

## Heart Healthy Eating: Sample Menu

Regular Eating		Heart Healthy Eating	
<b>Breakfast</b>		<b>Breakfast</b>	
Granola cereal	½ cup (125 mL)	Oatbran® cereal	¾ cup (175 mL)
2% milk	½ cup (125 mL)	Bran buds	2 Tbsp (30 mL)
Store-bought blueberry muffin	1	1 % milk	½ cup (125 mL)
Butter	1 tsp (5 mL)	Whole wheat toast	1 slice
Orange juice	1 cup (250 mL)	Margarine (non-hydrogenated)	1 tsp (5 mL)
Coffee	1 cup (250 mL)	Orange	1
Cream	1 Tbsp (15 mL)	Coffee	1 cup (250 mL)
Sugar	1 Tbsp (15 mL)	2 % milk	1 Tbsp (15 mL)
		Sugar	1 tsp (5 mL)
<b>Snack</b>		<b>Snack</b>	
Chocolate-glazed donut	1	Mixed fruit (e.g. blueberries, strawberries, peach)	½ cup (125 mL)
Coffee	1 cup (250 mL)	Low fat yogurt	¾ cup (175 mL)
Cream	1 Tbsp (15 mL)	Coffee	1 cup (250 mL)
Sugar	1 Tbsp (15 mL)	2% milk	1 Tbsp (15 mL)
		Sugar	1 tsp (5 mL)
<b>Lunch</b>		<b>Lunch</b>	
Loaded hamburger with cheese and mayonnaise	1	Grilled chicken sandwich on whole grain bun	1
French fries	40	Side salad	1 cup (250 mL)
Milkshake	12 oz (375 mL)	Oil & vinegar dressing	1 Tbsp (15 mL)
		1 % milk	1 cup (250 mL)
<b>Snack</b>		<b>Snack</b>	
Store-bought sandwich cookies	2	Nuts	¼ cup (60 mL)

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Regular Eating		Heart Healthy Eating	
<b>Supper</b>		<b>Supper</b>	
Fettuccini	2 cups (500 mL)	Angel hair pasta	1 cup (250 mL)
Alfredo sauce	½ cup (125 mL)	Tomato sauce	½ cup (125 mL)
T-bone steak	6 oz (180 g)	Stir fried vegetables with a small amount of vegetable oil	1 cup (250 mL)
Caesar salad	1 cup (250 mL)	Grilled sirloin steak	2 ½ oz (75 g)
Garlic toast	1 slice	Small whole grain dinner roll	1
Apple pie	1 slice	Margarine (non-hydrogenated)	1 tsp (5 mL)
Ice cream	½ cup (125 mL)	Baked apple with cinnamon	1
		Frozen yogurt	½ cup (125 mL)

### Meal Nutrient Breakdown: Compare the Difference!

	Calories (kcal)	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Cholesterol (mg)	Fibre (grams)	Saturated fat (grams)
<b>Regular</b>	4500	557	146	190	358	14	69
<b>Heart Healthy</b>	2214	289	107	70	195	29	17

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