



CARDIAC DIET

Eat for a Healthy Heart, Live for a Better Life

A heart-healthy eating plan can help lower blood pressure, reduce cholesterol, and support a strong, healthy heart.



✓ FOCUS ON



1 FRUITS & VEGETABLES

- Rich in vitamins, minerals, fiber and antioxidants
- Aim for a variety of colors every day



2 WHOLE GRAINS

- Choose whole grains like oats, brown rice, quinoa, and whole-wheat bread
- Help lower cholesterol and keep blood sugar stable



3 LEAN PROTEINS

- Choose fish (especially fatty fish like salmon), skinless poultry, beans, lentils, and tofu
- Build and repair tissues while supporting heart health



4 HEALTHY FATS

- Choose olive oil, nuts, seeds, and avocado
- These healthy fats support heart function
- Use in moderation



✗ LIMIT OR AVOID



HIGH-SODIUM FOODS

- Processed foods
- Canned soups
- Fast food

Too much sodium can raise blood pressure and strain your heart.



SUGARY FOODS & DRINKS

- Soda
- Candy & desserts
- Sweetened beverages

These add empty calories and increase the risk of obesity and heart disease.



SATURATED & TRANS FATS

- Fried foods
- Fatty red meat
- Butter, margarine, shortening

These can raise LDL (bad) cholesterol and increase heart disease risk.

KEY PRINCIPLES



EAT MORE FIBER

To help lower cholesterol



REDUCE SALT (SODIUM)

Helps control blood pressure



CHOOSE HEALTHY FATS

For a stronger heart



CONTROL PORTION SIZES

To maintain a healthy weight



STAY HYDRATED

Drink plenty of water daily



STAY ACTIVE

Pair healthy eating with regular activity

SAMPLE DAY (SIMPLE)



BREAKFAST

Oatmeal with berries and a sprinkle of nuts



LUNCH

Grilled chicken salad with olive oil dressing



DINNER

Baked salmon, brown rice, steamed vegetables



SNACK

A piece of fruit or a handful of nuts



Dr. Shabib Alhadheri, MD

Advanced Pediatric Cardiology

1478 W Elliot Rd, Suite 102
Gilbert, AZ 85233

480-855-1339

www.apcardio.com

