

THE OMNIHEART DIETS (1600 CALORIES)

	Protein Diet	Unsaturated Fat Diet	
Food Group	Daily servings	Daily servings	Serving size
Grain products (mostly whole grains)	3	3	1 slice (30 g) bread 1/2 pita pocket 30 g ready-to-eat breakfast cereal 1/2 cup (125ml) cooked rice, pasta, hot cereal
Vegetables	4	5	1 cup (250 ml) raw leafy vegetables 1/2 cup (125 ml) cooked vegetables 1/2 cup (125 ml) vegetable juice
Fruit	3	3	1 medium-sized fruit 1/4 cup (50 ml) dried fruit 1/2 cup (125 ml) fresh or frozen fruit 1/2 cup (125 ml) 100% fruit juice
Non-fat or low-fat milk and milk products	2	2	1 cup (250 ml) skim or 1% milk 1 cup (250 ml) non-fat or 1% yogurt 1 1/2 ounces (45 g) 7% MF or lower fat cheese
Lean meat, poultry, fish	5	3	1 ounce (30 g) cooked fish, poultry, meat or soy-based meat analog 2 egg whites
Nuts, seeds, legumes	2	1	1/4 cup (50 ml) nuts 2 tablespoons (30 ml) nut butter 2 tablespoons (30 ml) seeds 1/2 cup (125 ml) cooked dry beans
Fats and oils	2	8	1 teaspoon (5 ml) vegetable oil 1 teaspoon (5 ml) soft non-hydrogenated margarine 1 tablespoon (15 ml) salad dressing 2 tablespoons (30 ml) low-fat salad dressing 1 tablespoon (15 ml) mayonnaise
Sweets and added sugar	1	1/2	1 teaspoon (5 ml) sugar 1 teaspoon (5 ml) jam or jelly 1/2 cup (125 ml) sorbet

Additional information at: www.omniheart.org

Source: Beck Leslie, RD. Heart Healthy Foods for Life, Preventing Heart Disease through Diet and Nutrition. Penguin, Canada. 2009.