

Nutrition Knowledge Destination ... food and nutrition information you can trust from Dietitians of Canada

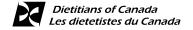
## **Heart Healthy Eating Sample Menu**

## **Regular Eating**

## **Heart Healthy Eating**

Breakfast		Breakfast	
Granola cereal	½ cup (125 mL)	Oatbran® cereal	3/4 cup (175 mL)
2% milk	½ cup (125 mL)	Bran buds	2 tbsp (30 mL)
Store-bought blueberry muff		1 % milk	½ cup (125 mL)
Butter	1 tsp (5 mL)	Whole wheat toast	1 slice
Orange juice	1 cup (250 mL)	Peanut butter	1 tbsp
Coffee	1 cup (250 mL)	Orange	1
Cream	1 tbsp (15 mL)	Coffee	1 cup (250 mL)
Sugar	1 tbsp (15 mL)	2 % milk	1 tbsp (15 mL)
		Sugar	1 tsp (5 mL)
Snack		Snack	
Chocolate-glazed donut	1	Mixed fruit (e.g. bluebe	
		strawberries, peach)	½ cup (125 mL)
Coffee	1 cup (250 mL)	Low fat yogurt	3/4 cup (175 mL)
Cream	1 tbsp (15 mL)	Coffee	1 cup (250 mL)
Sugar	1 tbsp (15 mL)	2% milk	1 tbsp (15 mL)
		Sugar	1 tsp (5 mL)
Lunch		Lunch	
Loaded hamburger	1	Grilled chicken sandwich	
with cheese and may		on whole grain bun	1
French fries	40	Side salad	1 cup (250 mL)
		Low fat dressing	1 tbsp (15 mL)
Milkshake	12 oz (375 mL)	1 % milk	1 cup (250 mL)
Snack		Snack	
Store-bought sandwich cook	kies 2	Nuts	½ cup (125 mL)
Supper		Supper	
Fettuccini	2 cups (500 mL)	Angel hair pasta	1 cup (250 mL)
Alfredo sauce	½ cup (125 mL)	Tomato sauce	½ cup (125 mL)
T-bone steak	6 oz (180 g)	Stir fried vegetables	1 cup (250 mL)
Caesar salad	1 cup (250 mL)	Grilled sirloin steak	4 oz (120 g)
Garlic toast	1 slice	Green salad	1 cup (250 mL)
Apple pie	1 slice	low fat dressing	1 tbsp (15 mL)
Ice cream	½ cup (125 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.



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## 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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