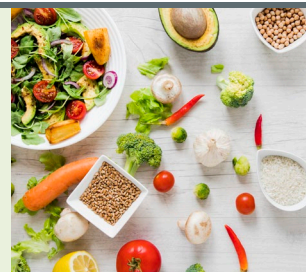


RESOURCES FOR HEART HEALTHY EATING



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.
- **Half Your Plate:** www.halfyourplate.ca
Filling half your plate with fruits and vegetables is a simple and powerful way to support your heart. This approach adds fibre, vitamins, and minerals to your diet—while helping you cut back on processed and high-fat foods. Visit *Half Your Plate* for tips, recipes, and budget-friendly ideas to help you add more fruits and veggies to every meal and snack.

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. Sign up for their classes at the above website.
 - Nutrition counselling for adults (18+) living in Alberta with specific conditions related to digestive health or malnutrition are eligible for dietitian counselling appointments. A healthcare provider referral is required. Please speak with your doctor or a member of your healthcare team.
- **Calgary Foothills Primary Care Network:** <https://cfpcn.ca/registered-dietitian/>
Offers free classes on managing weight, cholesterol, pre-diabetes, and diabetes. Also offers 1:1 dietitian counselling appointments.
- **Cardiac College:** <https://www.healtheuniversity.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. Classes include topics such as: Tasty Low Salt Cooking, Easy & Healthy Mediterranean Cooking.
- **Calgary's Cooking Community Kitchen:** 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
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.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
- **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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