

Food	Preferred Option(s)	Less Heart-Healthy	Considerations
Meat			
Beef	Lean ground beef (93/7)	Chick Steak	Avoid rib cuts
	Top Loin Steak	Skirt steak	Choose lean ground beef
	Tenderloin roast or steak	Short Ribs	Look for Laura's Lean Beef Products
	Top round steak	Shoulder top blade	
Poultry	Skinless chicken breast (1 g. fat in 4 oz)	Thighs with skin (18 g. fat in 4 oz.)	Choose skinless cuts
	Tyson trimmed & ready boneless, skinless chicken breasts (99% fat-free)	Tyson Buffalo Style Seasoned Wings (high in fat, saturated fat, cholesterol, and Na)	Avoid pre-breaded/pre-seasoned chicken products which will be higher in Na
	Jennie-O lean ground turkey		
Fish	Wild Alaskan Salmon (low in fat and saturated fat, high in good fats and protein)	Breaded fish sticks (higher in Na)	Look for wild fish, rather than farmed, as these will be higher in omega-3 fatty acids
	Steel trout (low in fat and saturated fat, high in good fats and protein)	Pre-marinated fish, which may be high in Na	
	Tuna packed in water without salt	Canned tuna with salt	
	Mackerel, herring		
Deli meat	AHA-approved deli meat; in Super Target, this was available in the Market Pantry store brand; it was lower in fat and Na	Regular Oscar Meyer or Hillshire Farms deli turkey and ham products (high in Na)	An alternative would be SmartDeli vegetable protein slices made with wheat gluten and soy
Hot dogs	Applegate natural uncured beef hot dogs	Ball Park or Oscar Meyer hot dogs	Look for packages that say "no added nitrates"
			An alternative would be SmartDogs- a fat-free, low Na soy product
Bacon	Jennie-O or Oscar Meyer turkey bacon (Jennie-O slightly lower in fat and Na)	Regular Oscar Meyer bacon	If patients will not switch to turkey bacon, encourage them to limit normal bacon to only one slice.
Sausage	Jennie-O turkey sausages (low in fat and saturated fat, but still fairly high in Na)	Johnsonville smoked turkey sausage (contains nitrates and is high in fat, saturated fat, cholesterol, and Na)	Look for packages that say "no added nitrates or nitrites" and low Na
		Summer sausage (extremely high in Na)	
Spam	Lite Spam	Classic Spam	I would not recommend

			either of these, but if a patient wants to include Spam in his or her diet, encourage to choose lite spam, which is much lower in calories, fat, saturated fat, cholesterol, and Na
Soy Products	Tofu		These are good sources of protein as meat alternatives
	Meat alternatives (mentioned above)		While not extremely high in Na, the meat alternatives are higher in Na than the tofu
Cheese	Fat-free, low-fat, and reduced cheeses	Regular cheeses- should be limited due to high content of calories, fat and saturated fat	Look for the Alpine Lace brand of cheeses, which provide reduced fat and Na options
	Athenos fat-free or reduced-fat feta cheese		Lower fat and regular cheese options do not differ significantly in Na content
	Veggie slices (soy-based product used as a cheese substitute)		
Margarine/Butter	Brummel & Brown (made with nonfat yogurt), I Can't Believe it's Not Butter, Smart Balance- all very similar in calorie, fat, and saturated fat content (high in plant fats so that MUFAs and PUFAs are high and saturated fats are low)	Regular butter (higher in fat and saturated fat)	If you do use regular butter, look for unsalted to keep the Na content lower There is not a significant difference in Na content of butter versus margarine None of the options I looked at had trans fats, but these should be avoided completely in a heart patient
Salt Substitutes	Mrs. Dash- blend of spices, garlic, onion, and lemon	Accent (MSG)- this is not really a salt substitute, but a flavor enhancer; many people have negative reactions	Make sure that clients who are on diets limiting K are not using KCl salt substitutes
	Salt Balance- combination of Na and KCl (limits both Na and K but does not eliminate		Because sea salt still contains NaCl, it is not any more appropriate on a heart healthy diet than

	either)		table salt
	Salt substitute (KCl)		
Frozen Products	Rhodes or Sister Schubert's Whole Wheat Dinner Rolls	Grand's frozen biscuits (high in fat and saturated fat)	Look for the words "baked" and "whole wheat" to find healthier frozen bread products
		NY Texas Toast (high in Na)	
Vegetables	No salt added canned varieties (Store brand black beans w/ no salt added contained only 130 mg, or 5% of the DV, of Na)	Regular canned varieties (Store brand black beans contained 400 mg, or 17% DV, of Na)	Always choose the "no salt added" variety; if this is not available, choose the low Na variety
	Store brand frozen vegetables will contain little to no Na	Frozen vegetables with sauces	Choose the store brand of the frozen veggie for savings and choose it in the most basic form (not steam-in-the-bag)
	Uncle Ben's rice bowls- low in fat and saturated fat, but have ~22% DV of Na so they should be limited		When choosing a frozen vegetable with sauce, make sure to check the Na content
Soup	Healthy Choice (provides some options with <20% DV of Na)	Progresso- most choices have Na content \geq 30% DV	Most brands of soup provide low-fat options, but very few provide low Na options
	V8 brands will have very low fat content and lower Na content than many brands		
Breads	Arnold Whole Grains 100% Whole Wheat Bread (3 grams of fiber, low in sugar and Na) Nature's Own Whole Wheat Bread (2 grams of fiber, but lower in sugar and slightly lower in Na)	White Wonderbread	This store did not have breads marketed as "low-sugar" or "low-Na" When these types of options are offered, the buyer should still check that the bread is also a whole grain option (whole grain is the first ingredient)
Cereals	Multigrain Cheerios	General Mills Oatmeal Crisp Crunchy Almond (220 kcals, 5 g of fat)	
	Kashi Cereals	Post Reese's Puffs (120 kcals, 3 g fat)	
Snacks	Snackwells yogurt	Pop-tarts	

	pretzels 100 calorie packs		
	EatSmart Natural Garden Veggie Chips	Regular Doritos	
	Planter's Heart-Healthy Nut Mix with no added salt	Honey buns, other sweetened pastries	
	Cape Cod Reduced Fat Kettle Cooked Chips		
	Baked Lays		
	Pretzels (fat-free but ~19% DV of Na)		
	Kashi Granola Bars (Nutrigrain also provide a cheaper option)		

Interesting Observation: It was interesting to see the soup options. Even the “healthy, low-fat” soups contained a significant amount of Na. This is one type of food that it really would be best to encourage patients to make themselves if they are able.

It was also interesting to see the price difference in frozen vegetables when they were more or less prepared. For instance, the name brand options ready to steam in the bag or with seasoning were much more expensive than just buying the basic form of the store brand and adding your own seasoning.