Healthy Eating, Healthy Living

Vietnamese Aspire For Healthy Hearts

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

Make Healthy Food Choices

Be a Smart Shopper

Choose More Often:	Choose Less Often:
Chicken (skin removed before cooking)	Chicken (skin on while cooking)
Pork—ears, neck bone, feet, round, sirloin, loin	Pork—Chinese sausages, lunch meat, ribs
Egg whites	Egg yolks
Fat-free or low-fat milk or calcium fortified soy drink	Whole milk
Vegetable oil (such as canola, safflower, sesame, or peanut)	Lard, butter, shortening
Brown rice, red jasmine rice, or whole wheat flour	White rice or white flour
Beef- lean cuts of round steak or 93% lean ground beef	Beef brisket or regular ground beef
Spring rolls with fresh rice paper	Spring rolls- deep fried

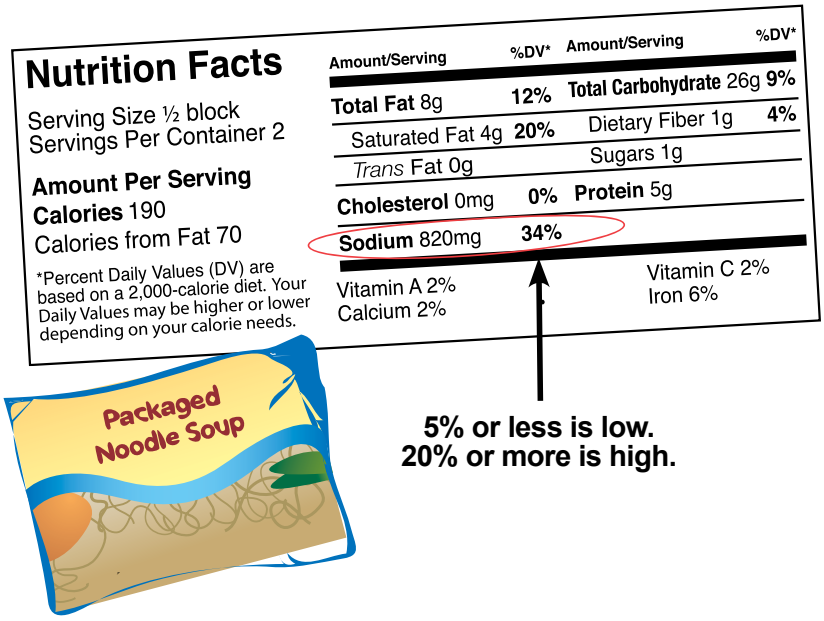
Limit foods high in saturated fat, trans fat, and cholesterol. These raise your blood cholesterol and might lead to getting heart disease. Examples of foods that are high in saturated fat, trans fat, and cholesterol are:

- Saturated Fat: lard, butter, whole milk, ice cream, lunch meat
- *Trans fat*: margarine, pre-mixed cakes
- Cholesterol: egg yolks, liver, shrimp

Also, limit sodium (found in salt) to reduce your risk of getting high blood pressure. Sodium can be found in many foods and seasonings such as breads, pasta, and MSG. Most people should limit sodium to 2,300 mg or less per day.

Use Food Labels

Food labels tell you what you need to know about choosing foods that are lower in sodium, saturated fat, trans fat, and cholesterol. Here is a nutrition food label for packaged noodle soup. For example, its % Daily Value for sodium is 34%. This is high in sodium. Choose products with the lowest % Daily Value for sodium, saturated fat, *trans* fat, and cholesterol.



Heart Healthy Eating

Healthy Cooking

- Trim the fat and remove the skin from chicken and turkey before cooking.
- Add leaner cuts of meat or seafood* to pho.
- Cook ground meat, drain the fat.
- Cool soups, and remove the layer of fat that rises to the top.
- Bake, steam, broil, or grill food instead of frying.
- Use oils low in saturated fat, such as canola, safflower, and sesame oil.
- Use garlic, ginger, chili, or lemon grass to add flavor to dishes instead of MSG and nuoc mam.
- Use small amounts of reduced-sodium bouillon, soy sauce, shrimp paste, or fish sauce. If you use these seasonings, do not add salt or MSG.

Healthy Choices

- Make half your plate vegetables and fruits.
- Taste your food before you add seasoning or sauces.
- Have seafood* twice a week or more. Try salmon or light tuna.
- Make at least half your grains, whole grains.

Healthy Meal Ideas

Breakfast

- Sticky rice with black beans or peanuts

or

- Low-sodium noodle soup with vegetables and lean meat

Lunch

- Rice noodles, stir fried ong choy or bok choy (using very small amounts of oil) and garlic with tofu or small pieces of lean meat

or

- Vietnamese sandwich with lean meat on whole grain bread

Dinner

- Rice noodles; chicken breast or drumstick (remove and throw away the skin) cooked with ginger root or lemon grass; salad with cucumber, lettuce, and tomatoes

or

- Brown rice; stewed fish (remove and throw away the skin); steamed spinach and cabbage

Snack and/or Dessert

- Fresh fruit

or

- Low-fat yogurt

*Pregnant and nursing mothers: Talk to your health care provider to find out the types of fish you can eat that are lower in mercury.

Heart Healthy Eating Tips

Keep these tips in mind as you build your heart healthy plate each day. These amounts are an example of an average 2,000 calorie daily food plan. Each person's calorie needs are different. To find out how many calories you should eat each day, go to www.choosemyplate.gov.

Make half your plate fruits and vegetables.

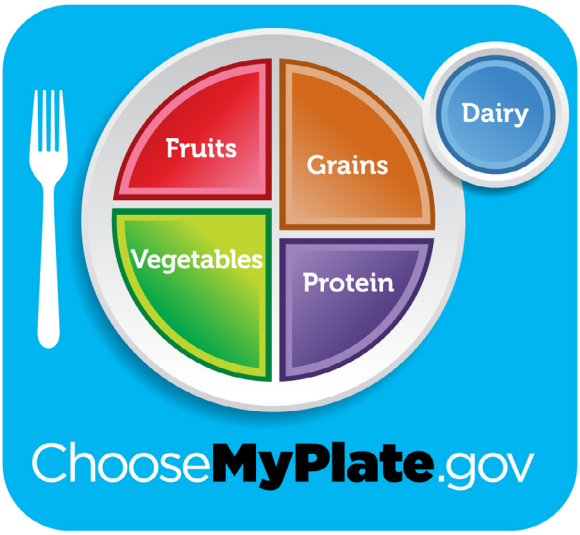
4½ cups a day

Make at least half your grains whole.

6 ounces per day

Switch to fat-free or 1% milk.

3 cups a day



Vary your protein food choices.

5½ ounces per day

For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov.				
Vegetables	**Fruits**	**Grains**	**Dairy**	**Protein**
Eat 2½ cups every day **What counts as a cup?** 1 cup of raw or cooked vegetables or 100% vegetable juice; 2 cups of leafy salad or greens	**Eat 2 cups every day** **What counts as a cup?** 1 cup of raw or cooked fruit or 100% fruit juice;½ cup dried fruit	**Eat 6 ounces every day** **What counts as an ounce?** 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 cup of ready-to-eat cereal	**Eat 3 cups every day** **What counts as a cup?** 1 cup of low-fat milk, yogurt,or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese	**Eat 5½ ounces every day** **What counts as an ounce?** 1 ounce of cooked lean meat,poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; or ¼ cup cooked beans or peas

Table adapted from USDA "What's on Your Plate": http://www.choosemyplate.gov/downloads/mini_poster_English_final.pdf
For more dietary information, visit http://www.health.gov/dietaryguidelines/2010.asp
For more information on nutrition food labels, visit http://www.fda.gov/food/ingredientspackaginglabeling/labelingnutrition/ucm274593.htm

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