

# Healthy Eating, Healthy Living

Vietnamese  
Aspire For  
Healthy Hearts



**U.S. Department of Health and Human Services**  
National Institutes of Health  
National Heart, Lung, and Blood Institute

# Make Healthy Food Choices

## Be a Smart Shopper

Choose More Often:	Choose Less Often:
Chicken (skin <u>removed</u> before cooking)	Chicken (skin on while cooking)
Pork—ears, neck bone, feet, round, sirloin, loin	Pork—Chinese sausages, lunch meat, ribs
Egg whites	Egg yolks
Fat-free or low-fat milk or calcium fortified soy drink	Whole milk
Vegetable oil (such as canola, safflower, sesame, or peanut)	Lard, butter, shortening
Brown rice, red jasmine rice, or whole wheat flour	White rice or white flour
Beef- lean cuts of round steak or 93% lean ground beef	Beef brisket or regular ground beef
Spring rolls with fresh rice paper	Spring rolls- deep fried

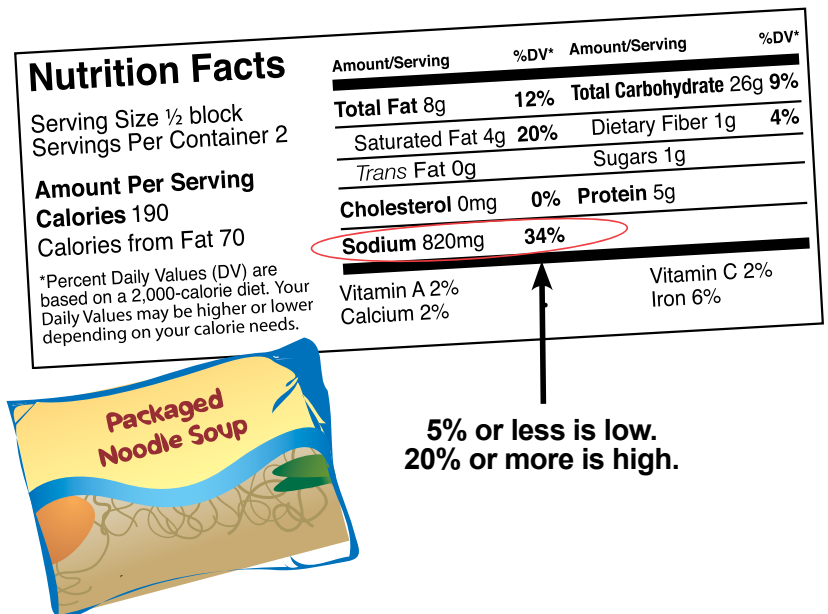
Limit foods high in saturated fat, trans fat, and cholesterol. These raise your blood cholesterol and might lead to getting heart disease. Examples of foods that are high in saturated fat, trans fat, and cholesterol are:

- Saturated Fat: lard, butter, whole milk, ice cream, lunch meat
- *Trans fat*: margarine, pre-mixed cakes
- Cholesterol: egg yolks, liver, shrimp

Also, limit sodium (found in salt) to reduce your risk of getting high blood pressure. Sodium can be found in many foods and seasonings such as breads, pasta, and MSG. Most people should limit sodium to 2,300 mg or less per day.

## Use Food Labels

Food labels tell you what you need to know about choosing foods that are lower in sodium, saturated fat, trans fat, and cholesterol. Here is a nutrition label for packaged noodle soup. For example, its % Daily Value for sodium is 34%. This is high in sodium. Choose products with the lowest % Daily Value for sodium, saturated fat, *trans* fat, and cholesterol.



**Nutrition Facts**  
Serving Size ½ block  
Servings Per Container 2

Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> 8g	<b>12%</b>	<b>Total Carbohydrate</b> 26g	<b>9%</b>
Saturated Fat 4g	20%	Dietary Fiber 1g	4%
<i>Trans</i> Fat 0g		Sugars 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 5g	
<b>Sodium</b> 820mg	<b>34%</b>		
Vitamin A 2%		Vitamin C 2%	
Calcium 2%		Iron 6%	

\*Percent Daily Values (DV) are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

**5% or less is low.  
20% or more is high.**

# Heart Healthy Eating

## Healthy Cooking

- Trim the fat and remove the skin from chicken and turkey before cooking.
- Add leaner cuts of meat or seafood\* to pho.
- Cook ground meat, drain the fat.
- Cool soups, and remove the layer of fat that rises to the top.
- Bake, steam, broil, or grill food instead of frying.
- Use oils low in saturated fat, such as canola, safflower, and sesame oil.
- Use garlic, ginger, chili, or lemon grass to add flavor to dishes instead of MSG and nuoc mam.
- Use small amounts of reduced-sodium bouillon, soy sauce, shrimp paste, or fish sauce. If you use these seasonings, do not add salt or MSG.

## Healthy Choices

- Make half your plate vegetables and fruits.
- Taste your food before you add seasoning or sauces.
- Have seafood\* twice a week or more. Try salmon or light tuna.
- Make at least half your grains, whole grains.



## Healthy Meal Ideas

### Breakfast

- Sticky rice with black beans or peanuts
- or**
- Low-sodium noodle soup with vegetables and lean meat

### Lunch

- Rice noodles, stir fried ong choy or bok choy (using very small amounts of oil) and garlic with tofu or small pieces of lean meat
- or**
- Vietnamese sandwich with lean meat on whole grain bread

### Dinner

- Rice noodles; chicken breast or drumstick (remove and throw away the skin) cooked with ginger root or lemon grass; salad with cucumber, lettuce, and tomatoes
- or**
- Brown rice; stewed fish (remove and throw away the skin); steamed spinach and cabbage

### Snack and/or Dessert

- Fresh fruit
- or**
- Low-fat yogurt

\*Pregnant and nursing mothers: Talk to your health care provider to find out the types of fish you can eat that are lower in mercury.

# Heart Healthy Eating Tips

Keep these tips in mind as you build your heart healthy plate each day. These amounts are an example of an average 2,000 calorie daily food plan. Each person's calorie needs are different. To find out how many calories you should eat each day, go to [www.choosemyplate.gov](http://www.choosemyplate.gov).



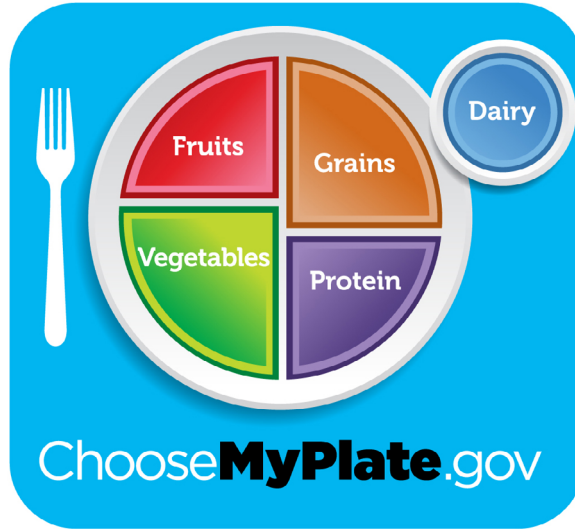
**Make half your plate fruits and vegetables.**

**4½ cups a day**



**Switch to fat-free or 1% milk.**

**3 cups a day**



**Make at least half your grains whole.**

**6 ounces per day**



**Vary your protein food choices.**

**5½ ounces per day**

For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to <a href="http://ChooseMyPlate.gov">ChooseMyPlate.gov</a> .				
Vegetables	Fruits	Grains	Dairy	Protein
<b>Eat 2½ cups every day</b>	<b>Eat 2 cups every day</b>	<b>Eat 6 ounces every day</b>	<b>Eat 3 cups every day</b>	<b>Eat 5½ ounces every day</b>
<b>What counts as a cup?</b> 1 cup of raw or cooked vegetables or 100% vegetable juice; 2 cups of leafy salad or greens	<b>What counts as a cup?</b> 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit	<b>What counts as an ounce?</b> 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 cup of ready-to-eat cereal	<b>What counts as a cup?</b> 1 cup of low-fat milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese	<b>What counts as an ounce?</b> 1 ounce of cooked lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; or ¼ cup cooked beans or peas

Table adapted from USDA "What's on Your Plate": [http://www.choosemyplate.gov/downloads/mini\\_poster\\_English\\_final.pdf](http://www.choosemyplate.gov/downloads/mini_poster_English_final.pdf)

For more dietary information, visit <http://www.health.gov/dietaryguidelines/2010.asp>

For more information on nutrition food labels, visit <http://www.fda.gov/food/ingredientspackaginglabeling/labelingnutrition/ucm274593.htm>



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