



AMBA HEALTH CENTRE & HOSPITAL (AHCH)



Food Guide for a Healthy Heart

	✓	⚖️	✗
Foods	Prefer	Limit (once in 15 days)	Avoid
Cereals	Barley, Brown Rice, Jowar, Bajra, Maize, Ragi, millets, Oats, Quinoa	Wheat, Maida, bread and biscuits	Cakes, Pastries, Naan roti, noodles
Pulses	Whole & Sprouted and dhals	-	-
Vegetables	Green leafy vegetables and other vegetables	Roots and Tubers	Fried Vegetables, banana & potato chips, fried snacks
Fruits	All Fresh Fruits	-	Dried Fruits, Canned fruits in syrup
Dairy Products	Cow milk, buttermilk, skimmed milk	whole milk, milk powders	cheese, butter, khoa, conensed milk, milk cream
Fats	Cows Ghee (2 - 3 tsp / day)	Homemade butter (1 tsp)	oily dishes, butter, ghee, vanaspati, deep fried foods
Oils	Filtered Oil - Til, Groundnut, Coconut, Mustard Usage - < 500ml / month preferred	All Refined Oils	-
Nuts and Oil seeds	Almond, Walnut, Chironji, Til, Pumpkin seeds, Watermelon seeds, Sunflower seeds	Pista, Cashewnut, Hazelnut	Peanuts
Sugar & Sugar products	Organic Jaggery	Sugar in any home made beverages	Sweets like chocolates, Ice creams
Beverages	Fresh Vegetables & fruits juice, Non Strained (without sugar)	Coffee, cola, soft drinks	Alcohol
Salt	Salt Limit - 5 to 6gm/day Foods in natural taste & Natural Spices	too much salt in preparation	Pickles, papads, sauces, salt biscuits, fried crispies
other	Ginger-Garlic-Lemon-Apple Cider Juice 1 - 1 tsp twice a day		