

## These are suggestions for a cardiac diet, diabetics will need to alter to meet their restrictions.

### DRINKS

Fresh fruit  
Juices  
Low salt / no added salt vegetable juices  
Decaf coffee / tea  
Water

### VEGETABLES / FRUITS

Fresh vegetables / fruits  
Canned unsalted vegetables  
Frozen vegetables  
Dried fruits  
Canned fruits

### DAIRY

Cottage cheese - low sodium  
Ricotta cheese - low fat  
Part-skim mozzarella cheese  
Skim / 1% milk (2 cups / day)  
Frozen yogurt / ice cream  
(use sugarfree if diabetic)

### MEATS / MEAT SUBSTITUTES

Unsalted canned fish / water packed - tuna or salmon  
Fresh / frozen fish - no breading  
Chicken - no skin - baked, broiled or air fried  
Turkey - no skin  
Lean red meat  
Egg whites / substitutes (3 whole eggs per week)  
Veal  
Pork - not ham or bacon  
Lamb  
Dried beans / peas

### SPICES

Flavor food with salt-free / fresh spice blends  
Garlic powder  
Onion powder  
Pepper  
Lemon

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## Items that can increase your symptoms.

### DRINKS

Whole milk  
Chocolate milk  
Buttermilk  
Malts / shakes  
Sports drinks  
Soft drinks (regular/diet)

### VEGETABLES / FRUITS

Sauerkraut  
Pickled foods  
Olives  
Canned salted vegetables  
Canned soups

### DAIRY

Processed cheese  
Cream cheese  
Cream  
Custard / pudding

### MEATS / MEAT SUBSTITUTES

Lunch meats  
Sausage of any type  
Bacon  
Ham  
Hot dogs / bratwurst  
Organ meats / liver  
Corned beef  
Spare ribs  
Fried fish  
Processed meats  
Peanut butter  
Frozen dinners

### SPICES

Salt

**Ask your nurse about meal planning or diet goals.**



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