

AHA Cardiac Low Sodium/Fat Cycle Menu (Week 1)

Core rules used for this menu

- **No added salt** in cooking (use herbs, lemon, vinegar, garlic, pepper)
- Choose **baked, grilled, steamed** (no frying)
- Avoid **deli/processed meats**; use **fresh turkey/chicken/fish**
- Keep saturated fat low (lean proteins, minimal butter/cream/cheese)
- Keep sodium low by minimizing packaged foods; most sodium comes from prepared/packaged sources

Day	Breakfast (moderate)	Lunch (main meal)	Dinner (light)
Monday	Eggs (no salt) + toast (low-sodium bread) + melon	Chicken (no skin) + mashed potatoes (no salt) + green beans	Fresh turkey (no deli) on toast + low-sodium soup (scratch-made or verified low-Na)
Tuesday	Oatmeal (water) + cinnamon + berries + egg whites	Baked white fish + herb rice + steamed carrots	Chicken and vegetable soup (low sodium) + side salad (no-salt dressing or oil/vinegar)
Wednesday	Egg-white veggie omelet (peppers/onions) + toast + fruit cup (no added sugar)	Turkey meatloaf (lean, baked, no added salt) + pasta (plain or herb) + cabbage	Tuna salad (low-sodium tuna, drained/rinsed) on toast + cucumber/lettuce
Thursday	Plain low-fat Greek yogurt + sliced peaches + toast	Pork loin (lean) + no-salt mash + green beans	Low-sodium vegetable soup + half chicken salad sandwich (made with yogurt instead of mayo)
Friday	French toast (no added salt) + strawberries	Roast turkey (fresh) + rice pilaf + mixed vegetables	Baked cod + cauliflower + side salad
Saturday	Scrambled eggs (no salt) + toast + melon	Chicken breast (no skin) + pasta primavera (veg-forward, no butter)	Turkey and rice soup (low sodium) + steamed zucchini

Sunday	Pancakes (plain, no added salt) + fruit topping	Roast beef (lean, unprocessed) + mashed potatoes (no salt) + green beans	Vegetable and barley soup (low sodium) + dinner roll (low sodium)
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Low fat means “low saturated fat”

AHA’s key “cardiac diet” lever is saturated fat: **keep saturated fat <6% of calories** (roughly **11–13 g/day** on a 2,000-calorie pattern).

That’s why this menu avoids fried items, heavy cheese, cream sauces, and high-fat meats.

The biggest nursing home pitfall: hidden sodium

AHA notes that **most sodium intake comes from packaged/prepared foods**, not the salt shaker.

So for “RD-approval readiness,” the menu assumes:

- Soups are **scratch-made** or verified low-sodium products
- Turkey/chicken is **fresh** (no deli)
- Bread/rolls are **low sodium** options where possible