

Cardiac Rehab Handout - Nutrition

- Protein:
 1. How Much? **(100 grams / day)**
 2. What? (Lean animal – Dairy – Supplement)
 3. When? (20g – 20g – 20g – 40g)
 4. Metabolism, Muscle Building
- Fiber:
 1. How Much? **(25 – 30 grams / day)**
 2. What? (Vegetables/Fruits/Grains)
 3. Antioxidants/Flavonoids – anti-inflammatory and Lowers bad cholesterol
- Sugar:
 1. How Much? **(<50 grams / day)**
 2. What? (Fruits)
 3. Antioxidants/Flavonoids but too much causes Inflammation
- Saturated Fats:
 1. How Much? **(<15 grams / day)**
 2. What? (Olive Oil – Lean Animal – Dairy)
 3. Cell construction but increases cholesterol
- Salt:
 1. How Much? **(<2,000 mg / day)**
 2. What? (Can Goods – Frozen/Processed Foods)
 3. Cell processes but increases fluid retention

Sample Day Meals-

- Breakfast: 8oz Fairlife Milk, 1 Egg, ½ cup Strawberries
 - Lunch: 4oz Pork Tenderloin, 1 cup Spinach, ½ Yellow Bell Pepper, ½ cup Tomatoes,
 - Snack: Triple Zero Greek Yogurt, ½ cups white grapes, 1 oz Almonds
 - Dinner: 6oz 93% Ground Beef, Oroweat Sandwich Thins, Lettuce, Tomato, Veggie Tots Broccoli
 - **Pro-120g, Sat.Fat-10g, Fiber-28g, Sugar-42mg, NA-950mg**
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- Breakfast: Turkey Breakfast Sausage, ½ cup oatmeal, ½ cup Blueberries
 - Lunch: 4oz Can Albacore Tuna low NA in water, 1 med Sweet Potato,
 - Snack: 8oz Fairlife milk, ½ cup Apple, 2 oz Almond Butter
 - Dinner: 6oz Chicken Breast, ½ cup Spaghetti Squash, ½ cup Cauliflower and Carrots
 - **Pro-100g, Sat.Fat-5g, Fiber-25g, Sugar-48mg, NA-1280mg**
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- Breakfast: 8oz Fairlife Milk, Kellogg's Special K w/Protein, ½ cup raspberries
 - Lunch: 3oz low NA Deli Turkey, Mission Low Carb Tortilla Sm,
 - Snack: Fairlife Core Power Protein drink
 - Dinner: 6oz Chicken Thigh, Sautéed ½ cup Eggplant and ½ cup Zucchini, 1 small Satsuma
 - **Pro-110g, Sat.Fat-7g, Fiber-36g, Sugar-39mg, NA-1525mg**

1. Proteins:

- Boneless Skinless Chicken breast
- Boneless Skinless Chicken thigh
- Boneless Skinless Turkey breast
- Pork Tenderloin
- Pork Chops Center Cut
- Beef Tenderloin
- Beef Sirloin
- Beef Round
- Lean Ground Beef 93% or more
- Wild Game
- Fish
- Shellfish
- Protein Bars: (Oatmega-3 Protein, Health Warrior)
- Protein Shake: (Fairlife Core Power)
- Almonds
- Cashews
- Macadamia Nuts
- Pecans
- Walnuts
- Pistachios
- Hazelnuts
- Sunflower seeds
- Pumpkin seeds

2. Vegetables:

- Artichoke
- Asparagus
- Arugula
- Avocado
- Beets
- Broccoli
- Brussel Sprouts
- Bell Peppers
- Bok Choy
- Cabbage
- Cauliflower
- Carrots
- Celery
- Collard Greens
- Cucumber
- Eggplant
- Green Onions
- Green Beans
- Kale
- Lettuce
- Mushrooms
- Mustard Greens
- Onions
- Okra
- Parsley
- Peppers
- Pumpkin
- Radish
- Spinach
- Squash
- Sweet potato
- Swiss Chard
- Turnip Greens
- Turnips
- Tomatoes
- Zucchini

3. Fruits: (moderation)

- Apples
- All Berries
- Cantaloupe
- Cherries
- Grapefruit
- Kiwi
- Lemon
- Lime
- Mango
- Nectarines
- Oranges
- Peaches
- Plums
- Pears
- Pineapple
- Papaya
- Watermelon

4. Oils: (moderation)

- Coconut Oil
- Palm Oil
- Butter
- Ghee Butter
- Olive Oil
- Sesame Oil
- Avocado Oil
- Walnut Oil

5. Dairy: (moderation)

- Eggs
- Cheese
- Milk (Fairlife)
- Yogurt

6. Grain: (Limited to 1-2 meals a day)

- Whole Grain Bread (Sara Lee Delightful Multigrain)
- Whole Wheat Pasta
- Brown or Parboiled Rice
- Cereal (Kashi Protein, Special K Protein, Cheerios Protein)
- Oatmeal