

## Healthiest Diets to Manage or Prevent Heart Disease, Stroke, & Diabetes

3 best diets are in blue. From these, my adapted guidelines for my clients in green. \*Offset a “con”

Guideline or Nutrient to Watch (LTLW, but tailored to the individual)	Dietary Approaches to Stopping Hypertension (DASH) ( <a href="#">source</a> )	Therapeutic Lifestyle Changes (TLC) to Lower Cholesterol *modified ( <a href="#">source</a> )	Mediterranean Diet ( <a href="#">source</a> )
Physical Activity (moderate cardio exercise 2-4x/wk for 30-45 min + 2 resistance training/wk)		≥ 30 minutes/day moderate intensity most days of the week	Physical activity through enjoyable activities
Calories (use portion control to eat just enough calories to reach/maintain goal weight)		*Eat only enough calories to reach/maintain a healthy weight	*Use portion control to reach/maintain a healthy weight
Lean Protein (15-25%, tailored to the individual)	18% of total calories/day or 6-8 oz meat/meal	15-25% of total calories	Plant -based proteins daily, fish & poultry 3-4x/week, red meat 3-4x/month
Magnesium-Rich Foods	≥ 500 mg/day		
Potassium-Rich Foods	≥ 4700 mg/day		
Calcium-Rich Foods	≥ 1250 mg/day		Cheese & yogurt daily in low/moderate amounts
Sodium Intake (<2500-3500)	Aim for < 2500 mg/day or < 500-600 mg/meal	Aim for < 2300 mg/day	
Fiber Intake (20-35 g/d)	≥ 30 g <b>total fiber</b> /day	Aim for 20-30 g/day with 10-25 g <b>soluble</b> fiber/day (e.g. fruits, beans, oats)	
Dietary Fat Intake (30-35%)	≤ 27% of total calories/day	25-35% of total calories/day	

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Saturated Fat Intake (5-6%)	<ul style="list-style-type: none"> <li>• ≤ 6% of cals (which would be 8, 10, 13 g/day for 1200, 1500, 2000 cals respectively)</li> <li>• Replace with mono-unsaturated fats (olive oil, avocados, olives)</li> </ul>	<ul style="list-style-type: none"> <li>• ≤ 7% of total calories/day;</li> <li>• Replace with mono-unsaturated fats (olive oil, avocados, olives, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Use mostly mono-unsaturated or omega-3 fatty acid rich fats (avocados, olives, olive oil, walnuts, etc.)</li> </ul>
Cholesterol Intake		<ul style="list-style-type: none"> <li>• *Not limited now, was originally ≤ 200 mg/day</li> </ul>	
Increase or Moderate the Intake of (increase intake of foods rich in magnesium, potassium, calcium, fiber, protein, hydrating liquids without increasing calories beyond needs)	<ul style="list-style-type: none"> <li>• Magnesium-, potassium-, &amp; calcium-rich foods (see precise levels above)</li> <li>• Nuts (3-5 per week depending on caloric intake)</li> </ul>	<ul style="list-style-type: none"> <li>• Aim for 2 g/day plant stanols (found in whole grains, nuts, legumes, and oils, like olive and avocado oil)</li> <li>• Fruits, vegetables, low- or non-fat dairy products, fish, poultry (without the skin), and in moderate amounts, lean meats</li> <li>• Poly-unsaturated (≤ 10%)</li> <li>• Mono-unsaturated fats (≤ 20%)</li> </ul>	<ul style="list-style-type: none"> <li>• Wine consumed in low to moderate amounts (women ≤ 1/day; men ≤ 2/day), usually with meals (to avoid blood sugar spikes)</li> <li>• Plant-based foods (fruits, vegetables, whole grains, nuts and legumes)</li> <li>• Water</li> </ul>
Decrease Intake of (processed foods & limit to 60-75 g sugar/day, mostly from fruit, < 50-60 if diabetes or borderline)	<ul style="list-style-type: none"> <li>• Sweets &amp; added sugars (Aim for 2-5 or fewer/week depending on caloric intake)</li> </ul>	<ul style="list-style-type: none"> <li>• Sweets with added sugar (a few times per week)</li> <li>• Trans fats (hydrogenated)</li> </ul>	<ul style="list-style-type: none"> <li>• Limit red meat intake to a few times/month</li> </ul>

**Compiled by:**

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