The Heart Chart

AIM FOR THE HEART

Eat most of your food from the heart of the chart and you will be well on your way to a low fat lifestyle! Be sure to eat a variety of lower fat foods. Variety is not only the spice-o-life, but it is good for the body!

cream
regular mayonaaise
butter
margarine
oils
regular salad dressings
tortillo chips
guacomole
peanut butter

USUALLY 50% FAT or MORE

prime rib steak
ham
nuts
chips
many hotdogs
most pies
bologna
ribs
buffalo wings
hamburgers
most donuts
salami
most lunch meats
nachos
pepperoni
tacos
potato skins

steak
ice cream
gravy
biscuits
many cookies
lamb

USUALLY OVER 30% TO 50% FAT and UP

lasagna
onion rings
fish sticks
chicken noodle soup
cottage cheese
raisinettes
caesar salads
bean burrito
snickers
some light salad dressings
most milk shakes

USUALLY BETWEEN 10% & 30% FAT

lowfat milk
most pancakes
lowfat yogurt
some breads
crab legs
spaghetti w/ sauce
tootsie rolls
peppermint patties
some candy bars
frozen yogurt
fried rice
meatballs
light tuna & chicken salad
baked potato with cheese
breezes
croissants
cashew chicken
fried veggies

USUALLY LESS THAN 10% FAT

Ketchup & mustard
potatoes
White meat turkey
fruit
rice
veggies
some breads & cereals
beans
shrimp
bagles
Fat free snacks
Pretzels
water packed tuna
Nonfat cheeses & milk
cracker jacks
nonfat foods

lowfat
some waffles
some waffles
plain popcorn
broiled fish & chicken
baked or broiled foods
tacos

beef
french toast
most crackers
oil packed tuna
lean beef
blizzard
rice pilaf
pot pies
egg mcmuffin
veggies w/ butter

sunflower seeds
many cheeses
sausage
bacon
chocolate
tarter sauce
eggs
cream soups
granola
sour cream
pizza
cheesecake
taco salads
fried chicken
tuna salad

chicken salad
tofu
greek salad
potato salad
almond cookies
breakfast sandwiches
french fries
roast beef
med-size frosty