

Heart Healthy Eating Nutrition



To order heart healthy meals at Bronson, dial 6363 between the hours of 7 a.m. – 9 p.m.

The Therapeutic Lifestyle Changes (TLC) meal plan can help people who have heart disease. Following this meal plan may help reduce high blood cholesterol, extra body weight, and high blood pressure which are major risk factors for heart attack and stroke.

Keys to the TLC Plan

- Limit saturated fats and trans fats.
 - Foods high in saturated fats include fatty meat, poultry skin, bacon, sausage, whole milk, cream, and butter.
 - Trans fats are found in stick margarine, shortening, some fried foods, and packaged foods made with hydrogenated oils.
 - Instead of butter or stick margarine, try reduced-fat, whipped, or liquid spreads.
- Limit the amount of cholesterol that you eat to less than 200 mg per day.
 - Avoid these foods high in cholesterol including egg yolks, fatty meat, whole milk, cheese, shrimp, lobster, and crab.

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- Eat more omega-3 fats (heart-healthy fats).
 - Best choices include salmon, tuna, mackerel, and sardines. Aim to eat fish twice a week.
 - Other foods with omega-3 fats include flaxseeds, walnuts, canola and soybean oil.
- Use less salt (sodium).
 - Avoid using canned, prepackaged, or convenience foods. Many of these foods are high in salt. This includes ham, bacon, luncheon meats and hot dogs.
 - Include fresh and frozen vegetables, lean meats, low-sodium and sodium-free canned vegetables and soups.
 - Use salt-free herbs and spices to enhance the taste of food.
- Eat more fiber.
 - Fruits, vegetables, whole grains, and dried beans are good sources of fiber.
 - Aim for five cups of fruits and vegetables per day.
 - Have three ounces (oz) of whole grain foods every day.
- Maintain a healthy weight.

Bronson offers foods that are lower in saturated fats, trans fat, cholesterol, salt (sodium), and rich in fiber.

For advice on eating healthy after you leave the hospital:

- Call (269) 341-8800.
- E-mail diethelp@bronsonhg.org.
- Visit bronsonhealth.com/diethelp.

For individualized diet counseling, schedule an appointment with a registered dietician by calling Outpatient Nutrition Services at (269) 341-6860.

For more information, visit heart.org or eatright.org.