



Ask the Registered Dietitian

Heart Healthy Eating for the

Entire Family

Canada's Food Guide to Healthy Eating (CFGHE) is the basis of a healthy diet. The four food groups provide you with the nutrients you need to be healthy. You need a variety of foods from within each group. Because each group provides you with the different nutrients that your body needs. If you neglect one food group, you will be missing out on important nutrients.

Go For the Grains!

The Grain Products food group includes grains such as barley, rye, rice, wheat, oats and products made from grains such as breads, pasta, cereal, couscous and brown rice. These foods are usually high in fibre, low in fat, and rich in carbohydrates. This food group gives you the energy you need to maintain a healthy, physically active lifestyle.

Take A Bite From More Vegetables and Fruit!

The Vegetables and Fruit food group includes all vegetables and fruits whether fresh, frozen or canned. A diet high in vegetables and fruits can help lower your risk for heart disease. They are sources of fibre and vitamins and minerals such as A, B12, C and D.

Make Your Day With Milk Products!

The Milk Products food group includes fluid milk, yogurt, cheese and fortified soy beverages. Milk products are a great source of protein, as well as vitamins (fluid milk and fortified soy beverages) and calcium. Soy beverages can be substituted for milk

for those who are lactose intolerant or for those who don't enjoy milk. Look for soy beverages that have been fortified with calcium, Vitamin A, B12, and D.

Pick A Lean Protein

The Meat and Alternatives food group includes all meats, poultry, fish as well as alternatives to meat such as legumes, tofu, eggs, nuts, seeds and nut butters. Meat, poultry, fish, and eggs are great sources of protein and other nutrients (e.g. iron and zinc) but they also contain much of the saturated fat and cholesterol that we eat on a regular basis. Plant alternatives to meat include legumes (beans, peas and lentils), peanut and nut butters, tofu and soy products. They add variety and healthy fats to your diet and can be an excellent source of fibre.

Keep well hydrated

Fluids are an important part of a healthy diet. Water is a great choice if you don't want to add extra calories, sugar or salt to your diet. Include at least eight (250mL -1cup) glasses of water or other fluids like milk, juice, and soup every day.

Heart Healthy Choices for the Family

Food Item	Great Choices	Good Choices	Choose rarely
Go for the Grains!	Whole wheat and whole grain breads, bagels, English muffins, tortillas, pitas, scones Whole grain and high fibre cereals (hot or cold) Brown rice, whole wheat pasta Low fat, whole grain and high fibre crackers, bread sticks, crisp breads, flatbreads and melba toast Cookies, fruit breads made with whole grains and unsaturated and non-hydrogenated fats	Enriched white, brown, cracked wheat, pumpernickel, rye, oatmeal, sour dough, breads Granola cereals White rice, regular pasta, egg noodles, rice noodles Unsalted soda crackers, rice cakes Oatmeal cookies, homemade muffins, biscuits, loaf cakes, pancakes, waffles	Baked goods such as croissants, sweet rolls, Sugar coated cereals Pasta prepared from commercial mixes or with cream, butter or cheese sauces Crackers with >3gm of fat per serving Cream filled cookies, shortbread, pastries, pies, doughnuts
Take a Bite from more Vegetables and Fruits!	Fresh, frozen or canned vegetables, tomato or vegetable juice Fresh, frozen & unsweetened canned fruits and juices	Avocados and olives in very small amounts Sweetened canned fruits and juices, dried fruits	Pickled vegetables Vegetables prepared in butter, cream or sauce French fries or other deep fried vegetables Fruit drinks, beverages, cocktails
Make Your Day with Milk Products!	1% milk fat milk, yogurt and cottage cheese Low fat fortified soy beverage 15% milk fat cheeses	2% milk fat milk, yogurt and cottage cheese Fortified soy beverage (approx. 2% milk fat) 15-20% milk fat cheeses	3.25% milk fat milk, yogurt and cottage cheese 20% milk fat or greater cheeses Cream based soups
Pick a Lean Protein!	Well trimmed, lean cuts of beef, pork, veal and lamb Venison, moose, rabbit Skinless turkey and chicken Ground chicken and turkey Fresh or frozen fillets of fish Omega 3 eggs	Low sodium lean ham or bacon Lean turkey or chicken breast lunch meats Fish and shellfish canned in broth or tomato sauce Shrimp, octopus, squid, caviar, imitation crab Regular eggs	Organ meats, fatty or heavily marbled cuts of beef, pork, veal & lamb, side bacon, side ribs, pigs feet & ham hocks, processed meats Fried chicken, poultry skin, giblets, duck, goose Fish and shellfish that is salted, smoked or pickled, canned in oil, coated in batter, Anchovies & roe