

Caring for Your Child
Heart Healthy Food Guide

Choose Often	Choose Less Often	Avoid Most of the Time
Egg whites Egg beaters Soy breakfast meats Boiled/scrambled eggs (3 yolks a week)	Canadian bacon (2 slices) Turkey sausage (2 patties) Egg sandwich (no cheese/no sausage)	Sausage, pork roll Bacon Egg and biscuit/muffin Croissant with egg/sausage Bacon egg/cheese biscuit
Non-fat milk or 1% milk Non-fat or light yogurt Soy milk		2% milk Whole milk
Whole-grain toast/bagels Whole-grain pancakes Whole-grain waffles Whole-grain cereals Oatmeal	Pop tarts(1 pop tart)	Donuts, pastry Cinnamon bun Toaster strudel Danish Fried bread Hash brown
Non-fat or light cheese Light cream cheese (1 Tbsp) Non-fat cottage cheese	Cream cheese (limit to 1 Tbsp)	Regular cheese (all kinds)
Non-stick cooking spray Lite, tub or spray spread Squeeze margarine		Stick butter and margarine Shortening Lard Bacon fat Crisco
Chicken breast (without skin) Turkey breast (without skin) Pork loin Turkey ham Soy chicken nuggets Ground turkey breast Veggie burgers Boca burgers	Chicken thigh/drumstick Chicken nuggets- no <i>trans</i> fats Pork chop Extra lean ground beef (90% lean or higher) Ham/roast beef lunch meat Hamburger	Chicken wings Sausage Salami Bologna Liverwurst Cheeseburger Regular ground beef (85% lean) Fried meats Pork roll Ribs

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Choose Often	Choose Less Often	Avoid Most of the Time
All fish or shellfish-not fried Tuna packed in water		Fried fish or shellfish
Low-fat or “lite” hot dogs Non-fat or “lite” cheese Non-fat cottage cheese	Cottage cheese	Hot dogs French fries/cheese fries
Low fat soup Broth-based soups		Creamy soups Ramen noodle soup
Low fat salad dressing Low fat mayonnaise	Regular salad dressing (Limit to 1 Tbsp.)	Regular salad dressing (more than 1 Tbsp.) Regular mayonnaise
Fresh fruit Fresh, frozen or low sodium canned vegetables		Fried or tempura vegetables

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