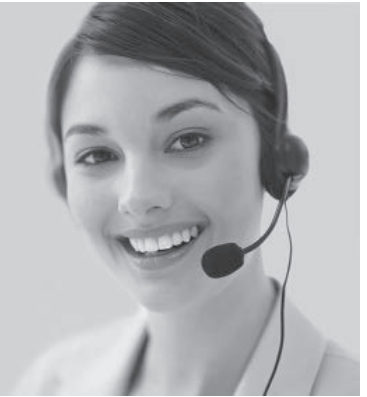


“It was great to talk with you.

Thank you for your interest in ‘For a Healthy Heart: Go, Slow Whoa Foods.’  
I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your health coach, I’m ready to help in any way I can.”



This tip sheet is designed to help you make heart healthy food choices.

- Go! foods are low in sodium, sugar, and/or saturated and trans fats. Choose these heart healthy foods most often.
- Slow! foods are not as healthy as Go! foods but not as unhealthy as Whoa! foods. Choose Slow! foods only once or twice a week.
- Whoa! foods are high in sodium, sugar, and/or saturated and trans fat. Limit or avoid these foods that are not healthy for your heart.

## Go! Foods

Go! foods are healthy for your heart. They are low in sodium, sugar, and/or unhealthy fat.

Note: Check with your doctor about how much to limit healthy fats.

## Vegetables

- Fresh vegetables (not avocado or olives)
- Frozen vegetables with no added salt, fat, cheese, or sauce
- Canned vegetables and tomato products with no added salt, fat, or sauce

**Fruits** (grapefruit and grapefruit juice interact with some medicines)

- Fresh, frozen, or canned fruits without added sugar, packed in its own juice or water (not coconut)
- 100% fruit juice (limit to ½ cup per day)



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**Milk and dairy foods**

- Nonfat (fat-free or skim) and 1% milk
- Nonfat/low-fat yogurt, no added sugar
- Nonfat or low-fat cheeses with <140 mg sodium and < 5 grams fat per 1 ounce (such as reduced fat Swiss, other low-sodium, low-fat cheeses)
- Nonfat or low-fat cottage cheese, no salt
- Nonfat or low-fat ricotta cheese
- Nonfat dry powdered milk
- Nonfat cream cheese

**Grains** (make at least half your grains whole grains)

- Breads or rolls with <140 mg sodium per serving and 0 trans fat
- Breakfast cereals with <140 mg sodium or less per serving (such as oatmeal cooked without salt; shredded wheat, puffed rice or wheat)
- Tortillas or pita bread
- Cooked grains (such as brown rice, wild rice, barley, bulgur, whole wheat couscous), cooked without salt
- Pasta, cooked without salt
- Low-sodium crackers, such as matzo
- Homemade pancakes made without salt and with low-sodium baking powder or baking soda

**Dried beans, nuts, and seeds**

- Dried beans, split peas, and lentils cooked from scratch without salt, salty seasonings, or cured or smoked meats (salt pork, ham, bacon, sausage)
- Dried beans, split peas, and lentils canned without salt
- Unsalted nuts or seeds, fresh or dry roasted (watch portion size)
- Peanut butter and other nut butters (watch portion size)

**Fish, poultry and meats** (use nonfat or low-fat cooking methods instead of frying)

- Fish and shellfish, fresh, frozen, or canned in water with no salt
- Fresh chicken (white meat) without skin
- Fresh turkey (white meat) without skin
- Extra lean cuts of beef (top sirloin, eye of round, extra-lean ground beef)
- Pork tenderloin
- Eggs (for healthy people, eggs can be part of an overall healthy diet; if you have heart disease or diabetes, talk with your doctor about a limit that is right for you)

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**Fats and oils**

For heart health, replace solid fats (saturated and *trans* fats) in your diet with liquid fats (oils). Avoid foods with “hydrogenated” fats on the ingredient label. Read the Nutrition Facts label, and choose foods with 0 trans fat and no more than 5% of the Daily Value for saturated fat per serving.

- Cooking spray
- Spray margarine
- Tub margarine, regular or reduced-calorie, with 0 grams trans fat
- Olive oil
- Other vegetable oils, such as canola, safflower, sunflower, corn, and peanut oil
- Salad dressing, low in sodium
- Mayonnaise

**Snacks, sweets, and added sugars**

- Fresh fruit, raw vegetables
- Air popped or microwave popcorn with no added fat or salt
- Unsalted rice cakes
- Low-sodium, low-fat crackers
- Sugar-free popsicles
- Frozen fruit juice bars, 100% juice (limit to 4 ounces per day)
- Unsalted pretzels
- Ginger snaps, vanilla wafers

**Drinks**

- Water, seltzer
- 100% fruit juice (limit to ½ cup per day)
- Sugar-free (diet) soft drinks, iced tea, or lemonade
- Non-fat (fat-free or skim) or 1% milk
- Coffee or tea, unsweetened

**Slow! Foods**

Eat these foods no more than once or twice a week. Watch portion sizes. These foods are higher than Go! foods in sodium, sugar, and/or unhealthy fat.

**Vegetables**

- Avocado
- Olives, without salt or brine



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**Fruit** (grapefruit and grapefruit juice interact with some medicines)

- Fruit canned in light syrup
- Dried fruit

**Milk and dairy foods**

- 2% milk
- Buttermilk

**Grains** (make at least half your grains whole grains)

- Breads, rolls, cereals, and other grain products with 140-250 mg sodium per serving

**Dried beans, nuts, and seeds**

- Canned beans, peas, or lentils, canned with salt, rinsed and drained

**Fish, poultry, and meats**

- Chicken or turkey with skin
- Lean, well-trimmed cuts of beef (round, strip, T-bone, and tenderloin steak)
- Lean ground beef or pork
- Pork loin chop or roast
- Reduced-sodium processed meats
- 2 egg yolks per week is recommended for people with heart disease

**Snacks, sweets, and added sugar**

- Low-fat frozen yogurt
- Ice milk bars
- Low-fat ice cream
- Low-fat pudding (not from mix)
- Sorbet
- Sugar
- Honey
- Jam
- Jelly

**Drinks**

- 2% milk



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## Whoa! Foods

Eat these foods only now and then. Avoid large portions. These foods are high in sodium, sugar, and/or unhealthy fat.

### Vegetables

- Vegetables or potatoes with added salt, fat, sauce, cheese, or seasoning mixes
- Deep fried vegetables (such as onion rings, fried zucchini, fried mushrooms)
- Sauerkraut
- Pickled vegetables, pickles, pickle relish
- Olives, salted or in brine
- Vegetables and tomato products canned with salt or with fat added
- Vegetable juices canned with salt

### Fruit

- Coconut
- Fruits canned in heavy syrup

### Milk and dairy foods

- Cream
- Sour cream
- Cream cheese
- Half and half
- Whole milk or whole milk yogurt
- Instant milk mixes
- Hot cocoa mix
- Most hard cheeses
- Processed cheeses (American, cheese spreads)
- Cottage cheese, regular
- Ricotta cheese, regular



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**Grains** (make at least half your grains whole grains)

- Breads, rolls, cereals, and other grain products with >250 mg sodium per serving
- Sweetened breakfast cereals
- Regular pancakes or waffles
- Cornbread
- Croissants, muffins, donuts, sweet rolls, coffee cake, scones, other pastries
- Prepared bread crumbs
- Stuffing
- Salted crackers or those with more than 4 grams fat per ounce
- Instant hot cereals
- Mixes such as for stuffing, rice, casserole, pancake, biscuit, cornbread, or noodles
- Prepared refrigerator dough

**Dried beans, nuts, and seeds**

- Nuts or seeds salted or roasted in oil
- Dried beans, peas, or lentils cooked with salt, salty seasonings, or cured or smoked meats (salt pork, ham, bacon, sausage)

**Fish, poultry, and meats**

- Untrimmed beef and pork
- Regular ground beef and pork
- Fried and/or breaded fish, poultry, or meats
- Spare ribs
- Canned, smoked, cured, salted, or processed meats and poultry (such as ham, bacon, jerky, luncheon meats, corned or dried or chopped beef, hot dogs, pepperoni, sausage, kosher meats)
- Salty or smoked fish (anchovies, caviar, salted and dried herring, sardines, smoked salmon, regular canned tuna or other fish)
- Pre-marinated or basted poultry
- Whole eggs cooked with fat

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**Fats and oils**

- Regular salad dressing (high in sodium)
- Butter
- Margarine containing trans fat
- Shortening
- Bacon
- Lard or salt pork
- Gravy or meat drippings
- Coconut, palm, and palm kernel oils

**Snacks, sweets, and added sugar**

- Salted potato or tortilla chips
- Salted pretzels
- Salted nuts or seeds or those roasted in oil
- Regular crackers
- Buttered or salted popcorn
- Ice cream
- Regular frozen yogurt
- Regular or instant pudding
- Cakes, cookies, pies, chocolate, candy, cheesecake, and many other desserts

**Drinks**

- Regular soft drinks, iced tea, or lemonade
- Fruit drinks that are not 100% juice
- Sports drinks
- Instant cocoa
- Whole milk



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## For a Healthy Heart: Go, Slow, Whoa Foods

### Take Action

Check when completed

#### My SMART\* goal for this week

Write down on the chart below five Whoa foods you eat. For each one, write down a Slow and Go food you would be willing to try instead.

Whoa! Food	Slow! Food	Go! Food
Example: Ice cream	Frozen low-fat yogurt	Frozen fruit juice bar, 100% juice (limit to 4 oz. per day)
1.		
2.		
3.		
4.		
5.		

Set a SMART\* goal with your health coach to make one of the changes above this week. *Be specific.*

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#### Staying on the path to wellness

From time to time, review the ideas on this tip sheet for healthier fast food choices.

SMART Goal 1:

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SMART Goal 2:

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## For a Healthy Heart: Go, Slow, Whoa Foods

\*SMART goals are specific, measurable, appropriate, realistic, and timely. For example: “On Saturday, I will buy a box of frozen juice bars instead of the ice cream I usually buy. I will compare brands and choose one that is 100% fruit juice.”

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

The information in this tip sheet is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.

### Source:

- “American Heart Association’s Diet and Lifestyle Recommendations.” Available at [www.heart.org/HEARTORG/HealthyLiving/Diet-and-Lifestyle-Recommendations\\_UCM\\_305855\\_Article.jsp#.V7I7wz4rK2w](http://www.heart.org/HEARTORG/HealthyLiving/Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp#.V7I7wz4rK2w). Accessed 8/15/16.



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