

Heart Healthy Eating Sample Menu

Regular Eating

Breakfast

Granola cereal	½ cup (125 mL)
2% milk	½ cup (125 mL)
Store-bought blueberry muffin	1
Butter	1 tsp (5 mL)
Orange juice	1 cup (250 mL)
Coffee	1 cup (250 mL)
Cream	1 tbsp (15 mL)
Sugar	1 tbsp (15 mL)

Snack

Chocolate-glazed donut	1
Coffee	1 cup (250 mL)
Cream	1 tbsp (15 mL)
Sugar	1 tbsp (15 mL)

Lunch

Loaded hamburger with cheese and mayonnaise	1
French fries	40
Milkshake	12 oz (375 mL)

Snack

Store-bought sandwich cookies	2
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Supper

Fettuccini	2 cups (500 mL)
Alfredo sauce	½ cup (125 mL)
T-bone steak	6 oz (180 g)
Caesar salad	1 cup (250 mL)
Garlic toast	1 slice
Apple pie	1 slice
Ice cream	½ cup (125 mL)

Heart Healthy Eating

Breakfast

Oatbran® cereal	¾ cup (175 mL)
Bran buds	2 tbsp (30 mL)
1 % milk	½ cup (125 mL)
Whole wheat toast	1 slice
Peanut butter	1 tbsp
Orange	1
Coffee	1 cup (250 mL)
2 % milk	1 tbsp (15 mL)
Sugar	1 tsp (5 mL)

Snack

Mixed fruit (e.g. blueberries, strawberries, peach)	½ cup (125 mL)
Low fat yogurt	¾ cup (175 mL)
Coffee	1 cup (250 mL)
2% milk	1 tbsp (15 mL)
Sugar	1 tsp (5 mL)

Lunch

Grilled chicken sandwich on whole grain bun	1
Side salad	1 cup (250 mL)
Low fat dressing	1 tbsp (15 mL)
1 % milk	1 cup (250 mL)

Snack

Nuts	½ cup (125 mL)
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Supper

Angel hair pasta	1 cup (250 mL)
Tomato sauce	½ cup (125 mL)
Stir fried vegetables	1 cup (250 mL)
Grilled sirloin steak	4 oz (120 g)
Green salad	1 cup (250 mL)
low fat dressing	1 tbsp (15 mL)
baked apple with cinnamon	1
Frozen yogurt	½ cup (125 mL)

This information is not meant to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian.



Meal Nutrient Breakdown: Compare the Difference!

	Calories (kcal)	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Cholesterol (mg)	Fibre (grams)	Saturated fat (grams)
Regular	4500	557	146	190	358	14	69
Heart Healthy	2258	359	99	53	130	25	16



Notes

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