

Item	Foods to Enjoy	Foods to Limit
Fruit	<ul style="list-style-type: none"> • Fresh, frozen, dried fruits • Canned fruit packed in own juice, pear juice or water • 100% Fruit juice (limit to 1/2 cup/day) 	<ul style="list-style-type: none"> • Canned fruits packed in syrup
Vegetables	<ul style="list-style-type: none"> • Fresh, frozen, dehydrated vegetables • Reduced sodium or rinsed canned vegetables 	<ul style="list-style-type: none"> • Canned vegetables prepared in brine • French Fries, Onion Rings • Frozen vegetables with sauces • Packaged Scalloped potatoes
Salads	<ul style="list-style-type: none"> • Fruit, vegetable, pasta salads prepared with allowed ingredients 	<ul style="list-style-type: none"> • Salads that contain high fat/salt ingredients (processed meats, large amounts of regular fat cheese)
Grain Products	<ul style="list-style-type: none"> • Whole grain breads with at least 2 g of fibre per slice • Whole grain pasta or brown or wild rice cooked without salt • Low-fat granola • Cereals: Oatmeal, Oat bran, Red River, Cream of Wheat® Cereals cooked without salt, Bran Flakes, All bran, Fibre 1, plain cereals with bran-type cereals added • Homemade muffins made with whole wheat flour • Unsalted cracker crumbs • Homemade quick breads, rolls, biscuits • Unsalted soda crackers, graham crackers • Wheat germ, psyllium • Quinoa • Couscous • Boiled Perogies 	<ul style="list-style-type: none"> • White breads, rye bread, salt- topped or coated breads, rolls, crackers, breadcrumbs, and cracker crumbs • White rice, white pasta, commercially seasoned pasta or rice mixes, commercial bread stuffing • Cereals with more than 300 mg sodium per serving • Sugar sweetened Cereals eg. Fruit Loops, Frosted Flakes • Instant hot cereals, pancakes, waffles, and noodles • Croissants • High fat muffins made with white flour • Self-rising flour and biscuit mixes
Milk & Alternatives	<ul style="list-style-type: none"> • Skim, or 1% milk, • Powdered milk • Yogurt with 1% MF or less 	<ul style="list-style-type: none"> • 2% or homogenized milk (unflavoured/flavoured) • Buttermilk

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	<ul style="list-style-type: none"> • Cheese with 15-20% MF or less • Cottage Cheese made with skim or 1% milk • Skim or 1% Soy Milk beverage 	<ul style="list-style-type: none"> • Chocolate milk • Processed Cheese: slices, spreads and sauces • Regular fat cheese • Pudding, yogurt, cottage cheese made with 2% milk or Homogenized milk
Meat & Alternatives (Limit 2 -3 servings per day) 1 serving meat = 2.5oz	<ul style="list-style-type: none"> • Lean and plain unbreaded meats • Beef – example: Sirloin roast, roast beef, sirloin steak, lean and extra lean ground beef • Skinless Poultry –(skin removed before cooking) – example: chicken breast • Fish (fresh or water-packed and rinsed) • Lean pork- example: pork loin • Roasted sandwich meats • Eggs • Dried legumes or canned legumes, drained and rinsed • Unsalted nuts • Hummus • Peanut butter 	<ul style="list-style-type: none"> • Regular deli meats • Limit high fat and high salt, cured or smoked meat, poultry, fish or shellfish (eg. processed or deep fried meats, organ meats, battered and breaded meats; chicken fingers, salami, bologna, pepperoni, sausage, corned beef, veal cutlets, bacon etc. • Salted, Koshered, marinated, pickled, canned or commercially breaded meat, poultry, fish or shellfish. • Sardines, anchovies, imitation seafood • Pickled eggs • Salted nuts
Soups	<ul style="list-style-type: none"> • Homemade Soups made with sodium reduced soup base and other allowed ingredients • Sodium reduced canned soups or dried soup, broth or bouillon 	<ul style="list-style-type: none"> • Limit soups with high sodium or fat content and made with ingredients not recommended such as; <ul style="list-style-type: none"> ○ Regular canned or dried soup, broth or bouillon ○ Regular broth cubes or powders
Oils & Fats (Limit fats to 2-3 tbsp per day)	<ul style="list-style-type: none"> • Low fat Salad Dressings • Homemade vinaigrette dressings • Low fat Mayonnaise • Canola, olive oil, • Non-hydrogenated margarine • Low Fat, Low Salt Gravy or Homemade Gravy, fat skimmed off • Light sour cream & cream cheese 	<ul style="list-style-type: none"> • Butter • Hard margarine • Lard and shortening • Full fat sour cream & cream cheese
Desserts & Sweets	<ul style="list-style-type: none"> • All in moderation, made with recommended ingredients such as whole wheat flour, less sugar, reduced sodium • Puddings made with skim or 1% milk • Reduced sugar jam, jelly, and syrups 	<ul style="list-style-type: none"> • Desserts high in fat, salt and sugar. • Regular Jell-O® • Sugar • Regular jam, jelly, syrup • Marshmallows

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	<ul style="list-style-type: none"> • Low fat frozen yogurt 	
Fluids	<ul style="list-style-type: none"> • Low Sodium tomato juice, Low Sodium V8 juice • Rice or almond milk • Regular caffeinated beverages up to three cups per day (tea, coffee) • Light hot chocolate • Decaffeinated coffee, Tea • Diet soft drinks • Herbal Tea 	<ul style="list-style-type: none"> • Tomato juice, V8 juice • Limit regular caffeine containing beverages to 3 cups per day • Regular soft drinks and other sweetened beverages • Coconut milk • Sweetened Fruit juices—blend, cocktail, beverage, drink
Miscellaneous	<ul style="list-style-type: none"> • Non – fat or low-fat 2% dairy coffee creamers • Fresh or dried herbs and spices, No sodium added seasonings i.e. Mrs. Dash® • Lemon juice • Dry cocoa powder • Unsalted snack foods: popcorn, pretzels, tortilla chips • Low-sodium condiments – example: dry mustard, low sodium soy sauce • Ground flaxseed • Ketchup, mustard (limit to 1 tbsp/pkg) 	<ul style="list-style-type: none"> • Creamers • Coffeemate • Soy sauce, pickles, sauerkraut, olives • Salt (sea, rock, kosher, garlic, onion, seasoning) • Lemon Pepper seasoning • Tartar Sauce • Salted Snack foods: potato chips, nuts and most pretzels • Meat tenderizers, MSG • Most commercial sauces: BBQ, teriyaki, steak, pizza, chili sauces • Canned or dried gravy or sauce mixes • Dips made with dried soup mixes or processed cheese

References:

- Dietitians of Canada - Practice Based Evidence in Nutrition (PEN) 2013
- Heart Attack... and Back A Guide to Healthy Living -Heart and Stroke Foundation 2011