

Health Facts *for you*

Heart Health: Heart and Blood Vessel Disease Diet Guidelines

Many factors affect your chances of developing heart and blood vessel disease. Some of these risk factors can't be changed (family history, age and gender). Yet, by watching what you eat, you **can** improve your blood fat levels, control your weight and reduce high blood pressure.

By making wise food choices, you can reduce your risk of stroke (caused by blockages in the arteries that lead to the brain), heart attack (caused by blockages in the arteries around the heart) and peripheral vascular disease (caused by blockages in arteries in the legs).

Risk Factors for Heart and Blood Vessel Disease

- High LDL (low-density lipoprotein) or low HDL (high-density lipoprotein) cholesterol levels
- Family history of heart disease, stroke or peripheral vascular disease
- Tobacco use
- High blood pressure
- Diabetes
- Obesity
- Inactive lifestyle
- Male gender
- Age

Blood Fats

Fat is a needed part of the blood. It is a major source of energy for muscles. It helps transport vitamins throughout your body. Fat is also needed to make certain body tissues.

Even so, some blood fats can lead to a type of heart and blood vessel disease called atherosclerosis. This disease is a build up of cholesterol, calcium, and blood clotting factors in blood vessels. This buildup limits blood flow, which can increase the risk of a heart attack, stroke, leg pain or other problems.

Blood Fat Levels

The guidelines below apply to adults 20 years and older. All values are in milligrams/deciliter.

	Desirable	Borderline-High	High-Risk
Total cholesterol	Less than 200	200-239	Greater than 240
LDL cholesterol	For people with vascular disease, diabetes, kidney disease or several risk factors an LDL level of 100 mg/dl or less is acceptable. For this same group an LDL level of 70 mg/dl or less is optimal. For people without vascular disease, diabetes, kidney disease and with fewer risk factors the LDL goal is 130 mg/dl or less		
Triglycerides	150 or less	150 - 199	200 mg/dl or greater
HDL –cholesterol			
Men	45 or greater	*	Less than 40
Women	55 or greater	*	Less than 40

Your Total Cholesterol _____ on _____ (date)

LDL _____

Triglycerides _____

HDL _____

What Do These Levels Mean?

Cholesterol is a substance found in all cells. It is needed for many body functions. Lipoproteins are particles that carry cholesterol and other fats throughout the blood stream. Two important types of lipoproteins are **LDL (low-density lipoprotein)** and **HDL (high-density lipoproteins)**.

High **LDL** levels increase the risk of heart and blood vessel disease. LDL cholesterol can collect in the arteries. This is why it is called “bad cholesterol”.

Dietary factors which tend to raise LDL levels.

- Too much saturated and trans fat in the diet
- Too much cholesterol in the diet
- Not enough fiber in the diet
- Being overweight or obese

To reduce your total LDL cholesterol level

- Reduce saturated fats, trans fats, and cholesterol in your diet by choosing low-fat or no-fat dairy products, lean meats and vegetable oils rather than hard fats (butter, lard, shortening).
- Lose excess weight.
- Eat more high-fiber foods – such as oatmeal, barley, fruits, vegetables and legumes (split peas, navy beans, lentils, soy, etc).
- Consider using foods with added plant sterols or stanols (see page 7)

HDLs remove excess cholesterol from your blood stream. This protects you from heart and blood vessel disease. For this reason, HDLs are often called “good cholesterol.”

To increase your HDL levels.

- Get regular exercise such as walking, biking, swimming, or running.
- Don't use tobacco.
- Lose weight if you weigh too much. Maintain a healthy body weight.
- Include some food rich in monounsaturated fat-nuts, olive oil, avocado, canola oil (see page 9). Be sure that you do not eat so many that you gain weight.

Triglycerides are fats found in your food. Your liver can make them from excess calories, alcohol and sugars in your diet. They are also found in body fat. When triglycerides levels are high, HDL levels tend to be low.

To reduce triglyceride levels.

- Lose weight if you are overweight.
- Get regular exercise such as walking, biking, swimming, or running.
- Limit carbohydrates, including starches, sugars and sweetened drinks.
- Use moderate amounts of unsaturated fat and low amounts of saturated fat.
- Limit or avoid alcohol.

Oxidation and Inflammation

Oxidation occurs when certain forms of oxygen (free radicals) react with LDL cholesterol to create “oxidized LDL” cholesterol. Oxidized LDL cholesterol is more likely to damage the blood vessel wall.

The foods you choose can make a difference. The healthy chemicals in foods that come from plants (fruit, vegetables, grains, nuts) can reduce the oxidation of LDL cholesterol. If you can improve your blood fat level and decrease the oxidation process in your body, you can help to prevent, slow, or maybe reverse buildup in your blood vessels.

Use of antioxidant vitamin supplements to help prevent heart and blood vessel disease is **not** recommended. They do not replace proven medicines and the diet guidelines described in this booklet. It is always best to get vitamins from real foods sources.

Eat at least 8 to 10 servings of fruits and vegetables every day (4-5 cups per day).

Heart disease is more likely when high levels of **inflammation** are present. Inflammation may loosen cholesterol filled plaques in blood vessels that can trigger heart attack or stroke.

Omega-3 fat found in fish (salmon, mackerel, herring, and sardines) as well as flax seed, walnuts, and canola oil can reduce inflammation and blood clotting. This can slow the development of blocked arteries.

Include fish 2-3 times per week in your diet.

A Mediterranean-type Diet may be best for preventing heart and blood vessel disease. This eating pattern includes about 30% of the calories as fat, with saturated and trans fats less than 7%. Most of the fat is from monounsaturated fat (olive and canola oils, nuts and avocados). Cheese and meat are only eaten in small amounts. Fruits vegetables, whole grains, fish and vegetable proteins (legumes, nuts) make up most of the diet. This diet is higher in fat so portions may need to be reduced to prevent weight gain.

How Should I Change my Diet?



MyPyramid provides guidelines that are consistent with a Mediterranean Diet. The MyPyramid food guide recommends you find a balance between food and physical activity by staying within your calorie needs. **To find the amounts of food that are right for you, go to www.MyPyramid.gov**

Below is an example of foods you need from each food group for a 2,000-calorie eating plan.

2,000-calorie diet	Amount
Grains	6 ounces
Eat at least 3 oz. of whole grain cereals, breads, crackers, rice or pasta every day. 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta	
Vegetables	2-1/2 cups
Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens. Eat more orange vegetables like carrots and sweet potatoes. Eat more dry beans and peas like pinto beans, kidney beans, and lentils.	
Fruit	2 cups
Eat a variety of fruit. Choose fresh, frozen, canned, or dried fruit. Go easy on fruit juices.	
Milk	3 cups
Go low-fat or fat-free when you choose milk, yogurt, and other milk products. If you don't or can't drink milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.	
Meat and Beans	5-1/2 ounces
Choose low-fat or lean meats and poultry and bake it, broil it, or grill it. Vary your protein routine-choose more fish, beans, peas, nuts and seeds.	

Diet Guidelines

If you follow the food guidelines in this booklet, your total fat, saturated fat, and trans fat intake should meet recommended goals. You do not need to count fat grams, but some people find it helpful to keep track.

Use this chart to estimate your fat gram goals.

Total Fat and Saturated Fat Goals

If your calorie in take is:	Total fat grams per day	Saturated fat grams per day
1200	33-47	9
1500	42-58	12
1800	50-70	14
2000	55-78	16
2500	69-97	19

Fat

Although some fat is needed for good health, most Americans eat too much fat. If fat intake is lowered it can help lower blood cholesterol levels and aid in weight loss.

To reduce the amount of fat and calories in your diet, decrease the amount of.

- Fatty meats
- Fried foods
- Whole milk dairy products and cheese
- Added fats such as salad dressing, margarine, oil, or mayonnaise

Types of Fat

The fats in food can be placed into two main groups.

- Saturated and trans fat
- Unsaturated fat

Saturated fats are hard or semi-solid at room temperature. These fats tend to raise blood cholesterol levels and therefore should be controlled in your diet. These types of fats are found in animal fats (meat fat, milk fat, butter) and tropical oils (palm and coconut oil).

To reduce your intake.

- Choose skim or low-fat dairy products, including low-fat cheese and ice cream.
- Choose lean cuts of meat.
- Limit the amount of meat you eat to 6 ounces or less per day.
- Reduce the amount of butter that you eat. Substitute vegetable oils or light tub margarines.
- Avoid foods made with coconut oil, palm oil.

Trans fats are made when liquid vegetable oils are hardened to make shortening or margarine. They act like saturated fat by raising your cholesterol. You can check food labels to help you avoid trans fats.

To reduce the amount of trans fat you eat.

- Avoid foods fried in hydrogenated oils (including some deep-fried foods).
- Limit donuts, cookies, pie crust, and other desserts.
- Use soft tub margarine or vegetable oil, rather than stick margarine.

Unsaturated fats are mostly liquid at room temperature. They lower LDL cholesterol. They may be used instead of saturated fats. Unsaturated fats contain the same number of calories as saturated fat.

- **Monounsaturated fats** are found mainly in olive oil, canola oil, peanut oil, sesame oil, nuts, avocado and olives.
- **Polyunsaturated fats** are found in corn, soybean, safflower, sunflower and cottonseed oils. If unsaturated oils have been hardened or hydrogenated (made into trans fats), they should be avoided.

Tips for including unsaturated fats (both mono- and polyunsaturated).

- Use soft tub margarine and liquid oils. Olive and canola oil can often be used in cooking and baking.
- Avoid butter, lard, or hardened vegetable shortenings.
- Snack on small amounts of nuts.
- Use avocado in salads.

Omega-3 Fat is the type of fat found in fatty fish like salmon, mackerel, herring, sardines and, in smaller amounts, in other fish. Omega-3 fats can help reduce triglyceride levels, help maintain HDL levels, reduce the stickiness of blood cells and reduce inflammation in the blood vessel wall. Some plant foods (flax seed, walnuts) also contain a form of Omega-3 fat.

To increase your Omega-3 intake.

- Include fish at least 2 to 3 times per week.
- Use walnuts as a snack or add ground flax seed to cereal.

Plant sterols/stanols block cholesterol from being absorbed in the intestine. Including 2 grams of plant sterols per day can reduce LDL levels by 10% or more.

Plant sterols are found in fortified margarine (Promise Take Control, Smart Balance), chews (Benecol) and in plant sterol capsules. See www.heartdecision.org and click on Hand-outs for more information on plant sterols/stanols.

Cholesterol is found in all foods from animals, such as meat, eggs, and milk. Cholesterol should be limited to 300 milligrams per day for the general public and 200 milligrams per day for people with heart disease or high cholesterol. Plants foods (fruits, vegetables, vegetable oils, grains, beans, nuts, peanut butter, and other plant products) do not contain cholesterol. Your body can make all the cholesterol it needs, so you don't need to consume any cholesterol.

To reduce your intake, limit the foods listed below.

- Egg yolks (no more than 4 yolks per week)
- Liver (no more than once a month)
- Organ meats
- Meat (no more than 6 oz per day)
- Whole milk dairy products
- Shrimp (can still be eaten once per week or less)

Note: Eating foods high in saturated fats increases blood cholesterol levels more than eating cholesterol rich foods.

Calories

Americans tend to eat too many calories. If extra pounds are a problem, you can lose weight by eating fewer calories. A weight loss of 1/2 to 1-1/2 pounds per week is the safest and best way to reduce and maintain a healthy body weight and requires a reduction of 250 to 750 calories per day. You can achieve weight loss by eating reduced portion sizes and by eating fewer high-fat and high-sugar foods. Eating more high-fiber foods (fruits, vegetables, whole grains, dried peas, beans) will help fill you up so you can eat less of other foods.

Your Calorie Needs

Use the Body Mass Index (BMI) chart below to find out your preferred weight based on height. A BMI between 20 and 25 is the goal for good health.

BMI	20	21	22	23	24	25	26	27	28
HT. (inches)	Weight in pounds								
5'2"	109	115	120	126	131	136	141	147	153
5'3"	113	118	124	130	135	141	146	152	158
5'4"	116	122	128	134	140	145	151	157	163
5'5"	120	126	132	138	144	150	156	162	168
5'6"	124	130	136	142	148	155	161	167	173
5'7"	127	134	140	146	153	160	166	172	178
5'8"	131	138	144	151	158	164	171	177	184
5'9"	136	142	149	155	162	170	176	182	189
5'10"	139	146	153	160	167	174	181	189	195
5'11"	143	150	157	165	172	179	186	193	200
6'0"	147	154	162	169	177	184	191	196	206
6'1"	151	159	166	174	182	189	197	204	212
6'2"	155	163	171	179	186	194	202	210	218
6'3"	160	168	176	184	192	200	208	216	224
6'4"	164	172	180	189	197	205	213	221	230

Multiply goal weight (BMI of 23) by an activity factor to find out the calories you need to achieve or maintain your goal weight.

Activity Level	Activity Factor
Very inactive (bed rest, sitting)	10
Slightly inactive (sedentary office work)	13
Low activity (occasional activity, low exertion sports)	14
Moderate activity (frequent moderate exertion sports)	15
Relatively active (seldom sit/stand)	16
High active (frequent strenuous sports)	17

Exercise

Exercise strengthens your heart, raises your HDL, lowers your triglycerides and helps with weight control. It can include aerobic activities like jogging, fitness walking (2.5 to 3.5 mph), biking, aerobic dancing, swimming, cross-country skiing, and rowing. It can also include routine daily movement like taking the stairs, mowing the lawn and washing windows. Experts suggest at least 150 minutes of exercise per week. If exercise is used as a means for weight control, aim to exercise 4 to 5 days per week (at least 30 minutes each day) to increase the amount of calories you burn.

Carbohydrates

Carbohydrates include starches (bread, pasta, rice, noodles) and sugars. They are good sources of energy. But, if large amounts of carbohydrates are eaten, they can raise triglyceride and blood sugar levels. They can also provide too many calories, leading to weight gain or difficulty losing weight.

Starches can be made from whole grains (whole wheat bread, brown rice, whole wheat pasta) or they can be made from refined grains (white bread and pasta, white rice). Whole grain starches do not raise blood sugar and triglycerides as much as refined starches. They also contain more fiber, vitamins and minerals than refined grains. Choose whole grain starches whenever you can. Eat medium to small-sized servings of all starches.

Sugars enter the blood very quickly after you eat them. This results in quick increase in blood sugar and triglycerides. Fruit juice (even the unsweetened kind) and soda sweetened with sugar contain about 10 teaspoons of sugar per 12 ounces. If you drink these liquids often it will be difficult to lose weight and control triglycerides and blood sugar. Limit your use of sugar-containing drinks to 12 ounces per day or less. Drink more water instead.

Fiber

Fiber is the indigestible portion of the plant foods we eat. Eating 20-30 grams of dietary fiber per day (with a focus on soluble fiber) can help to reduce LDL by 5-15%. Soluble fiber is found in fruits and vegetables, barley, corn, dried peas and beans, and oats.

To increase your fiber intake.

- Use more fruits and vegetables (aim for at least 4-5 cups per day).
- Use whole grain breads and cereals. Include those with oats and barley.

Plan meatless meals once a week or more, using navy beans, kidney beans, pinto beans, garbanzo beans, lentils, or split peas as a protein source.

Soy Protein

Soy protein is found in foods made from soybeans. If you include 25 grams of soy protein per day it may reduce LDL cholesterol by 5% and may have other health rewards.

To increase soy protein in your diet.

- Use frozen soy products (burgers, sausages, etc.) as meat substitutes.
- Drink soy milk or make a soy powder shake.
- Try tofu recipes.
- Use a handful of soy nuts as a snack.

Sodium and Blood Pressure

Sodium is mostly found in salt (sodium chloride). A low-sodium diet is used for the prevention and treatment of high blood pressure. When you consume large amounts of salt, your body may retain fluid. This increases pressure on your arteries. Excess salt in the diet can also make it harder for high blood pressure medicines to work.

People with high blood pressure, African Americans, and those who are 50 years or older should limit their sodium to 1,500 mg per day. The goal for other Americans is 2300 mg of sodium per day or less. Adding less salt at the table and in cooking will help, but about 80% of the salt that we eat is in restaurant foods and processed foods (hot dogs, spaghetti sauce mixes, frozen pizza, and other ready-to-eat products).

To reduce your sodium intake (which is often needed for persons with high blood pressure).

- Remove the saltshaker from your table.
- Try cooking with half as much salt as in the past or do not add any salt when you are cooking.
- Avoid high-sodium processed foods
- Use herbs and spices for flavor instead of salt.
- Make low-sodium choices when eating out.

A low-sodium meal plan that includes 8-10 servings of fruits and vegetables each day and 2-3 servings of low-fat dairy products each day has been shown to help reduce blood pressure. This eating plan is called the DASH (Dietary Approaches to Stop Hypertension) diet. To learn more about this diet go to the web site listed below:

www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

Food Guidelines

Follow these guidelines to reduce your intake of fat, saturated fat, cholesterol, and calories. Choose “recommended” items most often and use “not recommended” items sparingly. A ♦ indicates items **high in sodium**. Avoid these foods if you are trying to control your salt intake.

Milk and Dairy Products

Recommended
Skim milk, 1% milk
Low fat/non-fat cream substitutes
Evaporated skim milk
Low fat, part skim cheese:

Not Recommended
Whole/2% milk
Full-fat, natural cheese
Processed cheese ♦
Ice cream

Mozzarella (part skim)
Farmer's cheese
Part-skim or non-fat ricotta
Reduced fat cheese (5 gms fat per ounce or less)
Low fat/non-fat cottage cheese
Low fat/non-fat yogurt
Low fat/non-fat sour cream
Low fat/non-fat cream cheese
Low fat/non-fat frozen yogurt
Sherbet
Low fat/non-fat ice cream
Soy milk (calcium fortified)
A ♦ indicates items **high in sodium.**

Frozen custard
Sour cream
Cream, half & half
Non-dairy creamers (if made with coconut or palm oil)
Cream cheese

Protein Foods

Recommended

Lean beef – Top sirloin, tenderloin, top loin, round, ground round, rump, arm, flank.

Lean pork – loin chop, tenderloin, ham◆

Game – venison, rabbit

Poultry – chicken (skinless) turkey (skinless)

Fish, all types

Shrimp (limit to 4 ounces per week)

Egg white/egg substitute

Peanut butter

Dried or canned beans, split peas, lentils

Textured vegetable protein

Low fat TV dinners/frozen entrees ◆ (Healthy Choice®)

Low fat turkey bacon or sausage◆

Low fat turkey luncheon meats (3 grams fat or less per ounce) ◆

Low fat/fat-free hot dogs

Turkey/chicken bratwurst◆

Vegetarian burgers or sausage ◆ (made of soy)

Low fat creamed soups◆

Tofu

A ◆ indicates items **high in sodium**.

Not Recommended

Fatty beef – regular hamburger, T-bone, prime rib, ribs, porterhouse

Fatty pork – spare ribs, sausage◆, bacon◆

Fatty poultry – poultry skin, duck, goose, self-basting turkeys

Luncheon meats/cold cuts◆ with more than 3 grams of fat per ounce

Hot dogs◆

Bratwurst ◆

Deep-fried meats and seafood

Egg yolk (limit to 4 per week)

Creamed soups◆

Limit meat, poultry and low-fat cheese intake to a total of 6 ounces per day. One 3-ounce serving is about the size of a deck of cards. When buying meats, choose the leaner ‘select’ cuts rather than ‘prime/choice’ cuts. Trim visible fat before cooking. Prepare by baking, roasting, broiling or grilling to reduce fat content. Try meatless meals 1 to 2 times per week to further lower fat intake and increase fiber.

Vegetables & Fruits – at least 4-5 cups per day

Recommended

Fresh, frozen, dried, or canned fruits

Fruit juices (limit quantity to control calories and sugar)

Fresh or frozen vegetables

Canned vegetables or vegetable juices◆

Avocado

Olives ◆

Sauerkraut ◆

Pickles ◆

A ◆ indicates items **high in sodium**

Not Recommended

Fried, deep-fried, creamed or au gratin vegetables

Coconut and coconut milk in large quantities

Frozen vegetables in sauces or cheese

Breads, Cereals & Grains

Recommended

Enriched or whole grain breads
English muffins
Bagels
Cereals, especially whole grain
Pancakes, waffles (with 5 gms fat or less)
Rice cakes
Pita Bread
Tortilla, corn or flour
Rice, barley, quinoa or bulgar
Pasta, especially whole grain
Soda crackers ◆
Graham crackers
Crackers ◆ (with 2 grams of fat or less per serving)
A ◆ indicates items **high in sodium.**

Not Recommended

Doughnuts and other fried breads
Croissants
Crescent rolls
Sweet rolls
Muffins or biscuits made with saturated fats
Crackers with more than 2 gm fat per serving

Chow mein noodles, ramen noodles with palm oil
Granola (unless lower than 2 grams of fat/serving)
Rice/noodle mixes ◆ (unless fat is omitted)

Fats

Recommended

Margarine with liquid oil as primary ingredient (soft tub or squeeze type)
Reduced-calorie margarine
Liquid vegetable oils- canola, olive, peanut, or sesame oil, sunflower, safflower, corn, soybean or cottonseed oil

Salad dressings ◆ (reduced calorie)

Mayonnaise and sandwich spreads (reduced calorie)
Nuts and seeds in moderate amounts
A ◆ indicates items **high in sodium.**

Not Recommended

Margarine with hydrogenated oil as primary ingredient (most stick types)
Butter
Lard
Cream cheese
Hardened or hydrogenated vegetable shortening
Coconut and palm oil
Regular gravy
Bleu cheese salad dressing ◆

Note: Recommended fats should be used only in small amounts to control calories.

Snacks and Desserts

Recommended

Fruit
Angel food cake
Puddings from skim milk
Cocoa powder
Cakes and cookies made with oil and egg whites
Low fat granola and breakfast bars
Pretzels ◆
Baked potato or corn chips
Popcorn with little or no added fat
Sherbet, fruit ices, Popsicles, sorbet
Low fat ice cream or frozen yogurt
Vanilla wafers, graham crackers, ginger snaps
Hard candy, licorice, jelly beans
Jelly, jam, honey, syrups
A ◆ indicates items **high in sodium**.

Not Recommended

Regular tortilla, potato and corn chips ◆
Chocolate candy
Cakes and cookies made with hardened fat and egg yolks
Pies, pastry
Regular granola bar
Ice cream

Note: Although sugar does not increase cholesterol levels, amounts should be controlled for persons who are overweight. Persons with diabetes or high triglycerides should eat fewer servings of sugar and sweets.

Snacks and desserts can lead to weight gain. Try to eat them in small servings or less often if you are overweight.

Resources

Cookbooks

The Road to a Healthy Heart Runs through the Kitchen, by Joe and Bernie Piscatella, Workman Publishing, 2006.

The New American Heart Association Cookbook, 8th Edition, Random House, 2010.

American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition, Random House. 2005.

American Heart Association Quick and Easy Cookbook, Random House, 2010

American Heart Association The Diabetes and Heart Healthy Cookbook, Random House, 2004.

The Complete Idiots Guide to the Mediterranean Diet, Penguin Publishing, 2010

The New Mediterranean Diet Cookbook, Bantam, 2009

Eat, Drink and Weigh Less, by Mollie Katzen and Walter Willet, Hyperion, 2006.

How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food by Mark Bittman and Alan Witschonke, 2007

The Complete Idiot's Guide to Vegan Living by Beverly Lynn Bennett and Ray Sammartano, 2005

Vegetarian Times Complete Cookbook by Vegetarian Times Magazine, 2005

Vegetarian Cooking for Everyone by Deborah Madison, 2007

Web Sites

National Cholesterol Education Program, Live Healthier, Live Longer

<http://www.nhlbi.nih.gov/chd/>

American Dietetic Association

<http://www.eatright.org>

Cooking Light Magazine

<http://www.cookinglight.com>

Eating Well Magazine

<http://www.eatingwell.com>

American Heart Association

www.americanheart.org

American Heart Association recipes

<http://www.deliciousdecisions.org>

DASH (Dietary Approaches to Stop Hypertension) Diet

<http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/>

National Stroke Association

<http://www.stroke.org>

Heart Decision

www.heartdecision.org

If you are a UW patient and have more questions please contact UW Health at one of the phone numbers listed below.

Nutrition Clinic
University Station
2880 University Avenue
Madison, WI 53705
(608) 263-5012

Nutrition Clinic
UW Health West Clinic
451 Junction Road
Madison, WI 53717
(608) 265-7526

Nutrition Clinic
UW Health East Clinic
5249 East Terrace Drive
Madison, WI 53718
(608) 265-0963