

From the:

***Effectiveness-Based Guidelines for the
Prevention of Cardiovascular Disease in Women—2011 Update***

Specific Dietary Intake Recommendations for Women

Nutrient	Serving	Serving Size
Fruits and vegetables	≥4.5 cups/d	1 cup raw leafy vegetable, 1/2 cup cut-up raw or cooked vegetable, 1/2 cup vegetable juice; 1 medium fruit, 1/4 cup dried fruit, 1/2 cup fresh, frozen, or canned fruit, 1/2 cup fruit juice
Fish	2/wk	3.5 oz, cooked (preferably oily types of fish)
Fiber	30 g/d (1.1 g/10 g carbohydrate)	Bran cereal, berries, avocado, etc
Whole grains	3/d	1 slice bread , 1 oz dry cereal, 1/2 cup cooked rice, pasta, or cereal (all whole grain products)
Sugar	≤5/wk (≤450 kcal/wk from sugar sweetened beverages)	1 Tbsp sugar, 1 Tbsp jelly or jam, 1/2 cup sorbet, 1 cup lemonade
Nuts, legumes, and seeds	≥4/wk	1/3 cup or 1 1/2 oz nuts (avoid macadamia nuts and salted nuts), 2 Tbsp peanut butter, 2 Tbsp or 1/2 oz seeds, 1/2 cup cooked legumes (dry beans and peas)
Saturated fat	<7%/total energy intake	Found in fried foods, fat on meat or chicken skin, packaged desserts, butter, cheese, sour cream etc
Cholesterol	<150 mg/d	Found in animal meats, organ meats, eggs, etc
Alcohol	≤1/d	4 oz wine, 12 oz beer, 1.5 oz 80-proof spirits, or 1 oz of 100-proof spirits
Sodium	<1500 mg/d	
Trans-fatty acids	0	0

Note: The recommended serving amounts are based on a 2000 kcal diet and recommendations vary according to individual preference and needs.¹⁴¹

Note for Vitamin D: It is expected that ongoing research regarding the role of vitamin D supplementation in prevention of cardiovascular disease will shed further light on this issue for future versions of this guideline.¹⁴²