



## HOW TO DIET

# Cut Your Heart Disease Risk

In the OmniHeart study, two diets—one higher in unsaturated fat and one higher in protein—cut heart disease risk the most. Here's a day's worth of food in a hybrid of the two diets. It has roughly 2,000 calories (which may look skimpy if you typically eat more). The four servings of grains may also seem skimpy (one serving is just  $\frac{1}{2}$  cup of rice or pasta or 1 thin slice of bread). Grains are limited because most of OmniHeart's carbs come from fruits, vegetables, and beans.

**LUNCH & AFTERNOON SNACK.** You get 3 fruit-or-vegetable servings from the grapes, sandwich fixins', and veggies for dipping into hummus.

This menu uses its "wild card" for one of two servings of fish (the tuna in the sandwich), which can help lower triglycerides. (For other wild card options, see "A Day's Food.")



**BREAKFAST.** You can polish off 2 servings of fruit (1 orange and  $\frac{1}{4}$  cup of golden raisins) at breakfast. The raisins (and  $\frac{1}{4}$  cup of almonds) help round out the small serving ( $\frac{1}{2}$  cup) of cereal.



**DINNER & EVENING SNACK.** Dinner racks up 4 servings of vegetables from the generous serving of spinach salad (2 cups) and the broccoli (1 cup). Rule of thumb: Fill at least half your plate with veggies (or fruit). The fresh fruit (1 cup) that tops the snack's plain yogurt adds 2 more fruit servings. Dessert is petite.



## A DAY'S FOOD

### VEGETABLES & FRUIT

11 servings per day

#### What's 1 serving?

- $\frac{1}{2}$  cup cooked vegetables
- $\frac{1}{2}$  cup raw vegetables
- 1 cup salad greens
- 1 piece fruit
- $\frac{1}{2}$  cup fresh fruit
- $\frac{1}{4}$  cup dried fruit

### GRAINS

4 servings per day

#### What's 1 serving?

- 1 slice bread
- $\frac{1}{2}$  cup cereal, pasta, or rice

### LOW-FAT DAIRY

2 servings per day

#### What's 1 serving?

- 1 cup milk or yogurt
- $\frac{1}{2}$  oz. cheese

### LEGUMES & NUTS

2 servings per day

#### What's 1 serving?

- $\frac{1}{4}$  cup nuts
- $\frac{1}{2}$  cup cooked beans

### POULTRY, FISH, & MEAT

1 serving per day

#### What's 1 serving?

- $\frac{1}{4}$  lb. cooked

### DESSERTS & SWEETS

2 servings per day

#### What's 1 serving?

- 1 small cookie
- 1 tsp. sugar

### OILS & FATS

2 servings per day

#### What's 1 serving?

- 1 Tbs. oil
- 1 Tbs. margarine or mayo

### WILD CARD

1 serving per day of

POULTRY, FISH, & MEAT **or**  
DESSERTS & SWEETS **or**  
OILS & FATS **or** GRAINS

Photos: Kate Sherwood.

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