

## **Heart-Healthy Cooking Oils**

1. Canola
2. Corn
3. Olive
4. Peanut
5. Safflower
6. Soybean
7. Sunflower

### **Resource: American Heart Association:**

[http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/SimpleCookingandRecipes/Healthy-Cooking-Oils\\_UCM\\_445179\\_Article.jsp#.WnynGmaZM3E](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/SimpleCookingandRecipes/Healthy-Cooking-Oils_UCM_445179_Article.jsp#.WnynGmaZM3E)

## **Where to Find Heart-Healthy Recipes**

1. *American Heart Association:* <https://recipes.heart.org>
2. *Cleveland Clinic:* <https://my.clevelandclinic.org/health/articles/17082-heart-healthy-recipe-corner>
3. *American Diabetes Association:* <http://www.diabetes.org/mfa-recipes/recipes/>

## **Meal Planning**

1. *HealthLink:* <https://www.healthlinkbc.ca/healthy-eating/meal-planning>

### **Highlights of the Website:**

- a. Meal Planning Steps
  - b. Tips to Increase Success
  - c. Weekday Meal Planning Template
2. *Harvard School of Public Health:*  
<https://www.hsph.harvard.edu/nutritionsource/2017/03/20/meal-prep-planning/>

### **Highlights of the Website:**

- a. Benefits on Meal Prep
  - b. How to Prep
  - c. Getting Started for How to Meal Prep
  - d. How to Store Food
3. *Choose My Plate:* <https://choosemyplate-prod.azureedge.net/sites/default/files/misc/tools/2WeekMenusAndFoodGroupContent.pdf>

### **Highlights of the Website:**

- a. Sample week menus

## **Leanest Cuts of Meat**

1. *Mayo Clinic*: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/cuts-of-beef/art-20043833>

### **Highlights of the Website:**

- a. Eye of round roast and steak
  - b. Sirloin tip side steak
  - c. Top round roast and steak
  - d. Bottom round roast and steak
  - e. Top sirloin steak
    - i. (All of these are considered extra lean)
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2. *Mayo Clinic*: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/food-and-nutrition/art-20048095>

### **Highlights of the Website:**

- a. Look for lean cuts
- b. Check percentages
- c. Watch the ground
- d. Be selective

## **The Best Proteins**

1. *Harvard Medical School*: <https://www.health.harvard.edu/nutrition/protein-which-sources-are-best-for-your-heart>

### **Highlights of the Website:**

- a. Beans & Peas (black beans, garbanzos, pinto, soybeans, split peas, etc.)
  - i. Eating beans has been linked to lowering risk of heart disease\*
- b. Nuts (almonds, cashews, walnuts, pistachios, etc).
  - i. Eat a handful a day (quarter of a cup)
- c. Fish & Shellfish (salmon and tuna)
  - i. Salmon and tuna are a good way to heart healthy omega 3 fatty acids\*
- d. Dairy Products (milk, yogurt, cheese)
  - i. Choose low-fat or nonfat versions\*

## **Dairy and Poultry**

1. According to the *Harvard Medical School*, “eating an egg a day appears to be neutral as far as heart disease risk goes.” But people with diabetes should limit themselves to no more than three eggs a week.

Because dairy products contain saturated fats, *Harvard Medical School* recommends low-fat and nonfat versions of dairy. According to their website, most studies show no link between heart risk and dairy products regardless of milk fat levels. The National guidelines recommend two to three servings of dairy products a day.

**Resource: Harvard Medical School:** <https://www.health.harvard.edu/nutrition/protein-which-sources-are-best-for-your-heart>

2. *American College of Cardiology:*

<https://www.cardiosmart.org/~media/Documents/Fact%20Sheets/en/abk6292.ashx>

### **Highlights of the Website:**

- Heart-Healthy fats
  - In eggs, dairy, and poultry

## **Nutrition Labels**

1. *American Heart Association:* <https://healthyforgood.heart.org/eat-smart/articles/portion-size-versus-serving-size>

- Portion Sizes vs. Serving Sizes

2. *U.S. Food and Drug Administration:*

<https://www.fda.gov/Food/ResourcesForYou/Consumers/ucm315393.htm>

- Understanding food labels
  - Daily Value
  - Percent Daily Value
  - Serving Sizes

## **Budget Friendly**

\*Tips for saving at the store:

- Eat before you shop
- Check for store brands
- Use coupons
- Join the store's loyalty program
- Look up and down for savings

More tips @ Choose My Plate: <https://www.choosemyplate.gov/MyPlate>

*Center for Nutrition Policy and Promotion:*

[https://www.cnpp.usda.gov/sites/default/files/usda\\_food\\_plans\\_cost\\_of\\_food/FoodPlansRecipeBook.pdf](https://www.cnpp.usda.gov/sites/default/files/usda_food_plans_cost_of_food/FoodPlansRecipeBook.pdf)

### **Highlights of the Website:**

- Tips on grocery shopping
- Tips for healthy cooking
- Recipes
- Food lists for 2 weeks of meals

*American Diabetes Association:* <http://www.diabetes.org/mfa-recipes/meal-plans/low-cost-meals.html?referrer=https://www.google.com/>

### **Highlights of the Website:**

- Low-cost meal planning
- Nutritional information

## **Flavorful Alternatives to Salt**

1. Garlic
2. Black Pepper
3. Ginger
4. Citrus
5. Vinegars

**Resource – The American Heart Association:** <https://sodiumbreakup.heart.org/craving-salt-try-5-flavor-alternatives>