

# HEART HEALTHY

## Carbohydrate Controlled Diet

Eating healthy foods is one of the basic tools of diabetes care. Keeping blood sugar as close to normal as possible plus a diet that is low in fat, cholesterol, and sodium can decrease the complications associated with diabetes such as heart disease, obesity, & high blood pressure.

1. Choose only lean meats & seafood. Limit your portions to a 3 ounce serving (about the size of a deck of cards) no more than twice a day.

### LOW-FAT CHOICES:

- ▲ Skinless chicken breast
- ▲ Skinless turkey breast
- ▲ Smoked turkey breast
- ▲ Ground turkey breast
- ▲ Fish & Shellfish
- ▲ Wild game
- ▲ Canned salmon & tuna  
(packed in water)

### AVOID (DO NOT EAT):

- ▼ Liver, chitterlings & gizzards
- ▼ Canned or potted meats
- ▼ Red lunch meats
- ▼ Breaded and/or Fried meats & fish
- ▼ Bologna & hot dogs (*all types*)
- ▼ Bacon & sausage (*all types*)
- ▼ Chicken & turkey wings
- ▼ Regular cheeses

- ▶ Limit the following meats to no more than 3 servings a week:

Beef - round, sirloin, chuck, loin

Lamb - leg, arm, loin, roast

Pork - tenderloin, leg (*fresh*), ham

Veal - all trimmed cuts

- ▶ Buy meat, fish, and chicken without added salt, breading, or sauces.
- ▶ Trim all visible fat from meat, chicken & turkey.
- ▶ Remove all skin from chicken and turkey before eating.
- ▶ Bake, broil, roast, stew, grill or brown meats using a non-stick cooking spray.
- ▶ Do not deep fat fry.
- ▶ Do not use shortening, butter, or bacon grease.
- ▶ Throw away all fat that cooks out of the meat.
- ▶ Cool soups, stews & sauces and skim off fat before serving.

2. Use egg whites and egg substitutes as desired. Limit egg yolks to no more than 3 per week including egg yolks used in cooking & baking.
3. Use skim, ½% or 1% milk instead of 2% or whole milk.
4. Avoid anything with the word "cream" in it: sour cream, cream cheese, cream soup, or coffee creamer (*unless light or fat-free*).
5. Eat plenty of vegetables. Cook vegetables without fat or use only a small amount of oil or margarine. Do not season with meat, bacon grease, fatback, salt pork, or eat vegetables in cheese or butter sauce.

6. Eat fresh fruits & drink unsweetened fruit juices. These are low in fat and good for you. Do not use canned fruits with heavy syrup. Do not drink more than 1 cup of juice/day.
7. Eat rice, potatoes, pasta, breads & cereals. Substitute whole grain (wheat) foods for refined (white) foods. **Best choices are** brown rice, whole wheat breads, bagels, bran cereals, & whole-wheat pasta *without* high-fat sauces. **Limit** intake of cornbread, spoonbread, biscuits, croissants, muffins, doughnuts and pastries.
8. **Best fat choices are** olive, canola, cottonseed, corn, peanut or safflower oil. Use fat-free or light mayonnaise and salad dressings. Oils and margarine are high in fat and calories so limit use to 2 Tablespoons per day.
9. The following condiments and flavorings are low in fat:
  - ▶ Fresh, dried, and powdered herbs & spices; liquid hickory smoke
  - ▶ Catsup, mustard, barbecue sauce, steak sauce, vinegar, tabasco
  - ▶ Sugar substitutes, diet syrup, diet jelly
  - ▶ Extracts such as vanilla, lemon, etc.

10. Be sure to choose healthy choices when snacking.

**GOOD CHOICES:**

- ▲ Fruit & Unsweetened fruit juices
- ▲ Fruit juice bars
- ▲ Raw vegetable sticks
- ▲ Low-fat sugar-free yogurt
- ▲ Pretzels & fat-free popcorn
- ▲ Plain breadsticks & dry cereal
- ▲ Sugar-free gelatin

**AVOID (DO NOT EAT):**

- ▼ Potato chips & dip
- ▼ Tortilla & corn chips
- ▼ Cheese puffs
- ▼ Regular popcorn
- ▼ Nuts & party mix
- ▼ Snack crackers
- ▼ Sugar, sweetened drinks

11. Sweets & desserts should only be eaten occasionally in **limited amounts** when **replaced** for another source of carbohydrate in your meal plan such as 1 bread, milk, or fruit exchange. **Good choices include:** Vanilla wafers (6), animal crackers (6), frozen fruit juice bar (1), sugar-free pudding (1/2 cup), chocolate chip cookies (2 medium), fortune cookies (2), and fig bars (1 small). **Do Not Eat high-fat desserts** and desserts very high in carbohydrates such as: cakes, pies, cookies, candy bars, & ice cream. Even small amount of these foods can cause your blood sugar to rise.

12. **For Low Salt Diets, AVOID (Do not Eat) these foods:**

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| ▶ Salt & salty seasonings (such as garlic salt) | ▶ Canned meats       |
| ▶ Olives, pickles, sauerkraut                   | ▶ Frozen dinners     |
| ▶ Regular canned vegetables                     | ▶ Salted snacks      |
| ▶ Canned soups & stews                          | ▶ Meat tenderizers   |
| ▶ Cured or smoked luncheon meats                | ▶ Instant soups      |
| ▶ Stuffing, macaroni, & rice mixes              | ▶ Accent & Soy sauce |