



MENU PLANNING

AHA Recommendation

When selecting foods, it's important to monitor how many calories are in each serving. You should also know the amount of saturated fat, total fat, cholesterol and sodium these foods may add to your daily menu. **Choose foods low in saturated fat, trans fat, cholesterol and sodium.** Read labels and ingredient statements to find out what a product contains.

Each of the basic food groups supplies a different combination of nutrients, vitamins and minerals. Let caloric needs and a healthy appetite be your guide. But remember, variety is the key to good nutrition. The basic food groups and recommended servings are...

Lean meat, poultry and fish	No more than 6 oz. (cooked) per day; fish twice a week
Eggs	Eggs have 213 mg of cholesterol per yolk. Monitor your use of eggs as you try to limit your cholesterol intake to no more than 300 mg per day. Egg whites are not limited.
Vegetables and fruits	5 or more per day
Fat-free skim milk and low-fat dairy products	2-4 per day (depends on age)
Breads, cereals, pasta and starchy vegetables	6 or more per day
Fats, oils, nuts and sweets	Use sparingly

AHA Healthy Heart Food Pyramid

The Food Guide Pyramid was developed by the U.S. Department of Agriculture and U.S. Department of Health and Human Services. The American Heart Association has adapted it to be consistent with its Dietary Guidelines for Healthy American Adults.

How does the American Heart Association food pyramid differ from the USDA pyramid?

In our pyramid:

- Beans and potatoes are included with starchy vegetables.
- Fat-free skim milk and low-fat dairy products are specified in the milk group.
- Eggs aren't included with meat, poultry and fish. Because eggs have a high cholesterol content (213 mg per yolk), monitor your use of eggs as you try to limit your cholesterol intake to no more than 300 mg per day. Egg whites aren't limited. They're great sources of low-cost protein that contain no fat.
- Nuts are included with fats and oils rather than meat, poultry and fish because they're high in fat as well as calories. Choose fats and nuts with 2 or fewer grams of saturated fat per serving.

Limit your sodium intake to less than 2400 milligrams per day