

Heart Healthy Sample Menus

Use the sample menus in this handout to help you plan heart healthy meals and snacks.

When making your own menus look for recipes that are higher in fibre and lower in saturated fat, sugar and salt (sodium). They often include:

- foods cooked in healthier ways such as baking, grilling, broiling and poaching.
- lots of colour, often from including a variety of different vegetables.
- whole grain options such as whole grain pastas and brown rice, barley and oats.
- a tomato or broth type sauce instead of alfredo or cheese sauce.

Sample Menu 1

1800-2000 kcal

Breakfast	
Apple cinnamon oatmeal: <ul style="list-style-type: none"> • cooked unsweetened oatmeal • diced apple with skin • cinnamon • chopped, unsalted nuts. 	175 mL ($\frac{3}{4}$ cup) 1/2 medium pinch 30 mL (2 Tbsp)
Low-fat milk or fortified soy beverage (skim and 1%)	250 mL (1 cup)
Lunch	
Chicken avocado sandwich: <ul style="list-style-type: none"> • whole grain rye bread • skinless chicken breast • sliced red onion and tomato 	2 slices 50 g (1 $\frac{1}{2}$ oz) 1 slice each 2 slices

<ul style="list-style-type: none"> • avocado • non-hydrogenated margarine. 	5 g (1 tsp)
Mixed berries (fresh or frozen)	125 mL (½ cup)
Low-fat milk or fortified soy beverage	250 mL (1 cup)
Snack	
Broccoli and cauliflower florets	250 mL (1 cup)
Low-fat ranch dressing	30 mL (2 Tbsp)
Water	
Dinner	
Tofu and vegetable stir-fry: <ul style="list-style-type: none"> • firm tofu • snow peas • thinly sliced carrots • chopped garlic and ginger (optional) • vegetable oil • low-sodium stir-fry sauce 	150 g (¾ cup) 250 mL (1 cup) 125 mL (½ cup) 15 mL (1 Tbsp) 10 mL (2 tsp) 10 mL (2 tsp)
Quinoa (or other whole grain)	250 mL (1 cup)
Banana	1 medium
Water	
Snack	
Yogurt topped with mixed berries and bran: <ul style="list-style-type: none"> • low-fat yogurt (0%, 1%, 2%). Optional: with added plant sterols 	1 75 mL (¾ cup) 30 g (⅓ cup)

<ul style="list-style-type: none"> • bran cereal with psyllium fibre • mixed berries (fresh or frozen). 	125 mL (½ cup)
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Sample Menu 2

1800-2000 kcal

Breakfast	
Whole grain toast	2 slices
Peanut or other nut butter	15 mL (1 Tbsp)
Orange	1 medium
Low-fat milk or fortified soy beverage	250 mL (1 cup)
Lunch	
Black bean whole-wheat couscous salad: <ul style="list-style-type: none"> • cooked whole-wheat couscous • black beans (canned, rinsed and drained) • chopped peppers and tomatoes • chopped parsley • oil and vinegar dressing (store-bought or homemade). 	250 mL (1 cup) 175 mL (¾ cup) 125 mL (½ cup) 15 mL (1 Tbsp) 30 mL (2 Tbsp)
Water	
Snack	
Low-fat yogurt (less than 2%). Optional: with added plant sterols	175 mL (¾ cup)
Sliced peaches	125 mL (½ cup)
Dinner	
Baked salmon - season with lemon or herbs	75 g (2 ½ oz)

Brown rice	250 mL (1 cup)
Sauted broccoli with toasted sesame seeds	250 mL (1 cup)
Vegetable oil	5 mL (1 tsp)
Whole pear	1 medium
Low-fat milk or fortified soy beverage	250 mL (1 cup)
Snack	
Whole plums	2 small
Low-sodium whole grain crackers	30 g (6-8 crackers)

Nutrient Breakdown:

Each daily menu provides about 50% carbohydrate, 18% protein, 27% fat, 5% saturated fat, over 40 g of fibre and under 1.500 g of sodium.



Additional Resources

- Eating Guidelines to Cook and Prepare Foods Using Less Fat.
<http://www.pennutrition.com/viewhandout.aspx?Portal=UbY=&id=JMzqUQc=&PreviewHandout=bA==>
- Eating Guidelines To Improve Your Blood Cholesterol Levels.
<http://www.pennutrition.com/viewhandout.aspx?Portal=UbY=&id=J8TvWAI=&PreviewHandout=bA==>

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Notes

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