

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Eat Foods Rich in Fiber

Fiber is a carbohydrate that breaks down slowly. Fiber is also healthy for your heart. Fiber-rich foods include:

- Whole-grain breads and cereals
- Bulgur wheat
- Brown rice
- Whole-wheat pasta
- Fruits and vegetables
- Dry beans, and peas

Choose Health Protein Foods

Eating protein that is low in fat can help you control your weight. It also helps keep your heart healthy. Low-fat protein foods include:

- Fish
- Plant proteins, such as dry beans and peas, nuts, and soy products like tofu and soymilk
- Lean meat with all visible fat removed
- Poultry with the skin removed
- Low-fat or nonfat milk, cheese, and yogurt

Limit Unhealthy Fats and Sugar

Saturated and trans fats are unhealthy for your heart. They raise LDL (bad) cholesterol. Fat is also high in calories, so it can make you gain weight. To cut down on unhealthy fats, limit these foods:

- Butter or margarine
- Palm and palm kernel oils and coconut oil
- Sweet bakery goods such as pies, muffins, and donuts
- Cheese and cream
- Bacon
- Ice cream
- Bacon
- Jam & jellies
- Candy bars
- Regular sodas

When to Eat

Your meal plan should include breakfast, lunch, dinner, and some snacks.

- Try to eat your meals and snacks at about the same times each day.
- Eat *all* your meals and snacks. Skipping a meal or snack can make your blood sugar drop too low. It can also cause you to eat too much at the next meal or snack. Then your blood sugar could get too high.

Online Source: American Dietetic Association

[http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_nfs1102c_ENU_HTML.htm]

Online Source: National Diabetes Education Program [http://ndep.nih.gov/diabetes/MealPlanner/en_intro.htm]

Online Source: National Diabetes Information Clearinghouse

[http://diabetes.niddk.nih.gov/dm/pubs/eating_ez/index.htm#starches]

IMPORTANT NOTICE

Contact the on-call if you are experiencing any change in your current health condition.

For ALL emergencies requiring IMMEDIATE medical attention, call 911.

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