



CENTRAL COAST FAMILY CARE

MEDICAL ASSOCIATES OF SANTA MARIA, INC.

HEART HEALTHY DIET

- LEGUMES (PEAS, BEANS, LENTILS, LOW FAT TOFU)
- WHOLE GRAINS; CORN, BROWN RICE, WHEAT, RYE, OATS, BARLEY, QUINOA (WHOLE WHEAT MUST HAVE AT LEAST 5 GRAMS OF FIBER PER PORTION)
- FRUITS & VEGETABLES
- NON FAT DAIRY
- CANOLA OIL UP TO 1 TBS PER DAY
- FISH, TURKEY BREAST UP TO TWICE A WEEK (4 OZ)
- EGG WHITES (REMOVE YOLKS)
- NO SATURATED FATS

**** AVOID OLIVES, AVOCADOS AND NUTS ****
(TOO MUCH GOOD FAT CAN BE BAD)

