



Your guide to Healthy eating for a happy heart

5-day
flavorful
heart-smart
meal plan
pullout!

- ✓ 7 easy ways to eat heart smart
- ✓ 6 heart-healthy snack hacks
- ✓ Eat this, ditch that





Welcome!

We LOVE healthy food, and we're here to help YOU and your HEART love it too!

Eating heart-smart, brain-healthy, body-friendly foods doesn't have to be boring, bland, expensive or difficult to prep. This guide is loaded with tips, swaps and simple tweaks that make choosing, cooking and eating heart-smart foods easy and delicious!

Kick off your eating adventure with our 5-Day Meal Plan. From a savoury sunrise scramble to zesty lemon garlic shrimp zoodles, this is the most flavourful way to eat for a healthy and happy heart (and body!).

Enjoy!

The Teladoc Health Team

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7 tasty upgrades for a healthy heart

Delicious diet tweaks

Feasting on foods that keep your ticker — and your overall health — in tip-top shape takes just a few (tasty!) changes. Follow these tips to eat more whole foods and veggies, less sodium and processed foods, and more potassium and good fats to help your heart beat healthier and happier.



Strike the salt

Too much sodium in your bloodstream pulls water into your blood vessels, increasing blood pressure. High blood pressure forces your heart to work harder and can damage blood vessel walls. Instead, try a squeeze of citrus for flavour and a shake of salt-free seasoning.



Pump up potassium

The yin to sodium's yang, potassium halts sodium in its tracks by escorting it out of the body through urine and relaxing the blood vessel walls. Bananas, Greek yogurt and broccoli are solid sources of this heart-smart mineral.



Fill up on whole grains

They're a great source of fibre, which helps lower hypertensive blood pressure. Instead of white rice or bread, switch it up with more exciting heart-healthy whole grains like quinoa, millet and farro to fill you up and also help with weight loss.



Focus on fats

Replace saturated and trans fats with mono- and polyunsaturated fats. While most foods contain a combo of different types of fats, plant-based foods like avocados, olives, nuts and seeds are great sources of the heart-healthiest fats.



Avoid processed foods

More than 70% of the sodium in our diets comes from processed and restaurant foods. To cut sodium — and unnecessary calories from added sugar — eat minimally processed foods. For example, sautéed tomatoes with garlic, onion and basil is a delicious heart-smart alternative to jarred sauce.



Eat a veggie rainbow

Fill up on colourful, non-starchy veggies like tomatoes, bell peppers and spinach. For very few calories and carbs, you get loads of fibre, vitamins and potassium. Swap non-starchy veggies for high-calorie carbs (think zucchini "noodles" and jicama "fries") to help with weight loss, which can also help lower blood pressure.



Be a blendista!

Store-bought, salt-free herb and spice blends are good alternatives to the saltshaker — but you don't have to stop there. Blend your own favourite flavours into no-sodium sprinkles. Try smoked paprika and garlic powder, or oregano, mint and parsley. Play around with different combos and savour the flavours you love!

Eat this, ditch that

Convenient foods we frequently eat are often the unhealthiest for our heart, impacting blood sugar, blood pressure and cholesterol. Here's how to switch to easy, delicious, heart-healthy dishes!

Breakfast

The morning meals that we love to reach for can be loaded with refined carbs and salty, saturated fats. To start your day on the right foot, ditch the white-flour foods and processed meats. Instead, look for ways to include veggies, fruit, whole grains and protein.

❤ Eat this



Omelet with spinach, tomato and avocado with whole grain toast

💔 Ditch that



Banana oat pancakes: Blend a ripe banana with 1 egg and 1/4 cup rolled oats. Cook over a medium flame and top with berries.

Bacon, egg and cheese sandwich on a buttery biscuit



Melon slice topped with cottage cheese and a dusting of cinnamon

Pancakes and sausage

Cinnamon bagel and cream cheese

Eat this, ditch that

Lunch

Sandwiches are easy when you need to grab something fast. But if you put salty or sugary fillings between two slices of white bread, your midday meal could be harming your heart. Instead, base your lunch around veggies, fruit, no-sugar-added dairy, whole grains, and low- or no-salt toppings.

❤ Eat this



Low-sodium turkey breast with mashed avocado, lettuce and tomato slices on thin-sliced whole grain bread

💔 Ditch that

Ham, cheese and mayo on white buttered bread



Bun-less turkey burger over a large salad with olive oil, herbs and a squeeze of lemon

Cheeseburger and fries with ranch dressing



Two unsalted brown rice cakes with no-salt almond butter, sliced strawberries and a cup of plain Greek yogurt sprinkled with cinnamon

Peanut butter and jelly on white bread with a cup of strawberry yogurt

Eat this, ditch that

Dinner

Standard supper fare that relies on frozen prepared foods, packaged sauces and takeout can be super salty. Build a better dinner. Use fresh, naturally low-in-sodium ingredients like fish, chicken and veggies (including convenient frozen ones!). Season with salt-free toppings like garlic, herbs and lemon for fabulous flavour.

❤ Eat this



Frozen veggies and sliced chicken breast stir-fried with low-sodium broth served with $\frac{1}{2}$ cup cooked quinoa



Grilled salmon and asparagus seasoned with lemon, garlic and herbs



Zucchini noodles (zoodles) with sautéed chopped tomatoes, garlic and homemade Italian herb-and-turkey meatballs

💔 Ditch that

Takeout chicken fried rice

Baked and breaded chicken breast casserole with frozen creamed spinach

Spaghetti with frozen meatballs and jarred tomato sauce

6 heart smart snack hacks

Salty, carb-loaded snacks can raise your blood pressure as well as weigh you down with extra pounds—a big factor for heart issues. Follow these tasty tips and tricks your heart will love to satisfy your between-meal munchies.



See healthy, eat healthy

Research proves that people who keep a fruit bowl in plain view instead of candy and salty snacks tend to be at a heart-healthier weight. Load up on oranges, apples and bananas, and keep grab bags of cut-up veggies like red bell peppers and carrots front and center in your fridge.



Pack in some protein

Protein keeps you satisfied longer between meals than carb-only snacks. So nix chips and pretzels and grab some unsalted almonds, a hard-boiled egg, hummus, unflavoured yogurt with fruit or a reduced-sodium string cheese — all snack-worthy foods that are great sources of protein.



Sneak in more veg

Only 10% of U.S. adults get the daily recommended 2-3 servings of vegetables per day, and 12% of the recommended 1½ to 2 cups of fruit. Snacks are the perfect time for fitting in fibre-full produce. Pair a fruit or veggie with a serving of protein — plain yogurt with berries, a small apple with peanut butter, or cucumber sticks and hummus.



Prep snack portions

Snacking out of multi-serving bags or tubs makes it hard to know how much you're actually eating. The result? Mindless munching! Stick with no-salt-added snacks like raw almonds, plain popcorn and unsalted tortilla chips. When you unpack your groceries, take the time to portion single servings into zip baggies.



Stay food-focused

Distracted eating leads to overeating and, as a result, weight gain. Avoid munching while multitasking. If possible, give yourself a short break to savour a healthy snack before getting back to your busy day.



Be a pro on the go

Packaged restaurant foods are the biggest contributors of sodium to our diet. Instead of winging what's available while out and about, plan and pack heart-healthy snacks from home. Steamed edamame, unsalted nuts, packets of no-salt peanut butter and portable fruit are all great options.

Your hand-y portion guide

Understanding how much as well as what you're eating is key to maintaining your weight for a healthy heart and body. The great news? We're born with a mobile measuring device. Using your hand is an easy way to measure what's on your plate, especially when eating out.



Fist

About 1 cup

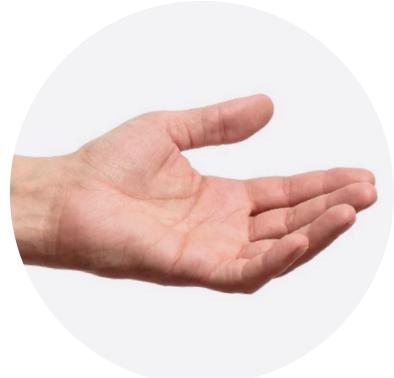
Whole grains, non-starchy vegetables, whole fruits



Palm

About 3 oz.

Meat, fish, poultry



Cupped palm

About $\frac{1}{2}$ cup

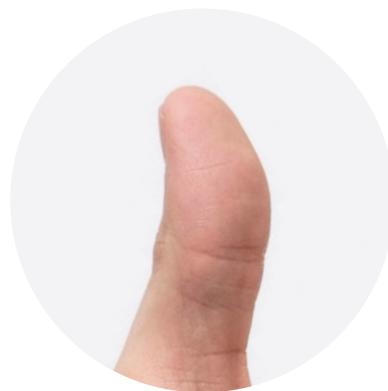
Starchy vegetables, beans



Whole thumb

About 2 oz.

Hard cheeses and nut butters



Thumb tip

About 1 tsp

Dressings, oils and mayonnaise



Your 5-day heart-smart meal plan

Eating better doesn't mean you have to dwell on dietary "don'ts." Focus on what you have to look forward to! Wholesome food can give you more energy, more confidence and more freedom to live your life. Follow our 5-Day Heart-Smart Meal Plan to make healthy choices easy, so all you need to focus on is flavourful, satisfying food.

Each meal is portioned with the Balanced Plate in mind (see page 18). Breakfast and lunch recipes are each 1 serving, and dinner recipes are 4 servings — but you can adjust serving sizes based on your needs and the size of your family.

We think you'll find these recipes delicious and satisfying as well as healthy, and you'll enjoy eating heart smart!

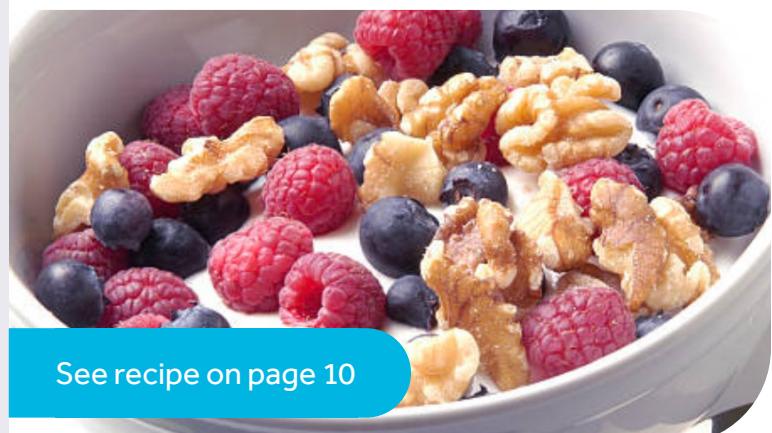


Plus! Shopping list

We've made it even easier with our cutout list for buying everything you need to succeed!



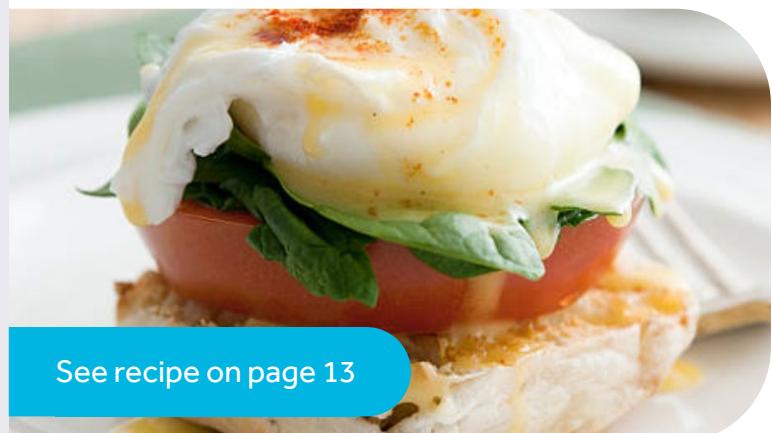
[See recipe on page 9](#)



[See recipe on page 10](#)



[See recipe on page 12](#)



[See recipe on page 13](#)

Day 1 breakfast



Fruity oatmeal crunch

Makes 1 Serving

- 1/2 cup old-fashioned rolled oats
- 1/4 cup slivered almonds
- 1/2 cup blueberries
- 1/8 tsp of cinnamon

Prepare oatmeal and top with almonds, blueberries, and cinnamon.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	337	14 g	1 g	115 mg	0 mg	43 g	10 g	6 g	12 g	249 mg

Day 1 lunch



Mason jar salad

Makes 1 Serving

Salad:

- 1/4 cup each: fresh spinach, chopped beets, shredded carrots and reduced-sodium garbanzo beans (drained and rinsed)

Dressing:

- 1/8 cup each: extra-virgin olive oil and apple cider vinegar
- 1 tsp Dijon mustard
- 1/4 tsp each: honey, salt, and pepper

Combine dressing ingredients. Mix well. Layer jar starting with dressing, then garbanzo beans, beets, carrots and spinach (keeping greens on top will keep them crisp).

To serve: Empty contents into a bowl or shake and eat right from the jar.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	243	15 g	2 g	325 mg	0 mg	20 g	5 g	6 g	5 g	158 mg

Day 1 dinner



Greek beef kabobs with tzatziki sauce & vegetables

Makes 4 Servings

Kabobs:

- 1 lb extra-lean ground beef
- 1/2 yellow onion, chopped
- 1 clove garlic, minced
- 1 Tbsp extra-virgin olive oil
- 1/2 tsp each: oregano, cumin, rosemary, salt and pepper
- 12 (6-inch) skewers
- 4 cups mixed veggies (broccoli, peas, etc.)

Sauce:

- 1 cup plain Greek yogurt
- 1/2 medium cucumber (peeled, cut into large chunks)
- 1 Tbsp chopped, fresh mint
- 1 Tbsp fresh lemon juice

Prep the tzatziki sauce in advance:

With a blender or food processor, blend sauce ingredients until smooth. Cover and refrigerate for up to 3 hours.

Prep kabobs: Mix beef, chopped onions, garlic and spices. Divide meat mixture into 12 oblong-shaped patties on 6-inch skewers. Grill until the beef is no longer pink. Steam vegetables for 3 minutes and toss with olive oil, 1/2 tsp salt and pepper to taste. Serve 3 skewers each, with tzatziki dipping sauce and a cup of veggies.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	226	10 g	3 g	329 mg	46 mg	6 g	2 g	1 g	30 g	256 mg



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Day 2 breakfast



Greek yogurt berry bowl

Makes 1 Serving

6 oz nonfat plain Greek yogurt

1 cup berries

1 tsp chia seeds OR 1/4 cup walnuts

1/8 tsp cinnamon

Top yogurt with berries, chia seeds or walnuts, and cinnamon.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	284	10 g	0 g	65 mg	3 mg	35 g	13 g	4 g	22 g	162 mg

Day 2 lunch



Colourful bean & veggie avocado pita

Makes 1 Serving

Pita:

1/2 cup shredded cabbage

1/4 cup shredded carrots

3 grape tomatoes, quartered

1/4 ripe avocado

15 oz can reduced-sodium white beans (drained and rinsed)

1 whole wheat pita bread

Dressing:

1 Tbsp vinegar (red wine, white, or apple cider)

1 tsp extra-virgin olive oil

1/4 tsp honey

1/8 tsp pepper

Combine dressing ingredients. Mix well. Add cabbage, carrots and tomatoes to the dressing. Toss gently. In a separate bowl, combine the white beans and avocado. Mash with a fork and mix until blended. Spread 2 Tbsp of bean mixture on each pita. Place 2 Tbsp of the veggie mix on top of the bean mixture.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	386	11 g	1 g	471 mg	0 mg	66 g	17 g	8 g	12 g	754 mg

Day 2 dinner



Slow cooker Southwest chicken tacos

Makes 4 Servings

1 lb chicken breasts

14.5 oz can no-salt-added diced tomatoes

3 oz canned green chiles

1 cup low-sodium chicken broth

1/2 cup shredded lettuce

2 Roma tomatoes, chopped

4 whole grain tortillas (6-inch)

2 tsp chili powder

1 tsp each: cumin, paprika and black pepper

1/4 tsp oregano

Mix together chili powder, cumin, paprika, pepper and oregano.

Place chicken in slow cooker and sprinkle with seasoning mixture.

Add tomatoes, chiles and chicken broth.

Cover and cook on low for 8-10 hours, or on high for 3-4 hours. Shred chicken with fork.

Serve on tortillas, topped with shredded lettuce and chopped tomatoes.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	330	15 g	3 g	596 mg	66 mg	30 g	8 g	6 g	40 g	929 mg



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Day 3 breakfast



Sunrise rainbow scramble with mixed melon cubes

Makes 1 Serving

- 2 eggs, beaten
- 1/4 cup chopped onions and tomatoes
- 1/2 cup broccoli
- 1/4 cup mozzarella cheese
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 Tbsp extra-virgin olive oil
- 1/2 cup melon

Beat eggs, salt and pepper. Heat olive oil in a skillet over medium heat. Add broccoli, onions and tomatoes and cook until softened. Add eggs. As eggs begin to set, gently pull the eggs across the pan with a spatula, forming large, soft curds. Add mozzarella cheese. Continue cooking — pulling, lifting and folding eggs — until thickened, cheese is melted and no visible liquid egg remains. Serve with 1/2 cup of melon.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	319	24 g	2 g	260 mg	340 mg	28 g	5 g	4 g	15 g	247 mg

Day 3 lunch



Tex-Mex salad with fresh salsa

Makes 1 Serving

- 1/4 lime (juiced)
- 1 tsp fresh cilantro
- 1/8 tsp chili powder
- 1 tsp extra-virgin olive oil
- 1/2 cup frozen corn kernels, defrosted

- 2 cups mixed salad greens
- 1/4 cup fresh salsa (low sodium)
- 1/2 cup canned reduced-sodium black beans (drained and rinsed)
- 1/3 medium avocado, diced

Add lime juice, cilantro and chili powder to olive oil and whisk together.

Toss mixture with corn kernels. Top mixed greens with salsa, beans, corn mixture and avocado.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	326	13 g	2 g	217 mg	0 mg	50 g	11 g	6 g	12 g	1,233 mg

Day 3 dinner



Brazilian salmon with quinoa and zucchini

Makes 4 Servings

- 4 (4 oz) salmon fillets
- 2 large zucchinis (sliced into 1/4-inch rounds)
- 2 cups prepared quinoa

Brazilian vinaigrette:

- 1 onion, chopped
- 4 Roma tomatoes, chopped
- 1/3 cup chopped parsley
- 1/4 cup white wine vinegar
- 1/2 cup extra-virgin olive oil
- 1/4 tsp each, salt and pepper

Combine vinaigrette ingredients. Preheat oven to 350°F and cut 4 large squares of aluminum foil. Prepare quinoa per package instructions. Place 4 oz of salmon, 1/4 of the zucchini rounds and 1-2 Tbsp of the vinaigrette in the center of each piece of foil and close foil tightly. Bake at 350°F until cooked through, about 15-20 minutes. Serve each piece of salmon and zucchini beside 1/2 cup of quinoa

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	381	19 g	7 g	339 mg	62 mg	30 g	5 g	5 g	22 g	987 mg



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Day 4 breakfast



Blueberry chia overnight oats

Makes 1 Serving

1/2 cup old-fashioned rolled oats
 1/2 Tbsp chia seeds
 1/2 cup unsweetened almond milk
 1/4 cup plain Greek yogurt
 1/4 cup fresh blueberries
 Stevia and cinnamon (to taste)
 1 (1/2 pint) jar or bowl
 (reuse your Mason jar from Day 1)

Place the oats, chia seeds, milk, yogurt and stevia (to taste) in a large bowl.

Stir together until combined and add to jar or bowl.

Cover and store in the fridge overnight.

In the morning, stir in 1/4 cup blueberries and add a sprinkle of cinnamon for taste.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	236	6 g	1 g	114 mg	3 mg	40 g	7 g	16 g	7 g	525 mg

Day 4 lunch



Stuffed hummus & veggie pita pockets with apples

Makes 1 Serving

4 oz store-bought hummus
 1/2 cup romaine lettuce
 1 1/2 cups chopped veggies of your choice (cucumber, bell pepper, tomato, onion)
 1 whole wheat pita bread
 1 cup cubed apples
 1/8 tsp cinnamon

Cut pita bread, spread with hummus and fill with veggies.

In a side dish, serve apples with a pinch of cinnamon.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	354	12 g	2 g	564 mg	0 mg	54 g	14 g	16 g	14 g	816 mg

Day 4 dinner



Spicy lemon garlic shrimp zoodles

Makes 4 Servings

16 oz shrimp, peeled
 1 cup grape tomatoes
 1 lemon (juiced)
 4 medium zucchinis, spiralized, or 2 (12 oz) packages
 8 cloves of garlic, sliced thin and divided
 1/2 tsp red pepper flakes
 1 tsp each salt and fresh black pepper
 2 Tbsp extra-virgin olive oil

Heat 4 tsp oil in a skillet over medium-high heat. Add red pepper, half of the garlic, shrimp, salt and pepper.

Cook 2-3 minutes. Cook until shrimp is opaque. Set aside.

Add remaining oil and garlic, cook 30 seconds. Add zucchini noodles and cook 1 1/2 minutes.

Toss in shrimp and tomatoes and a squeeze of lemon. Remove from heat and serve.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	181	8 g	1 g	179 g	183 mg	15 g	4 g	2 g	25 g	503 mg



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Day 5 breakfast



Open-faced English muffin with veggies

Makes 1 Serving

1 multigrain English muffin
1 egg
1 cup spinach
2 tomato slices
2 red onion slices
Salt and pepper to taste

Toast the English muffin.
Spray pan with cooking spray. Cook egg as desired.
Remove from pan and set aside.
Spritz pan with cooking spray. Add spinach and onion, sauté for 2 minutes.
Layer muffin with spinach, tomato and onion; top with egg and a sprinkle of salt and pepper.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	286	11 g	3 g	175 mg	619 mg	36 g	8 g	3 g	13 g	526 mg

Day 5 lunch



Mediterranean tuna salad

Makes 1 Serving

10 oz can water-packed albacore tuna (drained)
2 cups packed baby spinach, chopped
1/4 cup each: chopped tomatoes and chopped red onion
1 Tbsp crumbled Feta cheese
Lettuce, any variety

Dressing:

1/2 Tbsp apple cider vinegar
1/4 Tbsp lemon juice
1/2 Tbsp extra-virgin olive oil
1/4 tsp dried oregano

Whisk together dressing ingredients.

Combine tuna, spinach, tomatoes, onion and Feta.

Toss dressing and tuna mixture and serve on a bed of lettuce.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	226	10 g	1 g	392 mg	25 mg	6 g	2 g	1 g	30 g	231 mg

Day 5 dinner



Balsamic glazed chicken

Makes 4 Servings

1 lb. chicken breasts
2 Roma tomatoes, sliced
1 cup shredded mozzarella cheese
4 cups mixed greens
3 Tbsp fresh basil, sliced thin
1 tsp salt
1/4 tsp pepper
1/2 cup balsamic vinegar
1 Tbsp extra-virgin olive oil

Pound chicken breasts thin and trim fat.

Add 1 Tbsp of olive oil to skillet and heat over medium-high heat. Season chicken with salt and pepper on both sides and cook 4-6 minutes per side.

When chicken is cooked through, drizzle with balsamic vinegar and top with mozzarella and tomato.

Turn off heat, put on lid and let cheese melt for a minute or two.

Top with basil and serve with mixed greens.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	286	12 g	911 mg	87 mg	0 mg	28 g	2 g	7 g	33 g	786 mg



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Shopping list

Produce, meat & seafood, dairy & eggs

Produce

- Blueberries, 1 pint
- Berries (of choice), 1 pint
- Carrots, 3
- Yellow onions, 2 (medium)
- Red onion, 1
- Garlic, 2 heads
- Mixed veggies of choice, 2 (10 oz) packages
- Mixed salad greens, 2 (10 oz) packages
- Broccoli, 1 head
- Fresh spinach, 1 (10 oz) package
- Lettuce of choice, 2 (10 oz) packages
- Cucumber, 1 (medium)
- Mint, fresh, ½ bunch
- Lemons/limes, 2-3
- Avocado, 1
- Cabbage (any colour), 1 lb
- Tomatoes, grape, 1 pint
- Tomatoes, 8 (Roma)
- Cilantro, fresh, ½ bunch
- Parsley, fresh, ½ bunch
- Basil, fresh, ½ bunch
- Melon (of choice), 1 small
- Zucchini, 6 medium
- Apple, 1-2
- Corn, frozen, (10 oz) package

Meat & Seafood

- Extra-lean ground beef, 1 lb
- Chicken breasts, 2 lbs
- Salmon fillets, 4 (4 oz each)
- Shrimp, 1 lb

Dairy & Eggs

- Greek yogurt, 16 oz
- Eggs, 3
- Mozzarella cheese, 2 cups
- Almond milk, 1 pint
- Crumbled Feta cheese, ¼ cup

Shopping list

Canned & packaged, condiments, spices, miscellaneous

Canned & Packaged

- Garbanzo beans, 1 (15 oz) reduced-sodium can
- Beets, 1 (15 oz) can, or frozen, fresh
- White beans, 1 (15 oz) reduced-sodium can
- Black beans, 1 (15 oz) reduced-sodium can
- Tomatoes, 1 (14.5 oz) can, diced (no salt added)
- Green chiles, 1 (3 oz) can
- Tuna, 1 (10 oz) can water-packed albacore
- Chicken broth, 1 (8 oz) low-sodium can
- Quinoa, 1 cup
- Tortillas, whole grain, 8 (6 inch)
- Pita bread, whole wheat, 4 (8 inch)
- Walnuts, 1/2 cup (optional)
- Slivered almonds, 1/4 cup
- Chia seeds, 1/4 cup
- Salsa, low salt (8 oz)
- Hummus (10 oz)
- Oats, 1 cup old-fashioned rolled
- English muffin, multigrain, 1

Condiments

- Extra-virgin olive oil
- Vinegar, apple cider
- Vinegar, white
- Balsamic vinegar
- Dijon mustard
- Honey
- Stevia

Spices

- Oregano
- Cumin, ground
- Rosemary, dried
- Chili powder
- Paprika
- Red pepper flakes
- Cinnamon
- Salt
- Pepper

Miscellaneous

- Skewers, 12 (6-inch)
- Aluminum foil
- Mason jars, 1-2 (1/2 pint)

Good-for-you fats

Dietary fats are essential for a healthy heart, brain and body. They help your body absorb vitamins and minerals, give structure to your cells, help blood to clot, and keep organs like the heart and brain healthy. But not all fats are created equal.

Choosing the fats that are best for your heart is not clear-cut. Research is still evolving, and the jury remains out on just how good or how bad different fats are for us. What many experts do agree on: The less processed and higher quality, the better when it comes to food — and fats are no exception.

Favor these fats



Avocado



Canola oil



Fish

especially fatty fishes like salmon and mackerel



Grass-fed or lean cuts of meats



Nuts

walnuts, almonds, peanuts, cashews, etc.



Nut butter
peanut, almond, etc.



Olive oil



Olives



Seeds

sesame, pumpkin, sunflower, hemp, chia, flax



Seed butter

tahini, sunflower

Talk with your healthcare provider about which fat-containing foods are best for a heart-healthy diet, and in the meantime, use this list for guidance.

Build your balanced plate

A balanced plate has **50% non-starchy vegetables, 25% protein, 25% complex carbohydrates**, and **1-2 tablespoons of healthy fats** (see pg. 17). This guide will help you picture a healthy plate.

Non-starchy veggies

Contain powerful nutrients that reduce inflammation, lower blood pressure and cholesterol, and prevent heart attack and stroke.

Examples:

Spinach, kale, cabbage, broccoli, cauliflower, asparagus



Healthy fats

Lower bad cholesterol (LDL), increase good cholesterol (HDL), improve brain function and keep you feeling satisfied.

Examples:

Nuts, nut butters, seeds, olives, avocados, olive oil

Complex carbs

Contain nutrients and fibre, which help improve cholesterol levels and lower the risk of heart disease and stroke.

Examples:

Whole grain bread, brown rice, oats, quinoa, squash, sweet potatoes, turnips, beets

Protein

Helps maintain and lose weight, balance blood sugar levels, boost energy levels, and support strong muscles and bones.

Examples:

Lean red meat, poultry, seafood, tofu, tempeh