

Increase Fiber Intake

Increasing water-soluble fiber in the recipient's diet may help lower cholesterol as well. Foods high in water-soluble fiber are oatmeal, oat bran, oat bran muffins, legumes (dried beans and peas), barley and fruit.

Limit Caffeine Intake

Caffeine is a stimulant that may increase the heart rate. It is recommended that individuals with heart disease limit their servings of regular coffee and tea to one or two servings per day. Avoid "energy drinks," which are high in caffeine.



General Shopping and Cooking Tips

- Read food labels to select foods low in saturated fat, cholesterol and sodium.
- Trade snack foods for fresh fruits and vegetables. Produce is naturally heart healthy.
- Buy oils, margarines and salad dressings which list the specific type of oil used. Look for corn, sunflower, olive and canola oil.
- Choose whole grain breads and cereals. Look for whole wheat, barley, brown rice, quinoa, cornmeal, wild rice or bulgur.
- Stop using table salt (1 tsp = 2300 mg salt) and limit how often your child eats high sodium foods.
- Limit sugar-sweetened beverages and juice.
- Choose nonfat (skim) or low-fat dairy products.
- Buy the leanest cuts of meat, such as rump, round, chuck and tenderloin. Be sure ground beef is lean. Choice grade has less fat within the meat and is a better buy than prime grade.
- Trim fat from meats and remove skin from poultry before eating.
- Use vegetable proteins (dried beans, peas or tofu) instead of meat in some entrees.