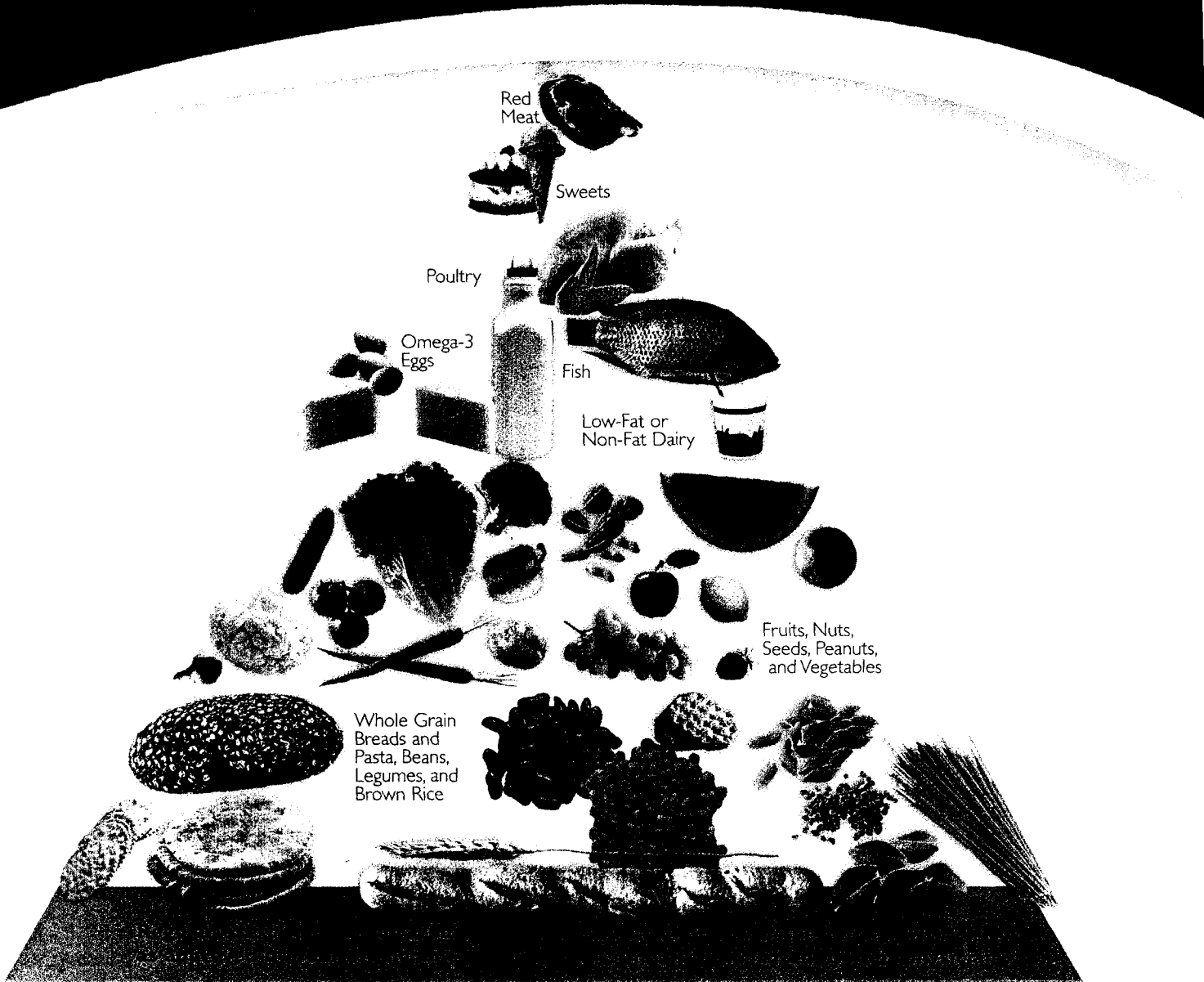


Healthy Eating

with the
Mediterranean-American Food Plan



As part of your cardiovascular care, it is important to modify your diet. This menu contains selections from the Mediterranean – American Diet, a dietary plan proven to help your overall heart health and reduce the risk of cardiovascular complications. The diet focuses on eating more fish, fruits, vegetables, nuts, and whole grains. We hope you enjoy your selections!

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Sample Meal Plan

BREAKFAST

LUNCH

EVENING

SUNDAY

Omega-3 Scrambled Egg
Whole Wheat Toast
Oatmeal
Skim Milk
Trans fat free Margarine

Herb Baked Chicken
Whole Kernel Corn*
Seasoned Greens
Cherry Crisp**

Garden Green Salad
Whole Wheat Pasta w/red sauce
Mixed Vegetables
Whole Grain Bread
Low-fat/sugar-free Pudding

MONDAY

Low-fat/low-sugar Yogurt
Seasonal Fruit
Almonds
Whole Wheat English Muffin

Crispy Baked Fish
Baked Sweet Potato
Green Beans with Red Pepper
Whole Grain Roll
Fresh Seasonal Fruit

Roasted Turkey
Peas and Carrots
Steamed Zucchini
Whole Grain Roll
Sugar-free Cranberry Sauce

TUESDAY

Omega-3 Scrambled Egg
Whole Wheat Toast
Oatmeal
Skim Milk
Trans fat free Margarine

Lean Roasted Pork***
Black-Eyed Peas
Seasoned Greens
Whole Grain Roll
Apple

Rotisserie Style Chicken
Whole Wheat Couscous
Steamed Broccoli
Whole Grain Roll
Fresh Seasonal Fruit

WEDNESDAY

Whole Grain Pancakes
Seasonal Fruit
Scrambled Egg Whites
Skim Milk

Green Garden Salad
Whole Wheat Pasta w/lean meat
sauce***
Broccoli and Cauliflower Blend
Whole Grain Bread
Light Cheesecake

Meatloaf made with
96% lean ground beef ***
Baked Sweet Potato
Mixed Vegetable Blend
Whole Grain Roll
Low-fat/sugar-free Peach Cobbler

THURSDAY

Bran Flakes
Skim Milk
Whole Wheat Toast
1 slice Turkey Bacon

Low-sodium Vegetable Soup
Whole Wheat Crackers
Low-fat Tuna Salad
Served on Whole Wheat,
lettuce and tomato
Low-fat/low-sugar Yogurt

Roasted Turkey
Baked Sweet Potato
Seasoned Cabbage
Whole Grain Roll
Fresh Seasonal Fruit

FRIDAY

Cheerios
Skim Milk
Seasonal Fruit
Walnuts

Roast Beef***
Oven Browned Potatoes*
Carrots
Whole Grain Roll
Heart Healthy Apple Crisp

Grilled Salmon
Wild Rice
Broccoli Spears
Whole Grain Roll
Fresh Seasonal Fruit

SATURDAY

Omega-3 Scrambled Egg
1 slice Turkey Bacon
Whole Wheat Toast
Oatmeal
Skim Milk
Trans fat free Margarine

Garden Green Salad
Grilled Chicken Sandwich
Served on Whole Grain Bread
w/ lettuce, tomato, light mayo
No sugar added Peaches

Garden Green Salad
Vegetable Plate: Pinto Beans,
Brown Rice & Seasoned Green Beans
Whole Grain Roll
Low-fat/sugar-free Pudding

* Starchy vegetables should be eaten in moderation. ** Indicates a low sugar modification for recipe.

*** Red meat should be eaten in moderation, no more than 6 ounces a week.

All salad dressings are low fat, low sugar, and low sodium.

GRAINS, BEANS AND LEGUMES, PASTA, RICE AND POTATOES (5-9 SERVINGS PER DAY)

Choose only WHOLE grains such as whole wheat bread, whole wheat pasta, whole wheat crackers, brown rice, and sweet potatoes.

- Pasta, rice, baked beans: *1/2 cup cooked*
- Pancakes: *2 small*
- Bread: *one slice*
- Waffles: *one*
- English muffin: *one half*
- Cold cereal: *1 oz. (see package)*
- Bagels: *1/2 (frozen) or 1/4 (deli style)*
- Hot cereal: *1/2 cup cooked*
- Popcorn: *3 cups popped*
- Pretzels: *1 oz. (approx. 10)*
- Legumes (navy beans, kidney, pinto, etc.) or corn: *1/2 cup of each*
- 3 oz. potato: *one (or one medium new potato)*

FRUITS (2-3 SERVINGS PER DAY)

Choose whole fruits (rather than fruit juice) because they have more nutrients and less sugar.

- Fresh:
 - Banana: *size of thumb*
 - Watermelon: *1/2 cup*
 - Grapes: *16*
 - Strawberries: *1-1/4 cup whole berries*
 - Prunes: *3*
 - Raisins: *2 tablespoons*
- Canned in own juice or no sugar added: *1/2 cup*
- Whole fruit: *one small (tennis ball size)*
- Fruit juice: *4 oz.*

NUTS AND SEEDS (1/4 CUP OR 2 TBS. NUT BUTTER)

Walnuts and almonds are the best! Enjoy natural nut butters, such as natural peanut butter or almond butter.

VEGETABLES (3 OR MORE PER DAY)

Go for leafy greens, salads, and any other type of non-starchy veggie. Watch what you put on top of it!

- Cooked: *1/2 cup*
- Raw: *1 cup*
- Tofu: *1/2 cup*
- Vegetable Juice: *6 oz.*

OLIVE AND CANOLA OILS (5-7 TSP. PER DAY)

These oils are rich in antioxidants and are unsaturated.

DAIRY (3 SERVINGS PER DAY)

Choose low-fat cheese such as 2% or less, skim, 1% or soymilk, and low-fat cottage cheese.

- 1% or skim milk: *1 cup*
- Reduced fat cheese: *1 oz.*
- Frozen yogurt/ice cream: *1/2 cup*
- Reduced fat Parmesan cheese and/or cream cheese: *2 tablespoons*
- 100 calorie yogurt: *1 cup*

EGGS

Choose egg whites or egg substitutes (no limit).

- If choosing omega-3 enriched eggs, no more than one egg per day.

FISH (15 OZ. PER WEEK)

Choose fish rich in omega-3 fatty acids such as salmon, tuna, trout, mackerel, halibut, cod, sardines, and anchovies. Limit shellfish to once per week.

- Fish: *5 oz. cooked*
- Shellfish: *3 oz.*
- 8-10 large shrimp
- 15 small scallops

POULTRY (SEVERAL TIMES PER WEEK)

Choose skinless, white meat only.

- Poultry (Chicken or Turkey): *3 oz. cooked*

SWEETS (2 TIMES PER WEEK OR LESS)

Choose no sugar added or low in sugar and fat.

RED MEAT (6 OZ. OR LESS PER WEEK)

Choose from 96% ground beef, eye of round, London broil, flank steak, and pork loin.

- Beef, veal, lamb, and pork (ALL considered red meat): *3 oz. cooked*

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RISK FACTORS FOR CARDIOVASCULAR DISEASE

Uncontrollable risk factors

- Gender
- Age
- Genetics

Controllable risk factors

- Tobacco/Smoking
- Abnormal Lipid Values
- Diabetes
- High Blood Pressure
- Sedentary Lifestyle
- High Fat, Low Nutrition Diet
- Obesity
- Stress

DON'T FORGET TO EXERCISE

Regular exercise is an important part of achieving a heart-healthy lifestyle. Together, with healthy eating, your risk factors can be reduced and your overall health improved. The benefits of exercise include:

- Stronger heart
- Increased energy
- Weight loss
- Better control of diabetes, blood pressure, and blood lipids



Before beginning your exercise program, it is important to consult with your physician. If medically cleared and for best results, exercise daily. Consistent efforts are the key to success in making healthy lifestyle changes.

OH, THE STRESS OF IT ALL!

It would be much simpler if we could have a healthier body by making only one change in our lifestyle. Unfortunately, most of us have many changes to make if we are to truly achieve our best health. It is in these numerous changes that we become stressed as we attempt to be healthier. Learning to cope with this stress is important. Use these coping techniques to gain control of your life and your health:

- *Recognize and accept limitations*
- *Learn to ask for help*
- *Look for the beauty and blessings in life*
- *Talk out your troubles and feelings.*

It is okay to cry.

DIETARY RECOMMENDATIONS

The Mediterranean – American Food Plan is the only dietary plan proven to help your overall heart health and reduce the risk of cancers and other diseases. This food plan focuses on eating more fish, fruits, vegetables, nuts, and whole grains. The diet encourages you to:

- *Eat healthy fats*
- *Eat less cholesterol*
- *Eat more fiber*
- *Lose weight, if overweight*
- *Eat less sugars and sweets*

EAT YOUR HEART OUT

Most people hate the word “diet”. We agree because “diet” usually indicates a temporary change of eating patterns. What we need to develop are lifelong changes in eating patterns. The success of adopting these changes depends on the ability to make meals that are easy and delicious. This menu can be a useful tool in helping you with meal planning. Please refer to this menu as a guide to making your new eating plan successful and easy.

ABOUT OUR COOKBOOKS



Eat Your Heart Out, our first cookbook, showed thousands of people that the Mediterranean-American Diet is delicious. Thousands of copies have been sold. Based on that success, a second cookbook designed for your enjoyment of the Mediterranean-American Diet was recently published, **Seasons of the Heart**. Featuring foods that are fresh each season, recipes range from very simple to elegant, yet all are easy to prepare.



Both cookbooks are available at all Presbyterian Hospital Gift Shops and Presbyterian Novant

Heart & Wellness. For more information or to place an order over the phone, call 704-384-5043.

