

# 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](http://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](http://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](http://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](http://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 Mandarin and Punjabi.  
Individual appointments with Dietitian also available, multiple language service including Punjabi, Hindi, Mandarin, and Cantonese
- **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.

## LOCAL RESOURCES

- **South Health Campus Wellness Kitchen:** <https://ahs.ca/shcwellness>  
Offers online and in-person cooking classes to help improve heart healthy cooking skills.
- **Calgary's Cooking Community Kitchen:** [www.ckpcalgary.ca/calgarys-cooking](http://www.ckpcalgary.ca/calgarys-cooking)  
Twice a month meeting to plan and cook healthy, nutritious and budget-friendly meals
- **Good Food Box:** [www.ckpcalgary.ca/goodfoodbox](http://www.ckpcalgary.ca/goodfoodbox)  
Group provides affordable box of vegetables and fruits available at multiple depot locations across the city for purchase

## CULTURAL RESOURCES

- **Heart Healthy Eating for South Asians:**  
[https://www.heartandstroke.ca/-/media/pdf-files/canada/south-asian-resources/366\\_southasianheathyeating\\_single.ashx](https://www.heartandstroke.ca/-/media/pdf-files/canada/south-asian-resources/366_southasianheathyeating_single.ashx)  
[https://www.lipid.org/sites/default/files/heart\\_healthy\\_eating\\_south\\_asian\\_style.pdf](https://www.lipid.org/sites/default/files/heart_healthy_eating_south_asian_style.pdf)
- **Healthy Eating for African, Caribbean, and South Asian Cuisines:** [https://assets.nhs.uk/campaign-resource-centre-v3-production/documents/221201\\_HealthierYou\\_AfricanCaribbeanSouthAsianFoodGuide\\_Online.pdf](https://assets.nhs.uk/campaign-resource-centre-v3-production/documents/221201_HealthierYou_AfricanCaribbeanSouthAsianFoodGuide_Online.pdf)
- **Diabetes meal plans for Mediterranean, Chinese, South Asian, and Caribbean diets:**  
<https://diabetes.ca/en-CA/nutrition-fitness/meal-planning>  
Selection of diabetes meal plans for cultural diets also applicable to heart healthy eating

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