

**Table 7B. Summary of Diet and Lifestyle Recommendations from the American Heart Association Nutrition Committee 2006**

Population Goals	Major Guidelines
Consume an overall healthy diet	Consume a variety of fruits, vegetables, and grain products, especially whole grains; choose fat-free and low-fat dairy products, legumes, poultry, and lean meats; and eat fish, preferably oily fish, at least twice a week.
Aim for a healthy body weight BMI 18.5–24.9 kg/m <sup>2</sup>	Achieve and maintain healthy weight throughout life with increased effort aimed at helping individuals avoid inappropriate weight gain during childhood years and subsequent weight gain during adult years.  Increased emphasis on prevention of weight gain in the first place.
Aim for a desirable lipid profile  LDL-C <100 mg/dL optimal 100–129 mg/dL near or above optimal 130–159 mg/dL borderline high 160–189 mg/dL high ≥190 mg/dL very high  TG <150 mg/dL  HDL-C >40 mg/dL (men) >50 mg/dL (women)	Reduce daily intake of saturated fat (<7%), trans-fat (<1%) and cholesterol (300 mg). Avoid excess body weight.  Drug therapy is often prescribed for those at moderate or high risk.  Dietary changes are recommended for all individuals.
Aim for a normal BP  Systolic BP <120 mm Hg Diastolic BP <80 mm Hg	Reduce salt intake, induce weight loss by caloric deficit, moderation of alcohol (among those who drink), increased potassium intake. Consumption of a healthy diet such as the DASH diet that emphasizes fruits vegetables, and low-fat dairy.  Include whole grains, poultry, fish, and nuts.  Reduce fat, red meat, sweets, and sugar-containing beverages.

	Replace some carbohydrates with either protein from plant sources or with monounsaturated fat.
Be physically active	All adults should accumulate $\geq 30$ minutes of physical activity most days of the week. At least 60 minutes of physical activity most days of the week is recommended for children and those adults attempting to lose weight or maintaining weight loss.
Avoid use and exposure to tobacco products	Eliminate the use of tobacco products and minimize exposure to second-hand smoke.

Lichtenstein AH, Appel LJ, Brands M, et al. Diet and lifestyle recommendations revision 2006: a scientific statement from the American Heart Association Nutrition Committee. *Circulation*. 2006;114:82-96.