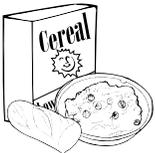
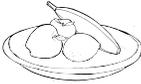
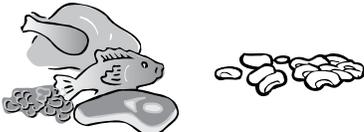
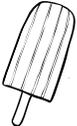


Heart Healthy Eating Plan

<p>Grains Rice, bread, cereal, and noodles (pasta) (6 to 8 servings a day)*</p> 	<ul style="list-style-type: none"> ♥ Noodles and steamed rice ♥ Sliced bread (such as wheat, rye, or white), sandwich buns, dinner rolls, English muffins, bagels, and <i>pan de sal</i> ♥ Unsalted, low-fat crackers (such as graham crackers), unsalted pretzels, and plain popcorn ♥ Cooked hot cereals (not instant) and whole-grain cold cereals
<p>Fruits (4 to 5 servings a day)*</p> 	<ul style="list-style-type: none"> ♥ Fresh, frozen, canned (packed in fruit juice), or dried fruits without added sugar (such as oranges, papaya, grapefruit, bananas, apples, mangoes, pineapples, watermelon, peaches, fruit cocktail, grapes with skin on, and raisins) ♥ Fresh, frozen, or canned fruit juices (with no sugar added)
<p>Vegetables (without added fat) (4 to 5 servings a day)*</p> 	<ul style="list-style-type: none"> ♥ Fresh, frozen, or no-salt-added canned vegetables (such as peas, green beans, carrots, cabbage, tomatoes, yuca, squash, broccoli, potatoes, and corn) ♥ Cooked dry beans, peas, and lentils
<p>Fat-free and low-fat milk and milk products Milk, yogurt, and cheese (choose low-fat more often) (2 to 3 servings a day)*</p>	<ul style="list-style-type: none"> ♥ Lactose-free products, such as soy milk and other soy products ♥ Fat-free or low-fat (1%) milk ♥ Fat-free or low-fat yogurt ♥ Cheeses low in fat and sodium 
<p>Lean meats, poultry, and fish Meat, poultry, fish, seafood, dry beans, eggs, tofu, and nuts (2 or fewer servings a day)*</p> 	<ul style="list-style-type: none"> ♥ Chicken or turkey without the skin ♥ Fish and seafood ♥ Lean cuts of meat ♥ Beef: round, sirloin, chuck, loin, and extra lean ground beef ♥ Pork: leg, shoulder, tenderloin, and lean ham ♥ Tofu ♥ Dry beans and peas (black beans, pinto beans, kidney beans, navy beans, chickpeas, lentils, and split peas) ♥ Frozen butter beans and lima beans ♥ Eggs (no more than four yolks a week)
<p>Nuts, seeds, and legumes (4 to 5 servings a week)</p>	<ul style="list-style-type: none"> ♥ Nuts, peanut butter, and seeds
<p>Fats and oils (2 to 3 servings day)*</p> 	<ul style="list-style-type: none"> ♥ Margarine (liquid, soft tub, or reduced-calorie) ♥ Oils (canola, corn, safflower, olive, peanut, or sesame)
<p>Sweets and added sugars (5 servings or fewer a week)*</p> 	<ul style="list-style-type: none"> ♥ Frozen treats (such as frozen juice pops, low-fat frozen yogurt, or ice cream) ♥ Low-fat cake and cookies (such as angelfood cake, fig-bar cookies, gingersnaps, animal crackers, vanilla wafers, graham crackers, <i>puto</i>, and <i>mamon</i>)

* The amount of food from each food group that is right for you depends on how many calories you need. This is based on your age, gender, and how physically active you are.