



Your Morning to Night Heart Healthy Diet Plan

Here is how you can plan your daily diet and keep your heart healthy throughout the day



Early Morning

4 overnight soaked almonds+ 1 glass of lemon water without honey



Breakfast

1 cup oatmeal + 2 egg whites with ½ cup non-fat milk OR 2 slices of whole-wheat toast with 2 tsp. of almond butter OR 2 small idlis with sambar OR 1 cup of cracked wheat upma with low-salt tomato or mint chutney



Mid Morning

1 fresh fruit – tea or coffee with non-fat or 1% milk



Lunch

80 gm. fish or white meat chicken OR 1 cup legumes (daal, sambar) – 1 cup of varied curried vegetables – 1 cup shredded carrot/vegetable salad with lemon juice – ½ cup non-fat Greek yogurt – 2/3 cup brown rice or 2 small whole-wheat chapatis – 1 Tbsp. liquid vegetable oil for cooking



Evening

1 bowl sprouts or boiled chana or unsalted nuts and seeds with 1 cup tea/ coffee with non fat or 1% milk



Dinner

1 cup shredded carrot/vegetable salad with lemon juice – ½ cup non-fat Greek yogurt – 2 multigrain rotis or 2 jowar/bajra bhakris + 1 cup curried vegetables + 1 cup legumes/dal/chicken curry– 1 Tbsp. liquid vegetable oil for cooking

Tips for Eating Heart-Healthy

- 1 Eat whole grains - Add oatmeal or soy flour to chapati flour - Use 100% whole-wheat flour - Replace white rice with brown rice Choose plant-based proteins
- 2 Use tofu in place of paneer - Use Lentils (daals) or legumes like chickpeas and black-eyed beans
- 3 Reduce unhealthy fats - Use canola, olive, or soybean oil - Use pureed almonds or cashews (nut butters) or non-fat yogurt in sauces and curries - Avoid ghee, vanaspati, butter, cream and coconut oil
- 4 Limit starches - Limit starchy foods to ¼ of your plate - Eat less rice if eating chapati or naan - Fill ½ of your plate with non-starchy vegetables like spinach, okra and broccoli Dine out more healthfully
- 5 Avoid deep fried foods - Avoid foods made with coconut oil - Order curries with no cream or butter - Choose chicken or fish cooked in a tandoor - Choose roasted papadam with mint chutney
- 6 Choose fresh fruit for dessert
- 7 10-12 hours gap between dinner and breakfast
- 8 Minimum 3 litres. Water/day spaced throughout (try soaking 2 tbsp of sabja seeds/bottle)
- 9 No sugar, No biscuits, No artificial sweeteners, No fruit juices, No Cream, No Potato
- 10 Green tea max 4 cups/day
- 11 Keep roasted foxnuts/Almonds/Brazil Nuts with roasted flax seeds and sunflower seeds handy or boiled
- 12 No sugary beverages: Especially fruit juices and sugary soda
- 13 No Added sugars: Honey, agave nectar and high-fructose corn syrup
- 14 Have a date or fig or dark chocolate 1 piece when craving for sugar.