

# NUTRITION FOR A HEALTHY HEART

## Diets and Heart Healthy Menus



[The Benefits of Eating a Low Cholesterol Diet](#)

[Food & Fitness Planner](#)

[Living Healthy](#)

[Your GUIDE to Lowering Your Cholesterol with TLC](#)

## **Dash Diet-for High Blood Pressure**

[YOUR GUIDE TO Lowering Your Blood Pressure with DASH](#)

[The \*DASH\* Eating Plan](#)

[Best DASH Diet Recipes](#)

[One Week with the DASH Eating Plan](#)

[Sample menus for the DASH diet](#)

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## [Mayo Clinic Healthy Weight Pyramid: A sample menu](#)



## [Simple Cooking with Heart Recipes- American Heart Association....See Recipes!](#)



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## Top 5 Foods to Lower Cholesterol

Here are the Top 5 foods or food groups that can lower your cholesterol and protect your heart, as suggested by the experts at Mayo Clinic.



- 1 Oatmeal, oat bran and high-fiber foods**  
(5–10 grams/day)



- 2 Fish and Omega-3 fatty acids**  
(2 servings/week)



- 3 Walnuts, almonds and other nuts**  
(1.5 ounces/day)



- 4 Olive Oil**  
(23 grams/day)



- 5 Foods with added plant sterols or stanols**  
(2 grams/day)

## CHECK OUT THESE INTERSTING WEBLINKS:-

- [1. Healthy Eating for a Healthy Weight](#)
- [2. Healthy Eating Plan](#)
- [3. Diet & Weight Management](#)
- [4. Healthy Eating Plate & Healthy Eating Pyramid](#)

# NUTRITION FOR A HEALTHY HEART

Low-carbohydrate	Low-fat/ vegetarian/vegan	Low-glycemic	Mediterranean	Mixed/balanced	Paleolithic
Emphasis on restriction of refined starches and added sugars in particular.	Emphasis on plant foods direct from nature; avoidance of harmful fats.	Restriction of starches, added sugars; high fiber intake.	Foods direct from nature; mostly plants; emphasis on healthful oils, notably monounsaturates.	Minimization of highly processed, energy-dense foods; emphasis on wholesome foods in moderate quantities.	Minimization of processed foods. Emphasis on natural plant foods and lean meats.
Limited refined starches, added sugars, processed foods; limited intake of certain fats; emphasis on whole plant foods, with or without lean meats, fish, poultry, seafood.					

Katz and Yale colleague Stephanie Meller published their [findings](#) in the current issue of the journal *Annual Reviews* in a paper titled, "Can We Say What Diet Is Best for Health?" In it, they compare the major diets of the day: Low carb, low fat, low glycemic, Mediterranean, mixed/balanced (DASH), Paleolithic, vegan, and elements of other diets. Despite the pervasiveness of these diets in culture and media, Katz and Meller write, "There have been no rigorous, long-term studies comparing contenders for best diet laurels using methodology that precludes bias and confounding. For many reasons, such studies are unlikely."

**They conclude that no diet is clearly best, but there are common elements across eating patterns that are proven to be beneficial to health. "A diet of minimally processed foods close to nature, predominantly plants, is decisively associated with health promotion and disease prevention."**