

WakeMed Heart Healthy Food Pyramid

LIMIT OR AVOID

SUGARS
sweets, baked goods,
ice cream, sodas,
sweet drinks

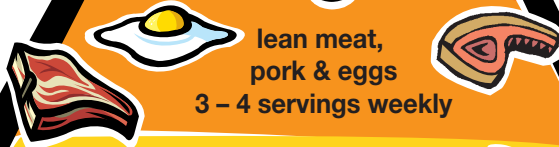
LIMIT OR AVOID

FATS
butter, shortening,
stick margarine, chips,
fatty meats, biscuits,
fried foods



lean meat,
pork & eggs
3 - 4 servings weekly

WEEKLY

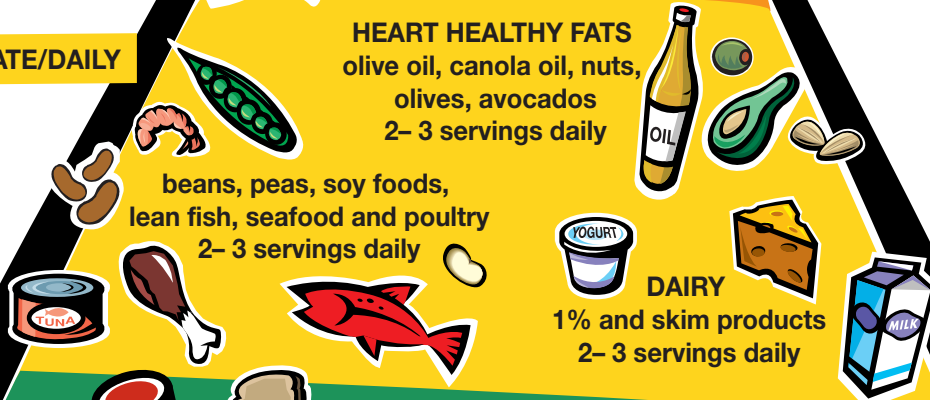


MODERATE/DAILY

HEART HEALTHY FATS
olive oil, canola oil, nuts,
olives, avocados
2- 3 servings daily

beans, peas, soy foods,
lean fish, seafood and poultry
2- 3 servings daily

DAIRY
1% and skim products
2- 3 servings daily



COMPLEX CARBOHYDRATES
whole grains, whole wheat breads,
oatmeal, high-fiber cereals, whole wheat pastas
6 - 10 servings daily

FREQUENT/DAILY

VEGETABLES
3 - 5 servings daily

FRUITS
2 - 4 servings daily



DAILY PHYSICAL ACTIVITY



FREQUENT/DAILY

VEGETABLES

3-5 servings daily

1 cup raw vegetables

1/2 cup cooked vegetables

1/2 cup reduced sodium vegetable juice

- Choose fresh, frozen or low salt vegetables without sauces and glazes.
- Prepare your vegetables steamed and add a small amount of oil, liquid or soft margarine, or reduced sodium bouillon or broth.
- Flavor with herbs, spices, lemon juice or vinegar in place of salt.
- For a meat flavor, use a small piece of lean meat or a low-sodium liquid smoke.

FRUITS

2-4 servings daily

1 medium banana, orange, pear, apple

1/2 cup fresh or canned fruit

1/2 cup fruit juice

2 Tablespoons dried fruits (raisins, etc.)

- Choose fresh, frozen or dried fruits most often.
- Limit or avoid fruit juices to help manage weight and blood sugars.
- Choose fruits without added sugar whenever possible.

COMPLEX CARBOHYDRATES

6-10 servings daily

1 slice bread

3/4 cup dry cereal

1/3 cup rice, grits, cooked cereal or pasta

6 crackers (choose lower fat varieties)

- Choose whole grain products whenever possible, such as whole wheat bread, high-fiber cereal, whole wheat pasta.
- Replace white rice with brown rice to increase your fiber.
- Aim for 25-35 grams of fiber each day.

MODERATE/DAILY

BEANS, PEAS, SOY FOODS, LEAN FISH, SEAFOOD & POULTRY

2-3 servings daily

1/3 cup cooked dried beans, peas or lentils

1/2 cup tofu or soy beans (edemame)

1 soy burger

3 oz. cooked fish, seafood or poultry

2 Tablespoons peanut butter

- Eat 2 or more servings of fish per week.
- Choose lean cooking methods for seafood, fish and poultry (bake, broil or grill).
- Trim fat and remove skin from poultry.

DAIRY (1% & SKIM)

2-3 servings daily

1 to 2 ounces nonfat or low-fat cheese

8 ounces non-fat or low-fat milk or yogurt

- Choose flavorful cheese to get good flavor with smaller quantities.
- Choose sugar-free fruited yogurt whenever possible.
- If you have trouble digesting milk or dairy products, try lactase enzyme pills or use lactose-free milk products.
- Avoid whole-milk products.

HEART HEALTHY FATS

2-3 servings daily

1 teaspoon oil, liquid or soft margarine

1 Tablespoon reduced-calorie salad dressing or light mayonnaise

1-2 Tablespoons nuts or seeds

1/8 of a medium avocado

10 small or 5 large olives*

- Choose canola or olive oil, liquid or low-fat tub margarine.
- Try non-stick vegetable sprays, reduced fat or fat-free products.
- Avoid stick margarine, butter, shortening, lard, meat fat, fatback, and products prepared with palm, coconut or hydrogenated oils.

DAILY

PHYSICAL ACTIVITY

Choose a combination of:

- **Aerobic Activity** – fast walking, swimming, jumping rope, bicycling, etc.
- **Strength Training** – sit-ups, push-ups, weight lifting, etc.
- **Stretching** – touching your toes, reaching for the sky, yoga, pilates, etc.

WEEKLY

LEAN MEAT, PORK & EGGS

3-4 servings weekly

3 oz. cooked lean meat (beef, pork or venison); 1 egg (limit yolks to 3 per week)

- Choose lean cuts of meat such as round or loin cuts.
- Trim fat and remove skin.
- Bake, broil, roast, microwave or grill meats in place of frying.
- Add more meatless meals into your eating plan.
- Limit red meats such as beef, pork and venison to no more than 3 servings per week.
- Avoid or reduce your intake of fatty meats such as bacon, sausage, regular ground beef and fried chicken.

LIMIT OR AVOID

UNHEALTHY FATS

- Animal fats, butter, stick margarine, vegetable shortening, creamy salad dressings, mayonnaise, fatty meats, chicken skin, whole-milk products, commercial pastries, cookies, muffins, doughnuts, biscuits, chips, french fries, fried foods

FOODS HIGH IN SUGAR

- Soda, sweet tea, other sweetened drinks, ice cream, commercial pastries, cookies, muffins, cake, doughnuts, candy

Nutrition information created by WakeMed dietitians.

Additional nutrition services are available. Please call 350-7827 for more information.



Food and Nutrition Services

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