



## IDEAS FOR A HEART HEALTHY DIET

Individuals that are prescribed a heart healthy diet need to be mindful of saturated fats, cholesterol and sodium. Your doctor may also recommend a high fiber diet. If you are not familiar with a heart healthy diet, consider seeking the advice of a registered dietitian to provide you with some specific guidelines for your individualized dietary needs or nutritional concerns.

If your taste buds are yearning for a sub, the veggie sub may fit the bill with the following modifications, as it contains approximately 255 mg Sodium, 3 g saturated fat, 15 mg cholesterol, and 2.5 g fiber (without a side or dressing):

- No mustard or mayo
- No pickle
- No olives
- ½ serving cheese
- Cut in half (eat a three inch portion and take home or share the other three inch portion)

If you would like a salad as your entrée, try one of these general tips to reduce saturated fats, cholesterol and sodium:

- Request no croutons
- Request a half portion of meat and cheese, if applicable
- Order Caesar dressing and use a half serving

A slice of pizza (ordered individually) can also be customized for your needs. Try requesting easy cheese or no cheese. For every ounce that is removed you can save approximately 190 mg sodium, 4.5 g saturated fat, and 25 g cholesterol. For reference, approximately 1.875 ounces of cheese come on a standard slice.

Please note the nutritional values provided are estimates based on our standard serving portions. Food servings may have a slight variance each time you visit. In addition, everyone's body is different and we urge you to seek guidance from your own physician and/or a registered dietitian to make the best decisions possible for *you*.