

A Day's Worth of Food

BY BONNIE LIEBMAN & KATE SHERWOOD

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 hybrid of the two diets with an environmental twist: no meat, poultry, or fish. (We used tofu instead.) The diet supplies roughly 2,100 calories (which may look skimpy if you typically eat more). It's low in saturated fat, added sugar, and salt but high in potassium, magnesium, and fibre. Grains are limited because most of the carbs come from fruits and vegetables.



BREAKFAST

You get whole fruit instead of juice and intact whole grains in the oatmeal (with a cup of added fat-free milk—shown here in a glass—and a sprinkling of pecans and dried apricots and cranberries). Unsweetened coffee or tea (not shown) is unlimited.

LUNCH & AFTERNOON SNACK

A generous serving of greens plus apple slices, grapes, just 30 grams of cheese, just 2 tablespoons of walnuts, and vinaigrette make a filling main-dish salad. Snack on hummus and peppers (or other veggies) if you want an afternoon snack or an appetizer before dinner.



DINNER & EVENING SNACK

Stir-fried veggies and tofu over brown rice with a side of edamame makes a quick and easy dinner. Dessert is two *petite* cookies. A cup of protein-rich, fat-free plain Greek yogurt garnished with blueberries, sliced banana, and just ¼ cup of granola makes a perfect snack. If your yogurt (or breakfast cereal) is sweetened with sugar, that's your "Wild Card" (see below).

A DAY'S FOOD

Below are the OmniHeart study's targets for a day's worth of food.¹ The nutrient targets for a 2,100-calorie diet are: sat fat: 14 g / protein: 105 g / fibre: at least 30 g / potassium: 4,700 mg / magnesium: 500 mg / calcium: 1,200 mg / sodium: no more than 2,300 mg. Our day's worth of food (shown above) roughly matches those targets. ¹JAMA 294: 2455, 2005.

Vegetables & Fruit

11 servings per day

What's 1 serving?

- ½ cup cooked vegetables
- ½ cup raw vegetables
- 1 cup salad greens
- 1 piece fruit
- ½ cup fresh fruit
- ¼ cup dried fruit

Grains

4 servings per day

What's 1 serving?

- 1 slice bread
- ½ cup cereal, pasta, or rice

Low-Fat Dairy

2 servings per day

What's 1 serving?

- 1 cup milk or yogurt
- 40 grams cheese

Legumes & Nuts

2 servings per day

What's 1 serving?

- ¼ cup nuts
- ½ cup cooked beans
- 120 grams tofu

Poultry, Fish, & Meat

1 serving per day

What's 1 serving?

- 120 grams cooked

Oils & Fats

2 servings per day

What's 1 serving?

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

Desserts & Sweets

2 servings per day

What's 1 serving?

- 1 small cookie
- 1 tsp. sugar

Wild Card

1 serving per day of

- Poultry, Fish, & Meat
- OR Desserts & Sweets
- OR Oils & Fats
- OR Grains