

HEART HEALTHY WAYS TO INCREASE CALORIES AND PROTEIN IN YOUR DIET

GENERAL GUIDELINES

- Plan to have 3 meals and at least 2 snacks every day to achieve the greatest calorie intake. Small meals also take less energy to digest, so eat often and preserve your energy!
- Include water, clear broth, coffee, and tea only at the end of meals. They are low in calories and can decrease your appetite for more nutritious, high calorie foods.
- Carry snacks wherever you go. Nuts, seeds, and dried fruit make nutritious, portable snacks.

INCLUDE LEAN PROTEIN WITH EVERY MEAL	The foods in this table contain the protein you need, while limiting saturated fat, which can increase your risk for heart disease.
Fish	<ul style="list-style-type: none"> - Choose fish rich in omega 3 fats such as salmon, sardines, herring, mackerel, or trout, to help reduce the risk of heart attack and stroke.
Poultry	<ul style="list-style-type: none"> - Choose skinless chicken and turkey.
Beef	<ul style="list-style-type: none"> - Enjoy lean cuts such as round, sirloin, and tenderloin as well as extra lean ground beef. - Limit lean red meat to 1-2 times per week
Pork	<ul style="list-style-type: none"> - Choose lean cuts such as loin chops, tenderloin, and back bacon.* - Limit lean red meat to 1-2 times per week.
Legumes Split peas, lentils, chickpeas, and other beans.	<ul style="list-style-type: none"> - Use legumes in soups, salads, stews, casseroles or cooked with tomatoes or other vegetables. - Eat legumes often, as they are a good source of protein and soluble fibre. They are very inexpensive, especially the dried varieties.
Eggs	<ul style="list-style-type: none"> - Rich in protein and simple to add to meals or snacks. Enjoy a moderate amount of eggs weekly.
Soy products	<ul style="list-style-type: none"> - Eat tofu, edamame (soybeans), meat substitutes made from soy protein and soy nuts, which are low in saturated fat.
Cottage Cheese	<ul style="list-style-type: none"> - Use 1% cottage cheese* or dry curd cottage cheese as part of a snack or meal.

* These foods are higher in sodium; enjoy in moderation.

CHOOSE LOW FAT DAIRY PRODUCTS	While milk, yogurt, and cheese provide protein as well as calcium and other valuable nutrients, the full-fat varieties can contribute to saturated fat intake.
Yogurt	<ul style="list-style-type: none"> - Choose low-fat yogurt with 2% milk fat (M.F.) or less. - Fruit flavoured yogurt is often high in sugar, so use in moderation. If you enjoy the fruit flavoured yogurt, mix it half and half with plain yogurt to reduce the overall sugar content. Or try sweetening plain yogurt with pureed or chopped fruit. - Add granola, Kellogg's All Bran® Buds or nuts to yogurt for texture and fibre.
Cheese*	<ul style="list-style-type: none"> - Choose part-skim mozzarella and ricotta, low-fat cheddar or swiss, feta, goat cheese and 1% cottage cheese*. Look for cheese with 20% M.F. or less. - Add to salads, vegetables, casseroles, baked potatoes, pasta or rice dishes.

Milk	<ul style="list-style-type: none"> - Boost the protein content of milk by adding ¼ cup of dried skim milk powder to every cup. Use it to make oatmeal, soups, sauces, casseroles or milkshakes. - Add skim milk powder to foods, such as casseroles or mashed potatoes, to increase the protein and calories without changing the overall taste and appearance. For example, add 1/3 cup skim milk powder per pound of red meat when making meatloaf. - Try evaporated skim milk as an alternative in cooking or milkshakes. - Try lactose-free milk, soy or pea milk if you are lactose intolerant.
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**These products are higher in sodium so use in moderation*

CHOOSE HEART HEALTHY FATS	All fats are high in calories, which you need, and unsaturated fats, such as omega-3 fat and monounsaturated fat, may also help to lower your risk for heart disease.		
Vegetable oils	<ul style="list-style-type: none"> - Use liberally, consume up to 2 tablespoons added oil and margarine a day. - Use canola and olive oils in cooking or in salad dressings. - Add some oil to soups, mashed potatoes, or hot cereal. 		
Margarine	<ul style="list-style-type: none"> - Choose non-hydrogenated soft tub margarine. 		
Salad dressing	<ul style="list-style-type: none"> - Choose Miracle Whip and salad dressings made with oils. - Choose regular versions, not fat reduced. 		
Nuts and seeds	<ul style="list-style-type: none"> - Use chopped walnuts and almonds to jazz up a salad, yogurt, or oatmeal, or enjoy them alone as a handy snack. - Natural peanut butter is inexpensive and versatile – spread it on anything from celery to tortillas. - For a change, try sunflower, sesame, ground flax, and pumpkin seeds. 		
Avocado	<ul style="list-style-type: none"> - Indulge in slices on sandwiches or chunks in omelettes. - Try mashing it up to make a vegetable dip like guacamole. 		
Fish	<ul style="list-style-type: none"> - Eat fish 2 - 4 times a week. 		
LIMIT FOODS CONTAINING UNHEALTHY FATS			
Limit your intake of animal fats, as they are rich in saturated fat, which can increase your LDL cholesterol and your risk for heart disease. Examples are:			
Gravy	Butter	Bacon and sausage	Sour cream
Lard	Poultry skin	Whole Milk	Regular cheese

EAT MORE COMPLEX CARBOHYDRATES	If you need to increase the number of calories you consume, it may be tempting to load up on simple sugars like fruit juice, pop, and sweets. However, these foods are nutrient-poor and can contribute to increased blood triglyceride levels. Instead, get your carbohydrates from the following foods:	
<ul style="list-style-type: none"> - Bread or cereals made from whole grains - Brown or wild rice instead of white - Whole wheat pasta instead of regular - Low-fat dairy products 	<ul style="list-style-type: none"> - Fruit instead of fruit juice - Dried fruit instead of candy - Vegetables, fresh or frozen, cooked or raw – at least 4 servings a day 	

EAT MORE SOLUBLE FIBRE	Soluble fibre acts like a sponge in your body, taking cholesterol with it on the way out. Foods high in soluble fibre can help decrease your LDL cholesterol and they are also good sources of other valuable nutrients.
Psyllium	<ul style="list-style-type: none"> - Eat a psyllium-containing cereal, such as 2 tbsp Kellogg's All-Bran® Buds, daily. Mix it with other cereals if desired.
Oats	<ul style="list-style-type: none"> - Eat cooked oatmeal or oat bran. - Try cold oat-based cereals such as Cheerios™, oat squares, and muesli.
Barley + Rye	<ul style="list-style-type: none"> - Make soups and casseroles with barley. - Use barley flour in baking. - Try rye bread and crackers for a change.
Legumes	<ul style="list-style-type: none"> - Use split peas, lentils, chickpeas, navy beans and other beans at least twice a week. Use them in soups, salads, stews, or casseroles.
Nuts and Seeds	<ul style="list-style-type: none"> - Sprinkle 1-2 Tbsp. ground flaxseed into yogurt, cereal or other foods each day. - Sprinkle nuts and seeds on salads, cereal or yogurt or enjoy them alone as a handy snack.
Fruits and Vegetables	<ul style="list-style-type: none"> - Aim for 5-10 servings per day. They contain soluble fibre; antioxidants and other nutrients that may help prevent the formation of artery-clogging plaque.

HEART HEALTHY HIGH PROTEIN-HIGH CALORIE SAMPLE MENU			
Calories = 2600 Protein = 107 grams (16% calories) Fat = 87 grams (30% most from monounsaturated sources)			
Breakfast		Afternoon Snack	
1 cup	Oat squares cereal sprinkled with:	1 Tbsp	Natural peanut butter
1/3 cup	All- Bran® Buds	1	Banana wrapped in
1/2 cup	Blueberries	1	Medium tortilla
1 Tbsp	Sliced almonds	1 cup	Protein-enriched skim milk
1 cup	Protein-enriched skim milk		
Morning Snack		Dinner	
¾ cup	Yogurt with	100 g	Salmon
½ cup	Pineapple	1 cup	Cooked pasta with
1 Tbsp	Ground flax seeds	½ cup	Peas and carrots+
Lunch		1 Tbsp	Olive oil
284 mL can	Beef barley or Minestrone soup	1.5 cups	Green salad with vegetables +
75g	Turkey	1 Tbsp	Italian dressing
2 slices	Rye bread +	Evening Snack	
¼	Avocado	½	Swiss cheese sandwich:
2 slices	Tomato and lettuce		1 slice whole wheat bread +
2 tsp	Becel margarine		1 slice low-fat cheese
1	Fresh apple	1	Medium sliced orange

PERSONALIZED MEAL PLAN		
Food Group	Number of Servings	Example of One Serving:
Grains		1 slice of bread, ½ bagel or English muffin, 1 small tortilla, ½ hamburger bun, ½ cooked rice, pasta cereal or potatoes
Protein		3 ounces (50-100grams) lean cooked meat, fish, or chicken (about the size of a deck of cards) 2 cooked eggs, 1/3 cup tofu, ½-1 cup beans
Dairy		1 cup of 1 %milk, ¾ cup yogurt, 50 grams or 2 slices of low-fat cheese
Fruit		1 medium sized fruit or ½ cup canned fruit or ½ cup of unsweetened fruit juice or ¼ cup dried fruit
Vegetables		½ cup fresh, frozen or canned vegetables, or 1 cup salad greens
Fat		1 tsp canola or olive oil, non-hydrogenated margarine, 1 Tbsp peanut butter, salad dressing, mayonnaise or ground flax seed, 15 nuts, 1/8 avocado <i>(You can have twice the serving size for "light or calorie-reduced" fats.)</i>