

HEART HEALTHY DIET

FOR MANAGING CAD

AVOID: ADDED SALT, SUGAR, FATTY CUTS OF MEAT, PROCESSED FOODS,
FROZEN DINNERS, CANNED SOUP



HIGH PROTEIN

Eggs, Lean meats, fish, nuts,
and seeds.

WHOLE GRAINS

Whole grains are better for this diet,
as you should avoid carbohydrates



LOW / NO FAT DAIRY

If you chose to have dairy, try
to get the low or no fat option
instead

FRUITS

Strawberries, apples, bananas,
oranges are all great healthy
snack options



HIGH FIBER

Avocados, lentils, brussel
sprouts, almonds, and black
beans are all great high fiber
options

WATER

Water is absolutely crucial for
every system in your body, it is a
better alternative than soda,
energy drinks, and sugary juice

