

RESOURCES FOR HEART HEALTHY EATING



HEALTH EATING + NUTRITION INFORMATION

- **Canada's Food Guide:** <https://food-guide.canada.ca/en/>
Canada's Food Guide website offers information on healthy dietary patterns along with recipe ideas and meal planning advice.
- **Unlock Food:** www.unlockfood.ca
Unlock Food is a dietitian-created website where you can find trusted advice on your food concerns as well as recipes and meal planning resources.
- **Heart and Stroke Foundation:** www.heartandstroke.ca
The heart and stroke foundation provides nutrition information on heart healthy eating.
- **DASH Eating Plan:** <https://www.heartandstroke.ca/healthy-living/healthy-eating/dash-diet>
The DASH diet is a dietary pattern that reduces blood pressure and cholesterol with guidance on serving sizes.
- **Diabetes Canada:** www.diabetes.ca
Diabetes Canada provides information on eating patterns to manage diabetes as well as menu plans that accommodate cultural foods and dietary restrictions.
- **Alberta Pulse:** <https://albertapulse.com/eating-pulses/>
Pulses (beans/lentils/chickpeas) are a heart healthy food we recommend adding into the diet regularly. This website provides information on preparing and cooking with pulses and recipes that combine pulses into things you already eat regularly.

MEAL PLANNING RESOURCES

- **Heart and Stroke Meal Planning toolkit:** <https://www.heartandstroke.ca/articles/healthy-meal-planning-toolkit>
A 3-week heart healthy dinner menu plan with recipes and shopping list.
- **Cookspiration Menu Planner:** <http://www.cookspiration.com/menuplanner.aspx>
Interactive menu planner that creates a 7-day plan of meals based on your needs.

EDUCATION CLASSES + WEBINARS

- **Alberta Healthy Living:** www.ahs.ca/ahlp
Offers a variety of free virtual nutrition classes on topics including heart health, diabetes, label reading, and emotional eating. Classes on heart healthy and diabetes are available in Cantonese, Mandarin, and Punjabi.
- **Calgary Foothills Primary Care Network:** <https://cfpcn.ca/workshop-registration/>
Offers free classes on managing cholesterol, pre-diabetes, and diabetes.
- **Cardiac College** <https://www.healthuniversity.ca/EN/CardiacCollege/Pages/learn-online.aspx>
An online resource library with pre-recorded webinars on nutrition topics including label reading, sodium and blood pressure, nutrition myths, and intermittent fasting and keto diets.

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