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Oklahoma Academy of Nutrition and Dietetics Association

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## Preface

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Each chapter included in the manual is intended to serve as a general nutrition guideline for those persons involved in caring for patients and residents in a wide variety of health care settings. It is also intended to serve as a teaching tool for students in the health care field.

The use of brand names in some of the diets is for identification purposes only and does not imply endorsement or disapproval of any product.

The health care professional should be aware that the following material may need to be individualized to yield the greatest benefit to the patient or client.

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# HEART HEALTHY SAMPLE MENU



## BREAKFAST

- ▶ 1 cup coffee with artificial sweetener
- ▶ 1 cup oatmeal
- ▶ 1 boiled egg
- ▶ 1/2 cup fat-free milk
- ▶ 1 banana or 1 cup strawberries

## AFTERNOON SNACK

- ▶ 1 oz unsalted nuts
- ▶ 1 apple or orange

## EVENING SNACK

- ▶ 1 scoop (1/2 cup) of light vanilla ice cream
- ▶ 1/2 cup of blueberries
- ▶ 2 T. walnuts
- ▶ Dollop of whipped cream (no hydrogenated oil)

## LUNCH

- ▶ 2 slices whole wheat bread
- ▶ 2 oz. lean deli turkey meat, low sodium
- ▶ 1 slice Swiss cheese
- ▶ 2 slices tomato
- ▶ 1 lettuce leaf
- ▶ 1 pear
- ▶ 6 oz. sugar free low-fat yogurt

## DINNER

- ▶ 3-4 oz. baked fish with lemon juice and ground flaxseed
- ▶ 1 sweet potato with low sodium vegetable oil spread (tub)
- ▶ 1/2 cup steamed broccoli
- ▶ 1 cup tossed salad with olive oil and vinegar dressing