

The Cardiac Health Food Plan is intended to focus on an anti-inflammatory diet that is rich in a variety of nutrients with known benefits for heart health.

- **FOCUS:**
 - **Anti-inflammatory**
 - **High in antioxidants**
 - **High in fiber**
 - **Low-Glycemic**
 - **Rich in omega 3-fatty acids**
- **ELIMINATE:** Avoid processed foods, foods high in pro-inflammatory fats, and high glycemic index foods.
- **ADDITIONAL GUIDELINES:**
 - **ORGANIC:** Choose organic, non-GMO to minimize exposure to environmental pesticides/herbicides/fungicides.
 - Reduce other toxins that may be found in food, such as BPA lining on cans, plastic packaging, etc.
 - **COLOR:** Emphasize colorful foods to increase antioxidants, phytonutrient compounds and diversity in the diet.
 - **OPTIMIZE:** Increase nutrients in food by focusing on preparatory & cooking methods such as:
 - Sprouting grains, nuts and seeds
 - Steaming, braising, baking & roasting (avoid high heat), pressure cooking (particularly for legumes)
 - Choosing fresh or frozen foods
- **FOOD SENSITIVITIES:** Avoid foods that trigger an immune response. Consider food sensitivity testing to determine immune reactions to foods:
 - Food Zoomers (wheat, corn, grain, soy, egg, dairy, lectins, seafood, mammalian milk, peanut, nuts)
 - IgA+IgG food sensitivities
 - IgG4 + C3D food reactions
 - IgE allergies
- **TEST CONSIDERATIONS:** Cardiac Health Panel, Chronic Inflammation Panel, CardiaX, MTHFR

KEY**Cardioprotective Foods (Anti-inflammatory)**

- △ High fiber (≥ 3 g per serving)
- High Antioxidant
- Omega-3 Fatty Acids

The Cardiac Food Plan is designed for informational use only and is not intended for medical nutrition therapy or the dietary management, treatment, cure, or prevention of a disease or condition. Practitioners should personalize food plans according to an individual's food allergies, sensitivities, and intolerances, as well as for macronutrient distribution, micronutrient needs, and caloric ranges as appropriate.

Dairy & Alternatives

_____ Servings per day

Low glycemic: Choose unsweetened, limit to 1-2 servings per day

Dairy:

Milk: Cow, goat or sheep	8oz
Kefir (plain)	6-8oz
Yogurt	4-6oz
Cheese (<i>Feta, Parmesan, Ricotta, etc</i>)	1oz

Dairy Alternatives:

"Milk": (<i>Almond, coconut, cashew flax, hemp, hazelnut, oat, soy</i>)	6-8oz
Kefir (dairy free)	4-6oz
Yogurt (dairy free)	4-6oz
Vegan cheese	1oz

1 serving as listed = 25-120kcal, 1-9g protein, 1-4g carbs (Nutritional values vary)

Vegetables (Starchy)

_____ Servings per day

Low glycemic: Limit to 1-2 servings daily

Acorn squash	1c
Butternut squash	1c
Parsnips Δ	1/2 c
Potato (white, purple)	1/2 c
Pumpkin	1/2 c
Rutabaga	1/2 c
Sweet potato α	1/2 c
Yam	1/2 c

1 serving as listed = 25-120kcal, 1-9g protein, 1-4g carbs (Nutritional values vary)

Vegetables (Non-Starchy)

_____ Servings per day

Choose a variety of colorful produce

Artichokes Δ α

Asparagus α

Bamboo shoots

Beets α

Bok Choy

Broccoli α

Brussels sprouts α

Cabbage (green, red α)

Carrots

Cauliflower

Celery

Cucumbers

Eggplant

Garlic

Ginger

Green beans

Green onion/Scallions

Greens:

Arugula/Roquette α , Beet, Chard,

Collard Δ α , Dandelion α , Endive,

Kale α , Microgreens, Mustard,

Swiss chard, Turnip, Watercress

Jerusalem artichokes (sunchoke)

Jicama Δ

Leeks

Lettuce α

Mushrooms

Onion α

Okra

Peppers, all

Radicchio

Radishes α

Scallions

Sea vegetables

Shallots

Spinach α

Sprouts, all

Squash: *Delicata, spaghetti, yellow, zucchini, etc.*

Tomato

Turnip

1 serving = 1/2c cooked, 1 C raw = 25kcal, 5g carbs

Fruits

_____ Servings per day

Choose unsweetened, no sugar added

Apple Δ α	1 sm
Apricots α	4
Banana	1/2 med
Blackberries Δ α	3/4 c
Blueberries Δ α	3/4 c
Cherries α	12
Cranberries Δ α	3/4 c
Date α	1
Dragon fruit	3/4 c
Figs Δ	3
Grapes α	15
Grapefruit Δ α	1/2 med
Kiwi α	1 med
Lemon Δ α	1
Lime	1
Mandarin α	1
Mango Δ α	1/2 sm
Melon, all	1 c
Orange Δ α	1 med
Papaya	1 c
Peach α	1 sm
Pear Δ α	1 sm
Pineapple	3/4 c
Plantain	1/2 med
Plums α	2 sm
Pomegranate seeds Δ α	1/2 c
Prunes	3 med
Raspberries Δ α	1 c
Strawberries Δ α	1 1/4 c

1 serving as listed = 60kcal, 15g carbs

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Legumes

_____	Servings per day
Beans: Δ α	1/2 c
Black Beans, Black-eye peas, Broad beans, Chickpeas, Kidney beans, Mung beans, Navy beans, Pinto beans	
Green peas Δ	1/2 c
Hummus	1/4 c
Lentils	1/2 c
Peanuts	10
Soybeans: Δ α σ	1/4 c
Edamame α σ	1/4 c
Natto	1 oz
Tofu	2-3 oz
Tempeh	1 oz

1 serving = 110kcal, 15 carbs, 7g protein (Nutritional values vary)

Protein (Meat, Eggs, Fish, Mollusks & Shellfish)

_____ Servings per day
Organic, grass-fed/pasture raised animals, wild-caught seafood preferred

Meat & Eggs:

Beef, Bison, Chicken, Duck, Eggs, Lamb, Pork, Rabbit, Turkey, Venison

Fish:

Alaskan pollock σ, Anchovy σ, Carp, Cod, Flounder/sole σ, Herring σ, Halibut σ, Mackerel σ, Perch, Salmon σ, Sardines σ, Sea bass σ, Trout σ, Tuna σ, etc.

Shellfish:

Crab, Lobster, Shrimp, Crayfish, etc.

Mollusks:

Blue Mussel σ, Clam, Oyster σ, Octopus, Pacific squid, Scallops, Squid, etc.

Protein powders:

Collagen peptides, Whey protein

1 serving = 1 oz = 35-75kcal, 5-7g protein, 0-4g fat (Nutritional values vary)

Grains

_____	Servings per day
<i>Low glycemic: Limit to 1-2 servings per day</i>	
Gluten free grains & Starches:	
Amaranth	3/4 c
Bread (GF)	1 slice
Buckwheat/kasha	1/2 c
Cassava	1/2 c
Crackers (GF)	10
Corn	1/2 c
Millet	1/2 c
Oats: Rolled, steel-cut Δ α	1/2 c
Pasta (GF)	1/2 c
Quinoa Δ α	1/2 c
Rice	1/2 c
Sorghum α	1/2 c
Tapioca	1/2 c
Taro root	1/2 c
Tiger nut Δ	1/2 c
Teff Δ	3/4 c
Wild rice	1/2 c

Gluten Containing:

Barley α	1/3 c
Couscous	1/3 c
Kamut Δ	1/2 c
Rye Δ	1/3 c
Spelt	1/3 c

1 serving as listed = 80kcal, 15g carbs (Nutritional values vary)

Nuts

_____	Servings per day
<i>Unsweetened, unsalted</i>	
Almonds α	6
Brazil nuts α	2
Cashews α	6
Hazelnuts α	5
Macadamias α	2-3
Nut butters (any nut listed) α	1/2 T
Pecan halves α	4
Pine nuts	1 T
Pistachios	16
Sweet Chestnut Δ	10
Walnut halves α σ	4

1 serving as listed = 45kcal, 5g fat (Nutritional values vary)

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Seeds

_____ Servings per day

Unsweetened, unsalted

Chia seeds Δ α σ	1 T
Flaxseed Δ α σ	2 T
Hemp seeds α σ	1 T
Seed butters (any seed listed) Δ	1/2 T
Poppy seeds Δ	2 T
Pumpkin seeds	1 T
Sesame seeds	1 T
Sunflower seeds	1 T

1 serving as listed = 45kcal, 5g fat (Nutritional values vary)

Fats & Oils

_____ Servings per day

Choose cold pressed & minimally refined

Fats:

Avocado α	2 T or 1/8 whole
Coconut (milk, meat, butter)	1 t - 2T
Olives: Black, green, kalamata α	8
Pesto (olive oil)	1 t
Oils:	1 t

Almond, Avocado, Coconut α , Flaxseed σ ,
Ghee/clarified butter, Hempseed σ , Olive (extra virgin), Sesame Oils, Walnut σ

1 serving as listed = 45kcal, 5g fat (Nutritional values vary)

Spices

Anise α
Basil α
Bay leaf
Black pepper
Caraway
Cardamom α
Cayenne pepper
Cilantro α
Cinnamon α
Clove α
Common thyme
Coriander α
Cumin α
Curry powder α
Dill α
Habanero pepper
Horseradish
Hot paprika powder α
Jalapeno pepper
Lemongrass
Mint α
Mustard α
Nutmeg α
Oregano α
Parsley α
Rosemary α
Sage α
Thyme α
Turmeric α
Vanilla bean α
Woo-hsiang powder

Miscellaneous

Condiments:

Mustard, Tamari, Coconut aminos, Vinegars, Ketchup

Fermented foods:

Kimchi, Sauerkraut

Other:

Aloe vera, Carob, Cocoa (70% or higher) α , Chlorella, Honey, Maple syrup, Psyllium Δ

Beverages

Unsweetened, no sugar added

Broth (organic): Bone, meat, vegetable
Coconut water
Coconut water kefir
Filtered water
Kombucha
Sparkling/mineral water
Tea: Black, green α , oolong, rooibos, herbal
Vegetable juice (beet juice) α
Coffee/Espresso

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