

RESOURCES FOR HEART HEALTHY EATING



HEALTH EATING + NUTRITION INFORMATION

- Canada's Food Guide: www.food-guide.canada.ca
- Unlock Food: www.unlockfood.ca
- Heart and Stroke Foundation: www.heartandstroke.ca
- Stern, B, *HeartSmart: The Best of HeartSmart Cooking*. Random House Canada, 2006.
- Waisman, M, *Dietitians of Canada: Cook!* Robert Rose, 2011.
- Strachan, C, *30-Minute Heart Healthy Cookbook*. Rockridge Press, 2019.
- Cronish, N & Rosenbloom, C, *Nourish: Whole Food Recipes Featuring Seeds, Nuts & Beans*. Whitecap Books, 2016.
- Preparation, Storage and Recipes for Pulses: www.albertapulse.ca

DIABETES

- Diabetes Canada: www.diabetes.ca
- Graham, K. *Canada's Diabetes Meals for Good Health*. Robert Rose, 2012.
- American Heart Association and the American Diabetes Association, *Diabetes & Heart Healthy Cookbook*. American Diabetes Association, 2014.

NUTRITION LABELLING

- Health Canada: www.healthcanada.gc.ca (see Food and Nutrition section → food labelling).
- Unlock Food: www.unlockfood.ca/en/Articles/Nutrition-labelling

SODIUM + BLOOD PRESSURE

- American Heart Association. *American Heart Association Low-Salt Cookbook 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet*. Harmony, 2013.
- Lindsay, A. *Lighthearted at Home: The Very Best of Anne Lindsay*. Wiley, 2010.
- Dash Diet: <https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>
- Maureen Tilley, *Hold That Hidden Salt: Recipes for delicious alternatives to processed, salt-heavy supermarket favourites*. Formac, 2011.

MEAL PLANNING + MINDFUL EATING

- Meal Planning Toolkit: www.heartandstroke.ca/articles/healthy-meal-planning-toolkit
- Cookspiration Menu Planner: www.cookspiration.com/menuplanner.aspx
- Cardiac College Mindful Eating Education Video: <https://www.youtube.com/watch?v=PjCAIq6xx0A>

SAVE ON FOODS HEART HEALTHY (VIRTUAL) GROCERY STORE TOUR

To register, email maryke_schouten@saveonfoods.com.

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