

Healthy Eating Resources for Heart Health

The following tools and resources have been chosen to help you find healthy eating information to prevent and manage heart disease.

These tools and resources are believed to be reliable and accurate at the time of publication. They should not be considered an endorsement of any information, service, product or company.

Recipes

The recipes in the resources below are generally higher in fibre, and lower in saturated fat, cholesterol and sodium. They are recommended for recipes and flavouring ideas, not as replacements for your diet guidelines.

Cookbooks

- i The New American Heart Association Cookbook. American Heart Association, 2012.
- i Lighthearted at Home: The Very Best of Anne Lindsay. Anne Lindsay, 2010.
- i The New Lighthearted Cookbook: Recipes for Heart Healthy Cooking. Anne Lindsay, 2005.
- i The Best of Heart Smart Cooking. Bonnie Stern, 2006.

Website Recipe Collections

- i Dietitians of Canada, Cook Healthy Recipes.
www.dietitians.ca/Your-Health/Plan-Shop-Cook/Cook-Healthy.aspx
- i Heart and Stroke Foundation, Recipes.
www.heartandstroke.com/site/c.iKIQLcMWJtE/b.3484019/k.6437/HeartHealthy_Recipes.htm
- i Mayo Clinic, Healthy Recipes.
www.mayoclinic.com/health/healthy-recipes/RecipeIndex

Tools

The tools below help you to assess, monitor and track your progress towards your heart healthy eating and healthy weight goals.

- | Dietitians of Canada (www.dietitians.ca) is the national professional association for Registered Dietitians in Canada. Under the [Your Health](#) section you will find:
 - | [Assess Yourself](#): This section helps you assess your current eating habits.
 - | [Plan, Shop, Cook](#): This section provides information, tips and recipes for a healthy and delicious diet.
 - | [Nutrition A-Z](#): This section provides science-based fact sheets on a variety of nutrition topics from antioxidants to zinc.
- | [eaTracker](http://www.eatracker.ca): This website can analyze recipes, help you plan your meals and track your activity. Use it to set eating and activity goals, and track your progress toward meeting those goals. www.eatracker.ca
- | [Eat Wise](http://www.eatwise.ca): This website lets you look up common foods, including some brand name food products, and view the nutrients they contain. You can search by food item or brand name. Nutrition information is given for the nutrients listed in the Nutrition Facts table on food labels. www.eatwise.ca
- | [Health Check™](http://www.healthcheck.org): This website includes a searchable database of Health Check™ grocery products and restaurant foods approved by the Health Check dietitians of the Heart and Stroke Foundation. www.healthcheck.org
- | [Heart Healthy Eating Guide For Your Family](http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.4199773/k.C5C2/Healthy_Living_Hearthealthy_eating_guide_for_your_family.htm): This booklet, designed by the Heart and Stroke Foundation, provides simple tips and tools to support healthy eating habits in families. It includes a meal planner, mix and match food group chart, and kid-friendly recipes. [www.heartandstroke.com/site/c.ikIQLcMWJtE/b.4199773/k.C5C2/Healthy Living Hearthealthy eating guide for your family.htm](http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.4199773/k.C5C2/Healthy_Living_Hearthealthy_eating_guide_for_your_family.htm)

- | Heart and Stroke Foundation:
 - | [My Healthy Weight Action Plan™](#): This free, 12-week web-based program can help you achieve and maintain a healthy body weight. www.heartandstroke.com
 - | <30 Days: This free iPhone app helps you to identify and overcome unhealthy habits and adopt a healthier lifestyle in 30 days or less. It provides you with simple, daily challenges and gives you helpful reminders and support to reduce your risk of heart disease and stroke. Available on iTunes.
 - | My Heart & Stroke Risk Assessment: This risk assessment tool helps you find out what is putting you at risk for heart disease and stroke. Find the tool on the Make Health Last website. www.makehealthlast.ca
 - | My Health eSupport: This program gives you free, weekly emails that provide support, encouragement and individualized tips for a healthier lifestyle based on your personal profile and risk assessment report. Sign up for this program on the Make Health Last website. www.makehealthlast.ca

Websites

- | Healthy Canadians www.healthycanadians.gc.ca: This website gives you access to reliable information about health and nutrition for preventing and managing a variety of health conditions.
 - | The Heart Health page provides information on a heart healthy diet and includes links to fact sheets and other useful websites. www.healthycanadians.gc.ca/health-sante/disease-maladie/heart-disease-eng.php
- | Heart and Stroke Foundation: This website includes information and tools to help you manage and prevent heart disease and stroke. The website includes:
 - | Free heart healthy eating newsletters including Heart Smart Families and He@lthline. www.heartandstroke.com

- i Mandarin and Cantonese videos and fact sheets on heart healthy nutrition, meal planning, tips to lower the sodium in traditional Chinese recipes, and physical activity.
www.heartandstroke.com/site/c.kiIQLcMWJtE/b.8362951/k.30CF/Chinese_Resources_Healthy_living.htm
- i The Heart Truth: This website from the Heart and Stroke Foundation is designed to support women to make healthy lifestyle changes to reduce their risk of heart disease and stroke. It provides tools to evaluate health risk, information on the prevention and management of heart disease, and ideas for sharing information about the risk of heart disease and stroke with other women. www.thehearttruth.ca



Additional Resources

- i Health Canada "Eating Well with Canada's Food Guide". Available at www.healthcanada.gc.ca/foodguide.
- i American Heart Association www.americanheart.org. Contains information on AHA Cookbooks, as well as other useful heart health information.
- i Heart and Stroke Foundation of Canada www.heartandstroke.ca. Provides useful heart health information, as well as low sodium, heart healthy recipes. Call 1-888-473-4636.
- i National Heart, Lung & Blood Institute (US) www.nhlbi.nih.gov. For a 20 page handout on the DASH diet www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm
- i Canadian Nutrient File 2005 www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php. A searchable database that gives the nutrient composition of foods commonly consumed in Canada.

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Notes

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