-4oz serving. Sauté, bake, broil, grill, or roast chicken and turkey. Remove the skin.
Healthy Fats 4-6 servings per day	1 tsp olive oil 1/8 avocado 5 olives 2 tbsp vinaigrette
Alcohol Limit. No more than 1 drink for woman, 2 drinks for men/day	1 drink= 12oz light beer, 4oz wine, 1 ½ oz liquor People with high triglycerides, high blood pressure, or on certain medications may need to avoid alcohol. Ask your doctor.
Sweets/Processed food/Red Meat Rarely	Avoid sweets, sugar-sweetened beverages, processed foods Tips: Use fruit for dessert. Limit red meat to once/week. Choose lean cuts like sirloin and round