

# Eating for a **Healthy Heart**



**Northern Light**  
**Health**<sup>SM</sup>



# Essentials of a Heart Healthy Lifestyle

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## Aim for a healthy body weight

- Obesity is a risk factor for heart disease. Obesity raises LDL, lowers HDL, raises blood pressure and induces diabetes.

## Aim for a normal blood pressure

- High blood pressure (“hypertension”) is a risk factor for heart disease. Hypertension can lead to stroke and may cause the heart to enlarge. Blood pressure numbers below 120 on the top and below 80 on the bottom are recommended.

## Aim for a normal blood glucose level

- Diabetes is a risk factor for heart disease. Diabetes increases the risk of having heart disease three to five times.

## Be physically active

- Inactivity is a risk factor for heart disease. Thirty-five percent of heart disease related deaths are linked to inactivity. Thirty to 60 minutes of activity on most days improves other risk factors.

## Avoid use of and exposure to tobacco products

- Smoking is a risk factor for heart disease. Smoking lowers HDL and increases the risk of a heart attack two to six times that of a non-smoker.

## Aim for recommended levels of cholesterol (LDL and HDL) and triglycerides

- High LDL and low HDL are risk factors for heart disease.
- Cholesterol is a soft, fat-like substance found in your body’s cells. Cholesterol comes from two sources: (1) your liver, and (2) the food you eat.
- High LDL cholesterol levels, also known as the “bad cholesterol,” contributes to plaque build-up on artery walls. The fat in your diet strongly affects LDL levels. Values less than 100 are healthier; your physician will determine your particular LDL target value.
- High levels of HDL, also known as the “good cholesterol,” protects against cardiac disease. Losing weight, being more active and quitting smoking help to raise HDL levels. Values greater than 40 are healthier.
- Triglycerides are increased with obesity and a diet rich in sugary foods & drinks.

## Consume an overall healthy diet

- Turn the pages and learn how to eat healthy and lower your risk of heart disease.

# Heart Healthy Eating

Revised 2021

Based on the 2019 Guidelines on the Primary Prevention of Cardiovascular Disease, the 2013 Guidelines on Lifestyle Management to Reduce Cardiovascular Risk: Reports of the American College of Cardiology / American Heart Association Task Force on Practice Guidelines and the 2020 Dietary Guidelines.

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# Selecting foods that are **LOW** in saturated fat, trans fat, and sodium

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## **MEAT, POULTRY, FISH, AND SHELLFISH**

### CHOOSE **MORE** OFTEN

- Lean cuts of meat with fat trimmed, like:
  - ≥90% ground meat
  - Beef – round, sirloin, loin
  - Lamb – leg, arm loin, rib
  - Pork – tenderloin, leg (fresh), shoulder (arm or picnic)
  - Veal – all cuts except ground
  - Poultry without skin
  - Fish, shellfish

### CHOOSE **LESS** OFTEN

- Prime cuts of meat
- Deep fried fish/fowl/meat
- Fatty cuts of meat, like:
  - Beef – corned beef brisket, regular ground, short ribs
  - Pork – spare ribs, blade roll
  - 70% - 85% ground meat
  - Goose, domestic duck
  - Organ meat, like liver, kidney, sweet breads, brain
  - Luncheon meats
  - Frankfurters, sausages
  - Caviar

## **DAIRY PRODUCTS**

### CHOOSE **MORE** OFTEN

- Skim milk or 1% milk
- Unsweetened dairy alternatives
- Low-fat buttermilk
- Low-fat or fat free evaporated milk
- Low- or non-fat yogurt
- Low-fat or fat free ice cream and frozen yogurt
- Cheese with ≤ 3 grams of saturated fat per ounce
- Low-fat or fat free sour cream
- Low-fat or fat free cream cheese
- Low-fat or fat free cottage cheese
- Fat free non-dairy creamers

### CHOOSE **LESS** OFTEN

- 2% and whole milk
- Sweetened dairy alternatives
- Regular evaporated or condensed canned milk
- Cream, half-&-half, whipped cream
- Most nondairy creamers
- Cream cheese, sour cream
- Ice cream
- Yogurt made with whole milk
- High-fat cheeses (cheddar, blue, brie, swiss, american, feta, muenster, whole milk ricotta)
- Cream soup and bisques

## **FRUITS AND VEGETABLES**

### CHOOSE **MORE** OFTEN

- Fresh, frozen, canned (no added salt), or dried fruits and vegetables
- Low sodium tomato/vegetable juice

### CHOOSE **LESS** OFTEN

- Vegetables prepared in butter, cream, or sauce
- Frozen vegetables in sauces or with added salt
- Coconut
- French fries
- Regular tomato/vegetable juice
- Dill pickles
- Sauerkraut



## **FATS, OILS, NUTS, AND SEEDS**

### CHOOSE **MORE** OFTEN

- Unsaturated vegetable oils (canola, safflower, sunflower, corn, olive, soybean, peanut, sesame)
- Reduced fat, tub margarines
- Low-fat or fat free salad dressings
- Low-fat or fat free mayonnaise
- **In moderation:**
  - Nuts and seeds
  - Avocados and olives
  - Peanut butter

### CHOOSE **LESS** OFTEN

- Saturated fats (butter, coconut oil, palm kernel oil, palm oil, lard)
- Hydrogenated fats (regular stick margarine, shortening)
- Dressings made with saturated fats (blue cheese style dressings)
- Sauces/dressings made with butter and egg yolks

## **GRAINS, BREADS, CEREALS, PASTA, RICE, DRIED PEAS, AND BEANS**

### CHOOSE **MORE** OFTEN

- Whole grain breads (pumpernickel, rye, pita, bagels, english muffins, sandwich buns, dinner rolls, flat breads)
- Low-fat crackers, like matzo and bread sticks, rye krisp, saltines (unsalted tops), zwieback
- Rice cakes
- Hot cereals
- Most cold dry cereals
- Pasta (eggless noodles, spaghetti, macaroni)
- Rice, barley, bulgur
- Dried peas and beans
- Soybean curd (tofu)

### CHOOSE **LESS** OFTEN

- Croissants, butter rolls, cheese breads, sweet rolls, Danish pastry, doughnuts, commercial biscuits
- Most snack crackers, like cheese crackers, butter crackers and those made with saturated fats
- Pasta and rice prepared with cream, butter, or cheese sauces
- Egg noodles
- Chow mein noodles
- Ramen noodles

## **SWEETS AND SNACKS** (LIMIT SWEETS IF YOU ARE DIABETIC OR HAVE HIGH TRIGLYCERIDES)

### CHOOSE **MORE** OFTEN

- Low-fat frozen desserts, like sherbet, sorbet, Italian ice, popsicles, fruit juice bars, gelatin
- Low-fat cakes, like angel food cake
- Low-fat cookies, like fig bars and gingersnaps
- Low-fat candy, like jelly beans, hard candies, and fruit leathers
- Low-fat snacks, like plain popcorn,
- Pretzels and no-oil baked chips
- Low calorie beverages

### CHOOSE **LESS** OFTEN

- High-fat frozen desserts, like ice cream
- High-fat cakes, like most store-bought, pound, and frosted cakes
- Cheesecake, tortes
- Pies
- Most store-bought cookies
- Most candy, like chocolates
- Potato and corn chips
- Popcorn, buttered and regular microwave
- High-fat beverages, like frappes, milkshakes, floats, and eggnogs

# WHOLE GRAINS

## BREADS, CEREALS, PASTA, AND STARCHY VEGETABLES

- Rich in iron, fiber, and B vitamins
- Choose five to eight (or more) servings daily
- Limit servings to one to two per meal to help manage blood sugar levels
- A serving is:
  - 1 slice of bread
  - ½ cup cooked rice or pasta
  - ½ cup cooked cereal
  - ½ - ¾ cup of dry cereal
  - 1 cup low fat soup
  - ½ cup starchy vegetable
- The majority of your bread and cereal selections should be rich in “whole” grains
- “Processed” products such as crackers, pasta mixes, and soups may contain too much sodium and solid fat. Choose lower sodium/low saturated fat options
- Individuals with diabetes mellitus or elevated triglycerides may need to limit their intake of these foods. Grains are high in carbohydrate which should be consumed at regular intervals and in moderation

# FRUITS AND VEGETABLES

- High in vitamins, minerals, and fiber; Low in fat, calories, sodium, and contain no cholesterol
- Choose seven to 10 (or more) servings daily
- Limit servings to one to two per meal to help manage blood sugar levels
- Whole fruit is a better choice than juice
- Select vegetables of all colors: dark green, red, orange, and yellow
- Cautions:
  - Canned vegetables may contain 20-200 times as much sodium as fresh and frozen vegetables
  - Olives, avocado, and coconut are high in calories
- Fruits and vegetables are good sources of phytochemicals and antioxidants
- Fruits and vegetables are an important source of nutrients which help reduce the risk of cardiovascular disease

# DAIRY PRODUCTS

- Good sources of protein, calcium, phosphorus, niacin, riboflavin, vitamins A and D
- Choose two to three low-fat servings daily. Regular dairy products are rich in saturated fat and should be avoided
- Limit servings to one to two per meal to help manage blood sugar levels
- A serving is:
  - 1 cup skim, ½%, or 1% milk
  - 1 cup nonfat or low-fat yogurt
  - 1 ounce low-fat cheese
  - ½ cup low-fat cottage cheese
- Better cheese choices have less than two grams of saturated fat per ounce
- Better ice cream choices have less than three grams of saturated fat per 2/3 cup
  - **Caution:** A portion of ice cream is 2/3 cup! Are you eating more?
- Having trouble getting below whole or 2% milk? Taper down slowly: First try 1½% milk, then change to 1% milk, then to 1/2% milk, and finally to skim
- Know your daily alternatives: Almond, cashew, coconut, and oat milk are not good sources of protein

# OILS

- High in fat and calories; some oils are rich in vitamins E, A, and monounsaturated fatty acids
- Limit to five servings daily if you're trying to lose weight
- A serving is:
  - 1 tsp of oil or margarine
  - 2 tsp of reduced fat margarine
  - 1 Tbsp salad dressing
  - 2 tsp mayonnaise
  - 1 Tbsp seeds or nuts
- Most vegetable oils are low in saturated fat and are an acceptable part of a heart healthy diet
- Monounsaturated oils (one type of vegetable oil) are a great choice (olive oil, canola oil, nuts, and seeds)
- Compared to palm and coconut, vegetable oils contain less of the type of saturated fat that raise blood cholesterol
- Foods cooked in or made with solid fats (butter, lard, shortening, margarine) such as fried seafood, french fries, chips, cakes, pastries, cookies, and crackers) usually contain more saturated fat and should be avoided

# FISH, POULTRY, AND CHOLESTEROL

- Rich in protein, B vitamins, iron, and minerals
- Limit to six ounces (two servings) of cooked meat/fish/fowl per day
- Enjoy at least two servings of fish each week
- A serving is 3 oz cooked (4 oz raw): The size of a deck of cards
- A well-balanced vegetarian approach can provide adequate protein

## FISH

- Especially good choices of fish are those rich in omega-3 fatty acids which include: Sardines, salmon, tuna, mackerel, herring, and lake trout
- Avoid deep fried fish/shellfish
- Safe guidelines for adults from the Maine CDC:
  - ≤ 1 meal per week of brook trout and landlocked salmon
  - ≤ 2 meals per month of all other freshwater fish, swordfish, shark, king mackerel, and tile fish
  - ≤ 4 meals per year of striped bass and bluefish
  - Do not eat lobster tomalley
- For women of childbearing age and children under age 8:
  - Avoid striped bass, blue fish, swordfish, shark, and all freshwater fish except brook trout and landlocked salmon
  - Limit albacore tuna (white) to one meal per week and light tuna to two meals per week
  - Brook trout and land lock salmon may be eaten ≤ 1 meal per month

## POULTRY

- Chicken, turkey, and Cornish hens are choices
- Ground poultry should be 93% lean or higher
- Avoid duck
- Avoid deep fried poultry

## DIETARY CHOLESTEROL

- New research is reviewed before heart healthy nutrition guidelines are updated
- Current guidelines state, "There is not enough evidence to link a high dietary intake of cholesterol to high blood levels of cholesterol"

# EGGS, MEAT, LEGUMES, AND NUTS

## EGGS

- Avoid raw eggs
- One whole egg per day or less is a safe guideline for most people
- Two egg whites or  $\frac{1}{4}$  cup of egg substitute can be used in place of one whole egg

## MEAT

- **Select lean cuts:**
  - Round cuts
  - Loin cuts
  - 90-95% lean ground meat
  - Moose/venison
  - American buffalo/bison
  - Not bear
- A marinade will make leaner cuts tender. Caution: Some marinades are high in sodium
- Trim all excess fat before cooking
- Use cooking methods that add little fat: Bake, braise, broil, grill, microwave, poach, roast, sauté, stew, stir-fry
- Select red meats: two to three times per week. Most red meats are rich in saturated fat

## LEGUMES (DRY BEANS, PEAS, AND SOY)

- Contains fiber which helps to lower blood cholesterol levels
- Legumes are virtually free of total fat, saturated fat, and cholesterol
- If using canned legumes, drain in a colander and rinse under running water to reduce the sodium content

## NUTS

- Rich in monounsaturated fat (a good type of fat) but also high in calories
- Can be part of a heart healthy diet, but consume sparingly if you're trying to avoid weight gain ( $\frac{1}{4}$  cup has 200 calories)
- Purchase unsalted or lightly salted varieties
- Peanut butter, like nuts, is most monounsaturated fat, but is high in calories – consume in moderation





# FATS

## SATURATED FAT

- Are found in animal products
- Are solid at room temperature
- Are found in cheese, ice cream, whole milk, and butter
- Are found in red and processed meats, and poultry skin
- Are found in pastries and sweets
- Plant sources include palm and coconut

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- Eating very little saturated fat is the goal of a heart healthy diet
  - Reducing your intake of saturated fat should lower your total and LDL (bad type) of serum cholesterol

## UNSATURATED FAT

### MONOUNSATURATED FAT

- Are found in olives, olive oil, canola oil, nuts, and seeds
- 
- When polyunsaturated and monounsaturated fat is substituted for saturated fat your cholesterol numbers should improve

## POLYUNSATURATED

### TRANS FATS

- Trans fats contribute to heart disease by increasing LDL, decreasing HDL, and increasing inflammation
  - As of Jan 1, 2020, partially hydrogenated fats, which create most of the trans fats in the US diet, are no longer be allowed in food products
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- Previous sources: Fat used to deep fry foods, margarine and fat used in pastries, sweets, and coffee whiteners

### TRANS FATS

- Omega-6 oils lower total and LDL (bad) cholesterol when they replace saturated fat
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- Sources: Vegetable oils (corn, soybean, sunflower, and safflower)

### OMEGA-3 FATS

- Omega-3 fats are heart healthy: they may reduce blood clotting, prevent abnormal heart rhythms, and improve immune function
  - Most Americans eat too little omega-3 fats
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- Sources: mackerel, salmon, togue, sardines, and tuna
  - Plant sources are less effective, but include: chia seeds, walnuts, flaxseed, and wheat germ

# FOOD LABELS

<b>Nutrition Facts</b>			
About 2 servings per container			
<b>Serving size</b>		<b>1 cup</b>	
	<b>Per serving</b>	<b>Per container</b>	
<b>Calories</b>	<b>410</b>	<b>890</b>	
	<b>% DV*</b>	<b>% DV*</b>	
<b>Total Fat</b>	22g <b>28%</b>	47g	<b>60%</b>
Saturated Fat	9g <b>45%</b>	20g	<b>100%</b>
Trans Fat	0g	0g	
<b>Cholesterol</b>	20mg <b>7%</b>	35mg	<b>12%</b>
<b>Sodium</b>	750mg <b>33%</b>	1590mg	<b>69%</b>
<b>Total Carb.</b>	42g <b>15%</b>	90g	<b>33%</b>
Dietary Fiber	3g <b>11%</b>	7g	<b>25%</b>
Total Sugars	4g	8g	
Incl. Added Sugars	<1g <b>1%</b>	1g	<b>2%</b>
<b>Protein</b>	12g <b>18%</b>	25g	<b>38%</b>
Vitamin D	0mcg <b>0%</b>	0mcg	<b>0%</b>
Calcium	30mg <b>2%</b>	50mg	<b>4%</b>
Iron	2.2mg <b>10%</b>	4.6mg	<b>25%</b>
Potassium	210mg <b>4%</b>	450mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Serving Size:** Check this first. All the nutrient information listed is based on the stated serving size. “Dual Column” nutrition is listed when a multiple serving size container is typically viewed as a single serve item.

**% Daily Value:** Tells you how much of a day’s worth of a particular nutrient the serving provides. If a food has 20% or more of the DV, it’s “high” in that nutrient, while “low” is less than five percent.

**Actual nutrient values:** This is straightforward and helpful information if you know what nutrient values are right for you. As an example, if you’re trying to stay under 500 mg of sodium per meal, then eating this entire package would provide more than three times the sodium as was your goal.

<b>SATURATED FAT AND SODIUM GOALS</b>				
	<b>PER DAY</b>		<b>PER MEAL</b>	
	<b>SATURATED FAT GRAMS</b>	<b>SODIUM MG</b>	<b>SATURATED FAT GRAMS</b>	<b>SODIUM MG</b>
<b>1000 - 1400 CALORIES</b>	8	1500	3	500
<b>1500 - 1900 CALORIES</b>	12	1800	4	600
<b>2000 - 2400 CALORIES</b>	16	2000	5	650

# SODIUM

- Aim for a daily sodium intake between 1500 mg and 2000 mg
- With some cardiac conditions, you may need to be more restrictive with your sodium intake. A helpful label guide is selecting products that have 140 mg or less sodium per serving
- Foods in their natural state (unprocessed) are low in sodium. All fruit is virtually sodium free
- Processed foods (food that we buy in jars, boxes, cans, and packages) are usually high in sodium
- Eliminate the salt shaker from the table
- Add as little salt as possible in your cooking (except for yeast breads)
- The sodium can be reduced in some canned foods (vegetables, tuna) by placing them in a colander and rinsing with water
- Most restaurant foods are very high in sodium. Check the nutrient analysis in restaurants
- Table salt contains about 2300 mg of sodium per teaspoon. Sea salt and kosher salt contain  $\approx$  1700-2300 mg of sodium per teaspoon
- **Salt substitutes (two types):**
  - Herbs and seasonings such as Mrs. Dash products
  - Potassium chloride such as NuSalt, Nosalt, and Morton Salt Substitute. **Never use potassium chloride type salt substitutes until you ask your physician**
  - 2 tsp mayonnaise
  - 1 Tbsp seeds or nuts
- **On labels:**
  - Low sodium is <140 mg per serving
  - Very low sodium is <35 mg per serving
  - NAS (no salt added) means salt was not added to the product in processing

## THESE ITEMS ARE UNUSUALLY HIGH IN SODIUM AND SHOULD BE AVOIDED:

- **MEATS:** Lunch meats, potted meats, bacon, ham, and sausage
- **COMBINATION FOODS:** Soups, frozen dinners, easy to prepare food from bags and boxes, biscuit mix
- **CONDIMENTS:** Boullion, soy sauce, Caesar salad dressing, seasoning salts (i.e. celery salt, onion salt, etc.), dill pickles, olives
- **CHEESE:** American cheese, cottage cheese, soft cheeses in jars, cans, or containers
- **VEGETABLES:** Canned vegetables with added salt (NAS varieties are ok), tomato/vegetable juice, sauerkraut

## SEASON WITHOUT SODIUM

- **Experiment with herbs and spices**
  - Explore a wide variety of vinegars
  - Fresh garlic, fresh parsley, fresh ginger (ginger root)
  - Celery seeds, onion powder, garlic powder, lemon and orange zest, Mrs. Dash spice blends, or try:

## GARLIC LOVER'S HERB BLEND

3 Tbsp garlic granules or powder  
1½ Tbsp toasted sesame seeds  
1½ Tbsp paprika  
½ Tbsp onion powder  
½ Tbsp orange peel  
½ tsp ground red pepper

# SUGAR

- A healthy intake of added sugars is no more than five to 10% of total calories, which would be  $\approx 100\text{-}200$  calories/day
- **CAUTION:** Low sugar and lightly sweetened are unregulated terms
- Sugar free products must contain less than  $\frac{1}{2}$  gram of sugar per serving, but may be sweetened with artificial sweeteners. Artificially sweetened products are not always low in calories and carbohydrates

# MAINTAIN A HEALTHY WEIGHT

**AMERICAN PORTIONS HAVE GROWN. CHOOSE SMALL PORTIONS TO STAY TRIM. MAINTAIN A REGULAR EXERCISE PROGRAM TO ASSIST WITH YOUR WEIGHT MANAGEMENT GOALS.**

- Achieving a healthy weight is an important part of reducing cardiovascular risk; as important as achieving normal blood pressure, blood sugar levels and blood cholesterol levels
- Body Mass Index (BMI) is a measure of weight against height
  - Normal is 19-25
  - Overweight is 26-30
  - Obese is 30 or higher
- People with a BMI greater than 25 have a higher incidence of cardiac events
- To determine your BMI, multiply your weight (in pounds) by 703 then divide that number by your height (in inches) two times
  - Example: Chris is 5'8" tall (68") and weighs 177lbs
    - ✓  $177 \times 703 = 124,431$
    - ✓  $124,431/68 = 1830$
    - ✓  $1830/68 = 26.9$
    - Chris is overweight





# MORE GOOD IDEAS

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## OMEGA-3 FATTY ACIDS

- Omega-3 fatty acids are polyunsaturated fat found in cold water fish and some plants. EPA and DHA are names (acronyms) for the two most active types of omega-3 fatty acids
- Omega-3 fatty acids are believed to reduce cardiac events by affecting abnormal heart rhythms and reducing the likelihood of blood clots. Omega-3 fatty acids may help to reduce elevated triglycerides
- Cold water fish are rich omega-3 fatty acids. Salmon, mackerel, sardines, albacore tuna, and togue (lake trout) contain 1,000 mg to 2,000 mg in a 3 oz serving. Haddock, cod, lobster, scallops, and shrimp contain less than 500 mg in a 3 oz serving
- Two fish meals per week are a good recommendation for everyone. Fish oil capsules are an option for individuals who dislike fish. The average 1,000 mg fish oil capsule contains between 300 and 500 mg of omega-3 fatty acids
- **CAUTION:** Avoid large amounts of fish oil supplements if you are taking anticoagulants (Coumadin) or until you speak with your doctor

Plant-type omega-3, known as ALA, is less effective than fish sources of omega-3 fatty acids. However, for people who tolerate fish poorly, plant-type omega-3 can be a good option.

- Chia seeds, flaxseed, and walnuts are good sources of plant-type omega-3 fatty acids
- Flaxseeds also contain lignan, a type of fiber associated with cardioprotective effects. Flaxseeds must be ground before being consumed. Flaxmeal (ground flaxseeds) should be kept in the refrigerator or freezer

# TRIGLYCERIDES

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## WHAT ARE TRIGLYCERIDES?

- A type of fat in our blood that can be affected by our lifestyle habits
- High levels may increase your risk of heart and pancreatic disease
- Normal values are less than 150 mg/dl

## WHAT CAUSES HIGH TRIGLYCERIDES?

- **Lifestyle factors:** Inactivity, overweight/obesity, smoking
- **Medical factors:** Poorly controlled blood sugar levels, some kidney diseases, under-active thyroid, some medications
- **Dietary factors:** Alcohol, high sugar intake, excessive caloric intake, large amounts of total carbohydrates

## IF YOUR TRIGLYCERIDES ARE HIGH:

1. Avoid alcohol (all types)
2. Avoid calorie rich beverages (soda, juices, some energy drinks): Choose beverages that are calorie free or low calorie
3. Exercise regularly
4. Maintain your blood sugars in a desirable range; ask about being tested for diabetes if your triglycerides are high
5. Lose weight if you are overweight
6. Maintain a heart healthy eating plan: Low saturated/trans-fat, moderate to low sodium intake
7. Consume “sweet” foods in minimal quantities (sugar, candy, honey, molasses, jam, jellies, pies, cakes, cookies, ice cream)
8. Choose high fiber foods often (Whole grain breads/crackers/cereals/pasta/rice, fruit (not fruit juice), vegetables, dry beans)
9. Include omega-3 rich foods (fish) or supplements
10. Quit smoking

# HEART HEALTHY SHOPPING GUIDE

Purchasing items within these recommended guidelines for saturated fat, sodium and fiber will help you “Eat for a Healthy Heart.” The products listed are only a sampling of the available foods which meet these guidelines. [Bangor area; January 2021.]

## BREADS | CEREALS | STARCHY FOODS

**BREAD:** ≤ 0.5 g saturated fat, ≤ 160 mg sodium, and ≥ 2 g fiber per oz/slice

- ✓ Arnold Whole Grain Oatnut
- ✓ Arnold and Oroweat Sandwich Thins
- ✓ Country Kitchen Whole Grain Canadian Wheat
- ✓ Ezekiel 4:9 Whole Grain (frozen)
- ✓ Joseph’s Whole Wheat Pita Bread
- ✓ Nature’s Own 100% Whole Grain
- ✓ Pepperidge Farm Thin 100% Whole Wheat
- ✓ Pepperidge Farm 100% Whole Wheat

**CEREALS:** ≤ 1 g saturated fat, 200 mg sodium, and ≥ 3 g fiber per 1 oz serving

- ✓ Bran Flakes
- ✓ Cheerios
- ✓ Fiber One
- ✓ Kashi GoLean
- ✓ Oatmeal
- ✓ Shredded Wheat
- ✓ Special K Red Berries
- ✓ Wheaties

**PASTA SAUCE:** ≤ 0.5 g saturated fat, ≤ 300 mg sodium per ½ cup

- ✓ Bove’s Marinara
- ✓ Muir Glen Italian Herb Pasta Sauce
- ✓ Victoria Low Sodium Marinara

**RICE:** 0 g saturated fat, 150 mg sodium, ≥ 1 g fiber per ½ cup cooked

- ✓ Any brand of long grain brown rice
- ✓ Minute Brown Rice
- ✓ Boil in Bag Brown Rice (most brands)

## SNACKS - CRACKERS AND POPCORN

**CRACKERS:** ≤ 0.5 g saturated fat, 190 mg sodium, and ≥ 2 g fiber per oz

- ✓ Blue Diamond Artisan Multi-Seed Nut Thins (13 crackers)
- ✓ Nabisco Wheat Thins Hint of Salt (16 crackers)
- ✓ Triscuit – most varieties (6 crackers)
- ✓ Wasa – most varieties (1 slice)

**POPCORN:** ≤ 1 g saturated fat, ≤ 270 mg sodium, and ≥ 3 g fiber per 3-4 cups serving

- ✓ Boom Chicka Pop Light Kettle and Sea Salt
- ✓ Little Lad’s Herbal
- ✓ Orville Redenbacher Smart Pop Butter or Kettle
- ✓ Skinny Pop All-Natural Popcorn
- ✓ Smartfood Smart 50 Sea Salt

## SNACKS - SWEET FOOD

Consume sweets sparingly, especially if you have diabetes, are overweight, or have high triglycerides

**CANDY:** ≤ 0.5 g saturated fat and available in small portions

- ✓ Starburst Fruit Chews
- ✓ Twizzlers Strawberry Twists
- ✓ York Peppermint Patties

**COOKIES/SWEETS:** ≤ 1.5 g saturated fat, ≤ 180 mg sodium, and 150 calories or less per serving

- ✓ Archway Cookies: Old Fashioned Molasses
- ✓ Angel Food Cake
- ✓ Animal Crackers
- ✓ Fig Bars
- ✓ Graham Crackers - chocolate, honey, or cinnamon
- ✓ Mi-Del or Stauffer’s Ginger Snaps

# HEART HEALTHY SHOPPING GUIDE

## DAIRY FOODS

**FROZEN DESSERTS:** ≤ 3.5 g saturated fat, ≤ 195 calories per ⅔ cup

- ✓ Edy's Slow Churned (½ the fat) - most varieties
- ✓ Hood Frozen Yogurt - most varieties
- ✓ Outshine Fruit Juice Bars (not dipped)
- ✓ Fudgicles (fudge bars and sticks)
- ✓ Skinny Cow Ice Cream Sandwich (not dipped)
- ✓ Yasso Frozen Yogurt

**YOGURT:** ≤ 1g saturated fat, ≤ 150 mg sodium, and ≤ 170 calories per 4-8 oz

Avoid yogurts made with whole milk

- ✓ Dannon Activia and Light & Fit
- ✓ Oikos Triple Zero
- ✓ Stonyfield Low Fat
- ✓ Hannaford Greek
- ✓ Great Value Greek
- ✓ Chobani Greek

**CHEESE (AGED):** ≤ 3.5 g saturated fat and ≤ 220 mg sodium per oz

- ✓ Cheddar - Cabot Lite 50 and Hannaford 2% sharp
  - Shredded: Kraft and Hannaford 2%
- ✓ Provolone - Sargento Reduced Fat
- ✓ Mexican - Shredded reduced fat and/or 2% Fiesta Blend
- ✓ Mozzarella - most part skim and reduced fat options
- ✓ String Cheese - most reduced fat brands
- ✓ Swiss - Finlandia Light and Hannaford 2%
- ✓ Ultra thin slices of most types of cheeses

**CHEESE (PROCESSED):** ≤ 2.5 g saturated fat and ≤ 240 mg sodium per ⅔ oz, slice, or 2 Tbsp

- ✓ American - Kraft Singles (not deluxe) or 2% singles
- ✓ Cream Cheese - fat free varieties
- ✓ Spreads - Babybel Mini Light/Mozzarella and
- ✓ Laughing Cow

## MEALS AND MEATS

**SOUP:** ≤ 2 g saturated fat, ≤ 500 mg sodium per cup

- ✓ Campbell's Healthy Request
- ✓ Progresso Reduced Sodium
- ✓ Imagine Organic Light
- ✓ Amy's Organic Light in Sodium

**FROZEN MEALS:** ≤ 3 g saturated fat, 550 mg sodium per serving

- ✓ Ravioli: Mama Rosies (round, cheese, or spinach) and Hannaford/Great Value (cheese and spinach)
- ☺ Healthy Choice\* and Lean Cuisine\* - some options  
*\*Most varieties are low in saturated fat. Select options have 550 mg of sodium or less.*

**FROZEN FISH:** ≤ 1 g saturated fat, ≤ 320 mg sodium per 3½ oz cooked portion

- ✓ Gorton's Grilled Haddock/Salmon/Tilapia
- ✓ Gorton's Fish Sandwich Fillets

**VEGGIE BURGERS:** ≤ 1.5 g saturated fat, ≤ 320 mg sodium per patty

- ☺ Dr. Praeger's\*
- ☺ Morning Star Farms - some options\*  
*\*Some varieties exceed the target 320 mg of sodium*

## MARGARINE | MAYO | SALAD DRESSING

**MARGARINE:** ≤ 1.5 g saturated fat, ≤ 100 mg sodium per Tbsp

- ✓ Brummel & Brown
- ✓ Country Crock Spread, tub
- ✓ I Can't Believe It's Not Butter Light
- ✓ Olivio (original and light)

**MAYONNAISE/SALAD DRESSING:** ≤ 1 g saturated fat, ≤ 220 mg sodium per 1 Tbsp of mayo/2 Tbsp of salad dressing

- ✓ Mayonnaise (light, all brands)
- ✓ Miracle Whip (regular and light)
- ✓ Ken's - Chef's Reserve Honey Balsamic
- ✓ Ken's - Light Vidalia Onion
- ✓ Light Honey Mustard (most brands)
- ✓ Raspberry Vinaigrette (most brands)

# BEVERAGES

- **Consume alcohol in moderation**
  - ≤ One drink per day for women
  - ≤ Two drinks per day for men
- **Alcoholic beverages should be avoided by individuals with high triglycerides**
- **One drink is:**
  - 12 oz beer
  - 1½ oz 80 proof liquor
  - 1 oz 100 proof liquor
  - 4-5 oz wine
- **One alcoholic drink provides ≈ 75-150 calories**
  - Consuming an extra 100 calories daily can cause 10 pounds of weight gain in a year
- **Fruit juice and soda contain calories and carbohydrates. One bottle of juice or soda (16-20 oz) contains ≈ 250 calories**
  - Consuming an extra 250 calories daily can cause 20-30 pounds of weight gain in a year
- **Like beverages, many snack foods and desserts contain a lot of calories but few nutrients. These foods contribute to the increasing problem of obesity**

# RESTAURANT EATING

- **Review menus ahead of time, when possible, to find out if lower fat items are available**
- **Be assertive. Ask your waitress/waiter for help picking out lower fat, lower sodium options**
- **Serving sizes are usually large (meat portions: 7-16 oz). Ask for a small serving or share an entrée**
- **Request gravies, sauces, and salad dressing be served on the side to control the amount you eat**
- **Ask to substitute a salad or baked potato for chips or fries**
- **WARNING WORDS:**
  - Au gratin, cheese sauce, parmesan
  - Buttery, rich
  - Breaded, fried
  - Casserole, hash, pot pie
  - Creamed, in cream sauce
  - French fried, deep fried, batter fried, pan fried, crispy
  - Hollandaise
  - Pan gravy, in its own gravy
  - Pastry, scalloped/escalloped
- **Better choices**
  - Baked, roasted, broiled, grilled, poached, steamed



# COOKING AND BAKING TIPS

## COOKING

- Trim fat from meat; remove the skin and fat from poultry
- Cool soups in the refrigerator and skim the fat from the top
- Use nonstick cooking spray or oil when frying
- Adjust ingredients by using less meat/fish/poultry and more vegetables or grains (rice/pasta) than the recipe lists
- Use low-fat cheese in casseroles and sauces OR use less of a strong flavored natural cheese

## BAKING

- Avoid butter and shortening when possible
- In place of butter or shortening, try:
  - $\frac{2}{3}$  as much oil
  - Applesauce or prune puree
  - A combination of fruit puree and oil
  - A combination of fruit puree with a semi-hard, low saturated/trans free margarine

INSTEAD OF	USE
Bacon	Turkey bacon or Canadian bacon*
Beef (ground)	90-95% lean ground turkey or beef
Broth	Reduced sodium broth*
Butter	Oil ( $\frac{2}{3}$ as much) or low saturated/trans free margarine
Chocolate (baking - 1oz)	3 Tbsp cocoa powder plus 1 Tbsp oil
Cheese	Lower fat or fat free cheese (watch out for high sodium)
Cream cheese	Low fat or fat free cream cheese
Cream (heavy)	Evaporated skim milk or fat free coffee creamer
Cream (light)	Equal amounts of 1% milk and evaporated skim milk
Fat for greasing pans	Nonstick cooking spray
Mayonnaise	Light mayonnaise or light Miracle Whip
Milk (whole)	Skim or 1% milk
Milk (evaporated)	Evaporated skim milk
Pasta	Pasta made with whole grains
Rice	Brown rice
Salad dressing	Light salad dressing (select lower sodium options)
Salt (in recipes)	Add little or no salt in most recipes
Sausage/Pork	Low-fat turkey sausage*
Shortening	Oil ( $\frac{2}{3}$ as much) or low saturated/trans free margarine
Sour cream	Nonfat or light sour cream or yogurt
Soy sauce	Reduced sodium soy sauce*
Tomatoes (canned)	No salt added canned tomato products

\*While lower in sodium than traditional products, these products remain rich sources of sodium

# RECIPES

## FISH CHOWDER

**2 Tbsp canola oil**  
**1/3 cup carrots, finely chopped**  
**1/2 cup onion, finely chopped**  
**1/2 cup celery, finely chopped**  
**2 1/2 Tbsp flour**  
**2 1/2 cup milk, 1% lowfat, divided**  
**8 fl oz clam juice**

**3 cups potatoes, peeled, raw, diced in 3/4" pieces**  
**1/3 tsp dried thyme, more or less to taste**  
**2 bay leaves**  
**1/4 tsp pepper**  
**1/4 tsp salt**  
**1 lb haddock, cut in 1 1/2" pieces**  
**2 Tbsp fresh parsley, chopped fine**

Sauté carrots, onion, and celery in oil for two minutes. Add flour and stir to combine. While stirring constantly, slowly add 1 1/2 cups milk and clam juice. Bring to a low boil, then add potatoes, thyme, bay leaves, salt, and pepper. Simmer, uncovered, for 15-20 minutes, then add haddock and remaining 1 cup of milk. Simmer for an additional 10 minutes or until potatoes and fish are cooked and tender. Remove from heat and add parsley. Serve hot.

Yield: 6 cups | Serving Size: 1 cup | Nutrient Info: 230 calories, 24 g carbs, 20 g protein, 6 g total fat, 1 g sat. fat, 48 mg chol., 250 mg sodium, 2 g fiber

## COLESLAW

**16 oz cabbage (1 pkg pre-grated cabbage/carrots)**  
**2 Tbsp sugar**  
**3 Tbsp vinegar**

**3 Tbsp low-fat mayonnaise**  
**1 Tbsp nonfat plain yogurt**

Place cabbage/carrots into a large bowl. Mix remaining ingredients together to make the coleslaw dressing. Add dressing to cabbage/carrots and toss well.

Yields: 1 quart, packed (4 cups) | Serving Size: 1/2 cup | Nutrient Info: 55 calories, 10 g carbs, 2 g protein, 4 g total fat, 1/2 g sat. fat, 0 mg chol., 50 mg sodium, 1 g fiber

## WALDORF SALAD

**4 cups apples, with skin, chopped**  
**1 Tbsp lemon juice**  
**1/2 cup raisins**  
**2 Tbsp walnuts, coarsely chopped**

**1/2 cup celery, diced**  
**3 Tbsp low-fat mayonnaise**  
**3 Tbsp nonfat plain yogurt**

In medium mixing bowl, combine apples with lemon juice (to prevent apples from browning). Add remaining ingredients and mix well. Chill and serve.

Yields: 5 cups | Serving Size: 1/2 cup | Nutrient Info: 70 calories, 13 g carbs, 1 g protein, 2 g total fat, 0 g sat. fat, 0 mg chol., 42 mg sodium, 1.5 g fiber

# RECIPES

## SALMON WITH DRY RUB

### FOR SIX OUNCE SALMON FILLET PORTION

**1/8 tsp pepper**  
**1/8 tsp ground fennel**  
**1/8 tsp coriander**  
**Pinch of sugar**  
**Dash of salt**  
**Olive oil**

### FOR ONE POUND SALMON FILLET

**1/2 tsp pepper**  
**1/2 tsp ground fennel**  
**1/2 tsp coriander**  
**1/4 tsp sugar**  
**Pinch of salt**

If present, remove (via cutting) skin from fillet.

Combine pepper, fennel seed, coriander, sugar, optional salt. Thinly spread olive oil over one side of salmon. Sprinkle liberally with spice mix, rub in if needed. Grill or broil for five to eight minutes. Grill other side an additional five to eight minutes or until salmon flakes easily.

Yield: 3-4 servings salmon per pound | Serving Size: Approximately 5 oz cooked | Nutrient Info: 198 calories, trace carb., 34 g protein, 6 g total fat, 1 g sat. fat, 88 mg chol., 114 mg sodium, trace fiber

## SCALLOPED FISH

**1 lb haddock**  
**3 Tbsp cheddar cheese, low-fat, shredded**

**3 Tbsp bread crumbs**  
**3 Tbsp skim milk**

Place fish in a coated baking dish. Sprinkle cheese and bread crumbs over top. Drizzle with milk. Cover.

Bake at moderate heat (325°-350°) to 20-30 minutes.

Yields: 4 servings | Serving Size: 3.5 oz | Nutrient Info: 135 Calories, 4 g carbs, 24 g protein, 1.5 g total fat, 1/2 g sat. fat, 66 mg chol., 150 mg sodium, 0 g fiber

## SPICY-SWEET SKILLET PORK

**1 Tbsp soy sauce (low sodium)**  
**1 Tbsp fresh ginger, minced**  
**1 clove garlic, minced**  
**1 Tbsp canola oil**  
**1 lb boneless pork loin/round, sliced 1/4" thick**

**1/3 cup lower sodium salsa**  
**1 Tbsp strawberry jam**  
**2 Tbsp fresh cilantro, minced**  
**Dash of salt**

Combine soy sauce, ginger, and garlic in a small bowl and set aside.

Add oil to a large skillet. Add pork and sauté three minutes until lightly browned on one side. Turn pork over. Spoon soy sauce mixture over pork and sauté an additional three minutes or until pork is completely cooked.

Push pork to the side of the pan. To skillet, add salsa and jam. Stir constantly until thickened. Combine pork with salsa mixture. Sprinkle with cilantro and serve.

Yield: 4 servings | Serving size: 3.5 oz | Nutrient Info: 189 calories, 5 g carbs, 21 g protein, 8 g total fat, 2 g sat. fat, 54 mg chol., 265 mg sodium, trace fiber

# RECIPES

## ASPARAGUS AND SUN-DRIED TOMATO PENNE

1 lb asparagus spears, fresh, cut in 2" lengths  
½ cup chicken stock, low sodium  
2 Tbsp oil from the sundried tomatoes  
1 Tbsp parsley, fresh, chopped  
½ tsp basil, dried

⅛ tsp salt  
Pepper, freshly ground, to taste  
6½ oz penne pasta, whole grain, cooked al dente and drained (1/2 box)  
½ cup sun-dried tomatoes, oil-packed, slivered

Place asparagus into a steamer in a 5 qt. pot substituting the chicken stock for water. Steam just until tender, about 5 minutes. Do not drain. Add cooked asparagus to the pot and season with the oil, parsley, basil, salt, and pepper.

Add the cooked pasta and sun-dried tomatoes to the pot and mix through.

Yield: 8 servings | Serving size: 1 cup | Nutrient Info: 145 Calories, 22 g carbs, 5 g protein, 5 g total fat, ½ g sat. fat, 0 mg chol, 83 mg sodium, 3 g fiber

## CHICKEN CACCIATORE

2 tbsp olive oil  
2 large sweet onions, thinly sliced rings  
2 large sweet peppers, cut in 1" pieces  
1½ cups fresh mushrooms, about 6, sliced  
2 cloves garlic, minced  
8 oz tomato sauce, no salt added  
1 can diced tomatoes\* (14-15 oz), no salt added  
1 tsp oregano  
1 tsp basil, dried **OR** 1 tbsp fresh, chopped fine  
½ tsp fennel seed, or less if desired  
½ tsp black pepper  
¼ tsp salt

**12 oz chicken breast, skinless, boneless\*\* cut in 1" pieces**

\* 3-5 fresh tomatoes can be substituted for canned. Remove the skins by placing the tomatoes in boiling water for 30-60 seconds then quickly into cold water. Dice in 1-2" pieces.

\*\* Cooked chicken can also be used. 2 cups of cut, cooked chicken is equivalent to 12 oz.

In large skillet, heat oil then sauté onions and peppers for about five minutes. Add mushrooms and garlic; continue sautéing until soft. Add tomato sauce, tomatoes, spices, and chicken. Simmer until chicken is done. (If using cooked chicken, add to skillet a few minutes before serving to allow chicken to heat through). Serve with rice, noodles, or pasta.

Yield: 6 cups

Serving Size: 1 cup

Nutrient Info: 175 calories, 15 g carbs, 16 g protein, 5.5 g total fat, ½ g sat. fat, 33 mg chol., 160 mg sodium, 3 g fiber

## GARLICKY GREEN BEANS

1 lb green beans, fresh, ends trimmed  
⅔ cup water  
1½ Tbsp canola oil  
½ Tbsp margarine, tub  
5 cloves garlic, minced  
2 green onions, minced  
**OR** 2 Tbsp finely chopped onion  
1 Tbsp soy sauce, low sodium  
1 tsp sugar  
1 Tbsp sherry or white wine or apple juice  
¼ tsp pepper

Heat water in a large wok or pan. Add green beans and simmer, turning constantly until tender. Most all of the liquid should be evaporated.

Remove beans from pan and set aside. Heat oil and margarine, then add garlic and scallions/onions. Stir fry thirty seconds. Add beans and toss until well coated. Sprinkle with soy sauce, sugar, and sherry/wine/juice. Stir fry one minute and serve.

Yield: 4 generous servings

Serving size: About 1½ cup

Nutrient Info: 125 calories, 11 g carbs, 4 g protein, 8 g total fat, 1 g sat. fat, 0 mg chol., 225 mg sodium, 4 g fiber



# RECIPES

## HONEY MUSTARD CHICKEN

- 1 lb chicken breast, boneless, skinless**
- 1 Tbsp honey**
- 1 Tbsp mustard, Dijon style**
- 1 Tbsp white wine or sherry or apple juice**
- 1 Tbsp bread crumbs, unseasoned**

Place chicken in a coated baking dish. Combine honey and mustard; spread over chicken. Sprinkle wine/sherry/juice over chicken, then sprinkle bread crumbs over chicken. Cover and bake at 350° for 45 to 65 minutes.

Yield: 4 portions

Serving Size: 3.5 oz

Nutrient Info: 130 calories, 6 g carb., 21 g protein, 1.5 g total fat, 0 g sat. fat, 52 mg chol., 118 mg sodium, 0 g fiber

## BLUEBERRY MUFFINS

- 1 cup all purpose flour**
- 1 cup white whole wheat flour**
- ½ cup sugar or ¼ cup Splenda Blend**
- 2½ tsp baking powder**
- 1 cup blueberries, frozen or fresh**
- ¼ cup oil**
- ¾ cup skim milk**
- 1 large egg**

In a large bowl, combine dry ingredients then mix in blueberries. In a small bowl, beat egg then whisk the oil and milk into the egg.

Combine the moist ingredients with the dry ingredients, all at once, and stir only until moistened. Portion gently into 12 muffin cups. Bake at 400° for 20 minutes.

Yield: 12 muffins

Serving size: One muffin

NUTRIENT INFO: 160 calories, 25 g carbs, 4 g protein, 5 g total fat, 1 g sat. fat, 15 mg chol., 115 mg sodium, 2 g fiber

If Splenda Blend is used in place of sugar, the calories are reduced to 140 and the carb content is reduced to 21 g.

## CHOCOLATE CHIP OATMEAL COOKIES

- ⅓ cup canola oil**
- 2 Tbsp margarine, stick, low saturated fat (such as Earth Balance Vegan or I Can't Believe It's Not Butter baking sticks)**
- ⅓ cup brown sugar**
- ⅓ cup sugar**
- 1 egg white**
- 1 tsp vanilla**
- ½ cup all purpose flour**
- ½ cup white whole wheat flour**
- ½ tsp baking powder**
- ¼ tsp salt**
- ¾ cup old-fashioned rolled oats**
- ½ cup chocolate chips**

Soften margarine in a large bowl. Add oil, sugars, egg white, and vanilla. Mix well. Add dry ingredients and chocolate chips. Stir to combine.

Drop by rounded tablespoon onto a coated cookie sheet. Bake at 350° for 10-12 minutes. Do not over bake: center of cookies should be a little soft when done.

Yield: 24 cookies

Serving size: One cookie

NUTRIENT INFO: 105 calories, 13 g carbs, 1 g protein, 5 g total fat, 1.3 g sat. fat, 0 mg chol., 45 mg sodium, 1 g fiber

# COOKBOOKS, MAGAZINES, AND NEWSLETTERS

The following is a sampling of the types of choices available

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## CARDIOVASCULAR

- **The New AHA Cookbook** | American Heart Association | 9th edition | ISBN 0553447203 | 2019
- **Quick and Easy Cookbook** | American Heart Association | 2nd edition | ISBN 0307407616 | 2012
- **The America's Test Kitchen Healthy Family Cookbook** | America's Test Kitchen | ISBN 1933615567 | 2010
- **The Everyday DASH Diet Cookbook** | Heller, Marla & Rich Rodgers | ISBN 1455528064 | 2013
- **The Heart Healthy Cookbook for Two** | Koslo, J & S Samaan | ISBN 1939754119 | 2017
- **More Healthy Homestyle Cooking** | Tribole, Evelyn | ISBN 1579546633 | 2002

## DIABETES

- **Month of Meals: Diabetes Meal Planner** | American Diabetic Association | ISBN 1580403360 | 2010
- **Betty Crocker's Diabetes Cookbook** | Crocker, Betty | ISBN 1594863164 | 2005
- **Delicious Dishes for Diabetes** | Robin, Ellis | ISBN 1616084588 | 2011
- **The Diabetes Comfort Food Cookbook** | Webb, Robyn | ISBN 158040443X | 2011

## VEGETARIAN

- **Madhur Jaffrey's World Vegetarian** | Jaffrey, Madhur | ISBN 0609809237 | 2002
- **New Mediterranean Diet Cookbook** | Jenkins, Nancy Harmon | ISBN 0553385097 | 2008
- **Vegetarian Cooking For Everyone** | Madison, Deborah | ISBN 0767900146 | 1997
- **New Vegetarian Cooking For Everyone** | Madison, Deborah | ISBN 1607745534 | 2014
- **The Complete Mediterranean Cookbook** | The Editors at America's Test Kitchen | ISBN 1940352649 | 2016

## MAGAZINES/NEWSLETTERS

- **Cooking Light** | [www.cookinglight.com](http://www.cookinglight.com)
- **Eating Well** | [www.eatingwell.com](http://www.eatingwell.com)
- **Environmental Nutrition** | [www.environmentalnutrition.com](http://www.environmentalnutrition.com)
- **Nutrition Action Healthletter** | [www.cspinet.com](http://www.cspinet.com)
- **Vegetarian Times** | [www.vegetariantimes.com](http://www.vegetariantimes.com)

# RESOURCES

## **Academy of Nutrition and Dietetics**

217 West Jackson Boulevard, Chicago, IL 60606  
1-800-366-1655 | [www.eatright.org](http://www.eatright.org)

## **American Diabetes Association**

1660 Duke Street, Alexandria, VA 22314  
1-800-232-3472 | [www.diabetes.org](http://www.diabetes.org)

## **American Heart Association**

7272 Greenville Avenue, Dallas, TX 75231  
1-800-242-8721 | [www.americanheart.org](http://www.americanheart.org)

## **National Heart, Lung & Blood Institute**

PO Box 30105, Bethesda, MD 20824  
1-301-4592-8573 | [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

## **ARRANGED BY CATEGORY**

**Cardiovascular:** [www.heart.org](http://www.heart.org) | [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) | [www.nutrition.gov/nutrition-and-health-issues/heart-health](http://www.nutrition.gov/nutrition-and-health-issues/heart-health)

**DASH Diet:** [www.nhlbi.nih.gov/health-topics/dash-eating-plan](http://www.nhlbi.nih.gov/health-topics/dash-eating-plan)

**Diabetes:** [www.diabetes.org](http://www.diabetes.org) | [www.diabetesfoodhub.org](http://www.diabetesfoodhub.org) | [www.eatright.org](http://www.eatright.org)

**Diet Analysis:** [www.choosemyplate.gov](http://www.choosemyplate.gov) | [www.fitday.com](http://www.fitday.com) | [www.recipenutrition.com](http://www.recipenutrition.com)

**Exercise:** [www.exerciseismedicine.org/support\\_page.php/rx-for-health-series](http://www.exerciseismedicine.org/support_page.php/rx-for-health-series)

**Fruits and Vegetables:** [www.fruitsandveggies.org](http://www.fruitsandveggies.org)

**Mediterranean Diet:** [oldwayspt.org/programs/mediterranean-foods-alliance](http://oldwayspt.org/programs/mediterranean-foods-alliance)

**Nutrition:** [www.eatright.org](http://www.eatright.org) | [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic) | [www.fdc.nal.usda.gov](http://www.fdc.nal.usda.gov) | [www.healthcastle.com](http://www.healthcastle.com)  
[www.heart.org/en/healthy-living/healthy-eating](http://www.heart.org/en/healthy-living/healthy-eating)

**Recipes:** [www.cookinglight.com](http://www.cookinglight.com) | [www.recipes.heart.org](http://www.recipes.heart.org) | [www.diabeticgourmet.com](http://www.diabeticgourmet.com) | [www.eatingwell.com](http://www.eatingwell.com)

**Vegetarian:** [www.vegetariantimes.com](http://www.vegetariantimes.com) | [www.vrg.org](http://www.vrg.org) (vegetarian resource group)

**Weight Management:** [www.myfitnesspal.com](http://www.myfitnesspal.com) | [www.loseit.com](http://www.loseit.com) | [www.nutrition.gov/weight-management](http://www.nutrition.gov/weight-management)

## **APPS** A sampling of some well-reviewed, popular nutrition apps

### **Calorie, nutrition, and exercise trackers with a focus towards a healthy eating and lifestyle :**

Lose It | MyFitnessPal | MyNetDiary | MyPlate Calorie Counter

**Menu and recipe planner:** Mealime

**Motivational support for healthy eating:** My Diet Coach

**Nutrition tracker with an emphasis on nutrition/ingredient quality:** Fooducate

**Water and fluid tracker:** Waterlogged

## **FOOD DELIVERY SERVICES** A sampling of locally available options

**Blue Apron – meal kit:** [www.blueapron.com](http://www.blueapron.com)

**Freshly – “oven ready” fresh meals:** [www.freshly.com](http://www.freshly.com)

**Hello Fresh – meal kit:** [www.hellofresh.com](http://www.hellofresh.com)

**Home Chef – meal kit and “oven ready” fresh meals:** [www.homechef.com](http://www.homechef.com)

## **MEDICAL NUTRITION THERAPY**

The Northern Light Diabetes, Endocrine & Nutrition Center, located on Union Street in Bangor, specializes in helping individuals analyze their specific nutritional issues. This type of consultation is especially helpful for the person who is trying to manage multiple medical issues that require a modified diet or for the person who needs help with long term weight management. Physician referrals are required.

Individual consultations outside the greater Bangor area are available in most communities that have a hospital. Please inquire with your primary care provider.

Eating for a Healthy Heart is provided by Northern Light Eastern Maine Medical Center  
Food & Nutrition and Cardiac Rehab | Updated January 2021

For questions regarding a heart healthy diet:

207-973-8460: Cardiac Nutrition Diet Office at Northern Light Eastern Maine Medical Center

207-973-7334: Diabetes, Endocrine & Nutrition Center, Union Street, Bangor

207-973-7218: Cardiac Rehab Nutrition Office