

Go Red

Cooking for a Heart Healthy Diet



Welcome!



Healthy Eating

- ⌘ Choose a variety of foods
- ⌘ Balance the calories – enjoy your foods, but eat less
- ⌘ Avoid oversized portions
- ⌘ Adapt the plan to your preferences
- ⌘ Combine foods any way you like
- ⌘ To eat healthier, start with gradual changes, such as eating more vegetables, fruits, and whole grains, and limiting fats and sweets.



Produce For Better Health



Fruits and Veggies All Year Round:

- ⌘ Produce tastes best when it's fresh!
 - ⌘ Look for local and in season produce- it has the highest nutrition content
- ⌘ Frozen, canned or dried produce
 - ⌘ Look for canned vegetables that are low in sodium
 - ⌘ Look for canned fruits that are packed in 100% juice instead of syrup.
- ⌘ Dried fruit
 - ⌘ A quick & convenient snack that can also be added to cereals and salads.
 - ⌘ Select dried fruits that are low in added sugar

Sample the Season

- ⌘ Fall- apples, pomegranates, acorn squash
- ⌘ Spring- apricots, mangos, or collard greens.
- ⌘ Summer- tomatoes, corn, blueberries, kiwis, and summer squash
- ⌘ Winter- cauliflower, mushrooms, and sweet potatoes.
- ⌘ Produce is a 'super-food' that is naturally low in fat and calories.
- ⌘ Fill half your plate with fruits and vegetables at each meal!
 - ⌘ 5-9 servings daily will help reduce your risk of chronic diseases and manage your weight.
- ⌘ If you want to make a difference in your health, eat more produce!



5 Reasons to Love Your Vegetables



Fiber

- ⌘ Fuels fullness & digestion

Volumetrics

- ⌘ Raw vegetables – average 25 calories per cup

Vitamins & Minerals

- ⌘ Body functions & free-radical protection

Heart Healthy Fats

- ⌘ Increased vitamin absorption

Flavor Versatility

- ⌘ Change the taste with spices & herbs

Eat a Rainbow of Vegetables

Green

- ⌘ Vitamins A, C & K, fiber & folate, some calcium & potassium
- ⌘ Try steamed or raw broccoli, snap peas, green beans, artichoke hearts, asparagus, zucchini, etc.

Orange & Red

- ⌘ Vitamins A, K, B6 & fiber
- ⌘ Roast to intensify sweetness, try carrots, butternut, red bell pepper, radishes, tomatoes, etc.

Purple

- ⌘ Folate, fiber, antioxidants
- ⌘ Grill or roast, try eggplant, beets, purple cabbage, kohlrabi

Add Fruit for Sweetness & Fiber

- ⌘ Fresh or dried





Pile on the Protein

Stay Satiated

- ∞ Protein can curb cravings
- ∞ Slows blood sugar response
- ∞ Skin, muscles, organs and hair
- ∞ 0.8 – 2.2 grams per kg. body weight

Choose Lean

- ∞ Boneless, skinless poultry, fish & shellfish, beans, tofu, legumes, grains, nuts & seeds, low-fat dairy, lean beef & pork tenderloin
- ∞ Easy on the cheese – source of saturated fat & sodium
- ∞ Beans + grains = complete protein with all 9 essential amino acids in balance

Go with the Grain

Wholesome Whole Grains

- ⌘ Contain germ, bran & endosperm
- ⌘ Higher in fiber, vitamins & minerals than refined grains
- ⌘ Carbohydrates - primary energy source, 50-60% of diet

Grains to Try

- ⌘ Wheat berries, barley, farro, spelt, bulgur (gluten)
- ⌘ Wild & brown rice, quinoa, sorghum, millet, amaranth, buckwheat (gluten-free)
- ⌘ Purchase raw or cooked – make ahead & freeze



Fat is Flavor (and more)

Vital Role in the Diet

- ⌘ Fat-soluble vitamins (A, D, E, K) need a fatty escort into the body.
- ⌘ Protects cells, provides insulation, and improves hair & skin.
- ⌘ *Essential* fatty acids (linoleic and linolenic acid) needed for inflammation control, brain development & blood clotting (fatty fish, safflower, flaxseed, canola & nut oil)

Unsaturated > Saturated & Trans

- ⌘ High saturated fat intake - increase risk of CVD & CHF
- ⌘ Sat fat raises LDL cholesterol, unsaturated fat raises HDL cholesterol

Be Mindful

- ⌘ All fat contains 9 calories per gram (carbs & protein contain 4)
- ⌘ One tablespoon olive oil - 120 calories



10 Tips for Cooking for Heart Health (with recipe suggestions!)



Tip 1: Make Healthy Carb Choices

- ⌘ When baking, use whole grains and flours made from whole grains.
- ⌘ For stir-fries, include fiber-rich and nutrient-dense vegetables, such as peppers, cabbage, cauliflower, broccoli, spinach, kale, and carrots.
- ⌘ When making soup, add dried beans or lentils.
- ⌘ Reduce the amount of sugar in recipes; it can usually be cut in half.
- ⌘ Sweeten with applesauce, bananas, or other fruit purees instead of sugar.



Tip 2: Add Healthy Plant Sterols

- ⌘ Plant sterols help lower LDL or “bad” cholesterol, so they reduce risk of heart disease.
- ⌘ Plant sterols are found in plant foods- fruits, vegetables, whole grains, beans, lentils, seeds, and vegetables oils.
- ⌘ Eating at least 2 grams of plant sterols per day can lower LDL by 5-10%.

Tip 3: Eat More Fish

Try new ways to cook fish!

- ⌘ Grill salmon on skewers with eggplants, peppers, cherry tomatoes, okra, and onions.
- ⌘ Dip tilapia in milk and egg white, then dip in bread crumbs or corn meal, then sauté for about 10 minutes.
- ⌘ Bake white fish with vegetables sealed in foil.
- ⌘ Broil tuna and squeeze lemon juice on top.
- ⌘ Marinate white fish in Italian salad dressing, then bake.
- ⌘ Make tuna salad with red and green peppers, celery, and other vegetables.



Tip 4: Choose Healthy Fats

- ⌘ Choose healthy oils for recipes and sautéing: canola, olive, corn, sunflower, or soybean oils.
- ⌘ Make salad dressings with olive, walnut, or pecan oil.
- ⌘ When cooking, brush the pan with cooking oils to just barely coat it, or use a spray or nonstick pan.
- ⌘ Cook with lemon juice or herbs to add flavor without adding fat.

Tip 5: Increase sources of plant protein

- ⌘ Use plant sources such as soy, dried beans/legumes, and nuts/seeds or egg whites instead of meat.
- ⌘ Add soy or pea protein crumbles to chili and spaghetti sauce.
- ⌘ Use tofu or tempeh in a stir-fry with vegetables.
- ⌘ Make soups with edamame, lentils, split peas, or dried beans.
- ⌘ Make an egg white omelet with green peppers, tomatoes, and onions.
- ⌘ Add nuts and seeds to salads/vegetables.



Tip 6: Cut Back on Saturated Fats

- ⌘ Select very lean cuts of meat, such as those labeled “loin” or “round.”
- ⌘ Take the skin off poultry.
- ⌘ Use low-fat or feta cheese in pasta dishes.
- ⌘ Thicken sauces with evaporated skim milk instead of whole or 2%.
- ⌘ When making soup, refrigerate the broth to separate the fat, then remove it with a spoon before reheating.
- ⌘ Drain the fat after cooking ground meat.



Tip 7: Add Healthy Fiber

- ☞ Soluble fiber helps to lower LDL cholesterol.
- ☞ Food sources of soluble fiber include asparagus, Brussel sprouts, sweet potatoes, turnips, apricots, mangoes, oranges, legumes, barley, and oats.
- ☞ Eat whole fruit instead of drinking juice.
- ☞ Add almonds to salad, add oat or rice bran to cereal, add dried beans to soup, and mix ground flaxseed into muffins.
- ☞ Have bean dip or hummus for snacks.

Tip 8: Fun Ways to Flavor without Adding Sodium

- ☞ Try lemon juice, lime juice, fruit juice, or vinegar.
- ☞ Use dry or fresh herbs to add flavor.
- ☞ Pepper, red pepper flakes, and cayenne pepper add spice.
- ☞ Buy a sodium-free seasoning blend or make your own at home.

Sample Spice Blend Recipe

- 5 tsp onion powder
- 2 ½ tsp garlic powder
- 2 ½ tsp paprika
- 2 ½ tsp dry mustard
- 1 ½ tsp crushed thyme leaves
- ½ tsp white pepper
- 1/4 tsp celery seed

Tip 9: Reduce Sodium while Cooking

- ⌘ Cook at home so you can control the amount of salt.
- ⌘ You can usually cut the amount of salt in recipes in half.
- ⌘ One teaspoon of salt contains 2300 mg of sodium.
- ⌘ Try not to use “instant” products or mixes that already contain salt.



Tip 10: Be a Smart Shopper

- ⌘ Select cans/packages labeled “sodium-free,” “low-sodium,” or “very low sodium.”
- ⌘ “Reduced sodium/salt” may still be high in sodium- check the label.
- ⌘ If sodium-free is unavailable, try draining and rinsing the food to reduce the amount of sodium.
- ⌘ Avoid processed foods- buy fresh instead.



The Recipes

Watermelon Feta Salad with Mint

Here's a refreshing summer side salad

Yield: Serves 10 – 1/2 cup servings

1 7-8 lb seedless watermelon, chilled

3 limes, juiced

1 ½ tsp salt

¾ tsp black pepper

1 cup Fresh chopped ,mint leaves

1 cup crumbled feta cheese (goat or sheep milk feta is best)

Cut rind from watermelon then chop the fruit into 1 inch chunks. Place chunks in a colander to drain as you chop.

In a small bowl, whisk together fresh lime juice, salt and black pepper to create a dressing.

Place watermelon in a large bowl. Pour dressing and chopped mint over the watermelon and toss gently to coat.

Pour crumbled feta into the salad bowl and gently stir to integrate the cheese into the salad.

Serve and enjoy!



Nutritional Information

Amount per serving

Calories 94

Fat 4 g

Saturated fat 3 g

Monounsaturated fat 1.0 g

Polyunsaturated fat 1.0 g

Protein 4.0 g

Carbohydrate 12.0 g

Fiber 1.0 g

Cholesterol 17.0 mg

Iron 1.0 mg

Sodium 648 mg

Calcium 115.0 mg

Turkey Sliders with Avocado, Mushroom and Swiss Cheese

Yield: 4

Ingredients

8 whole grain slider buns (lowest sodium available)
1 ¼ lb ground skinless turkey breast
¼ teaspoon salt
1 cup sliced brown (cremini) mushrooms
4 slices low fat Swiss cheese, cut in half
1 medium avocado, peeled, pitted, and mashed with a fork
1 medium tomato, cut into 8 slices (about ¼ inch thick)

Preparation

Preheat oven to 450 degrees.

Arrange buns with the cut side up in a single layer on a baking sheet. Set aside.

Using your hands or a spoon, shape the turkey into 8 patties each about 3 inches in diameter. (The uncooked patties will be larger than the bun and they will shrink as the cook. Sprinkle salt over each patty.

Heat a large non stick skillet or griddle over medium heat. Cook patties for 2-3 minutes. Turn over. Cook for 2 to 3 minutes or until the patties are no longer pink in the center and register 165 degrees.

Transfer the patties to the bottoms of the buns.

In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently.

Spoon mushrooms onto each patty. Top with swiss cheese is melted and the buns are heated through. Remove from the oven.

Spread the avocado over the Swiss cheese. Top with tomato slices. Put the tops of the buns on the sliders.



Nutritional Information

Amount per serving

Calories: 235

Fat: 8 g

Saturated fat: 1.3g

Monounsaturated fat: 4.3g

Polyunsaturated fat: 1.3g

Protein: 22.5g

Carbohydrate: 19g

Fiber: 5g

Cholesterol: 50.5mg

Sodium: 251.5mg

Southwest Slow Cooker Chicken

Yield: 4

Ingredients

2 teaspoons chile powder
1 teaspoon cumin
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon paprika
½ teaspoon black pepper
¼ teaspoon oregano
¼- ½ teaspoon cayenne pepper (optional)
1lb. boneless, skinless chicken breasts or tenderloins (all visible fat removed)
14.5 oz. canned, no salt added, diced tomatoes (undrained)
1-3 oz canned green chiles
1 cup low sodium chicken broth

Preparation

In a small bowl, stir together chili powder, cumin, garlic powder, onion powder, paprika, oregano, and cayenne pepper (optional).

Place chicken in slow cooker and sprinkle half of seasoning mixture over chicken, Flip with a fork and sprinkle other half of the seasoning mixture over chicken.

Pour tomatoes, chilies and chicken broth over the chicken in the slow cooker.

Cover and cook over low settings for 8-10 hours, or over high setting for 3-4 hours.

Chicken may break apart easily with fork once cooked.

This chicken is flavorful and extremely versatile: serve over a bed of lettuce, use for tacos or sandwich meat on a whole wheat tortilla or bun.



Nutritional Information

Amount per serving

Calories: 113
Fat: 2.0g
Saturated fat: 0.5g
Monounsaturated fat: 0.5g
Polyunsaturated fat: 5g
Protein: 17g
Carbohydrate: 5g
Fiber: 1g
Cholesterol: 48mg
Sodium: 288mg



Cooking Demo <https://youtu.be/vUyURdn7wvM-->

Grilled Corn, Poblano, and Black Bean Salad

Here's a great side for grilled meats and fish.

Yield: Serves 6 (serving size: 3/4 cup)

Ingredients

- 2 ears shucked corn
- 2 tablespoons extra-virgin olive oil, divided
- 4 green onions
- 1 avocado, peeled, halved, and pitted
- 1 large red bell pepper
- 1 large poblano chile
- Cooking spray
- 1/2 cup chopped fresh cilantro
- 3 tablespoons fresh lime juice
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 (15-ounce) can no-salt-added black beans, rinsed and drained

Preparation

1. Preheat grill to high heat.
2. Brush corn with 2 teaspoons oil. Place green onions, avocado, bell pepper, poblano, and corn on a grill rack coated with cooking spray. Grill onions 2 minutes on each side or until lightly browned. Grill avocado 2 minutes on each side or until well marked. Grill bell pepper 6 minutes on each side or until blackened; peel. Grill poblano 9 minutes on each side or until blackened; peel. Grill corn 12 minutes or until beginning to brown on all sides, turning occasionally.
3. Cut kernels from ears of corn; place in a large bowl. Chop onion, bell pepper, and poblano; add to bowl. Add remaining 4 teaspoons oil, cilantro, juice, cumin, salt, black pepper, and beans to bowl; toss well. Cut avocado into thin slices; place on top of salad.



Nutritional Information

Amount per serving

Calories: 167
Fat: 9.9g
Saturated fat: 1.4g
Monounsaturated fat: 6.7g
Polyunsaturated fat: 1.3g
Protein: 4.6g
Carbohydrate: 17.8g
Fiber: 6g
Cholesterol: 0.0mg
Iron: 1.4mg
Sodium: 209mg
Calcium: 38mg

Mozzarella Basil Chicken w/ Roasted Grape Tomatoes

Yield: 25

Ingredients

- 1 pound & 9 ounces boneless chicken breast halves
- 3 cups light balsamic vinaigrette dressing
- 25 large fresh basil leaves
- 1 & ½ cups lowfat skim mozzarella cheese , cut into four slices
- 15 cups grape tomatoes, halved
- 1 & ½ cups shredded Parmesan cheese

Preparation

Place chicken breasts into a gallon zip close plastic bag. Pour ¼ cup of dressing over chicken. Marinate in refrigerator for 30 minutes. Preheat oven to 400 degrees F. Remove chicken breasts form marinade and discard bag. Make a deep slice into one long side of each breast, being careful not to cut through to the opposite side. Fill each chicken breast pocket with 2 basil leaves, 1 slice of mozzarella cheese, and 2 grape tomato halves. Place chicken on one side of baking sheet sprayed with nonstick spray; add tomatoes to the other side of the baking sheet.

Sprinkle each breast half with 1 tablespoon of Parmesan cheese. Bake 30 minutes or until chicken reaches an internal temperature of 165 degrees F. Cut remaining basil leaves into thin slices and toss with remaining dressing and roasted tomatoes.

SERVE: chicken topped with tomato mixture.



Nutritional Information

Amount per serving

Calories: 250
Total Fat: 10g
Saturated fat: 2.5g
Protein: 32g
Carbohydrate: 8g
Fiber: 1g
Cholesterol: 95mg
Sodium: 570mg
% Calories from Fat: 36%

Mexican Posole

Yield: 4

Ingredients

2 teaspoons olive oil (divided)
1 ½ lb pork tenderloin (all visible fat discarded, cut into ½ inch cubes)
1 onion - chopped
2 8oz cans no salt added tomato sauce
1 15-pz can yellow hominy, rinsed, drained
1 cup frozen whole kernel corn
1 teaspoon chili powder (made with ancho chiles preferred)
¼ teaspoon salt
½ cup uncooked instant brown rice
¼ cup chopped cilantro

Preparation

In a nonstick skillet, heat 1 teaspoon oil over medium heat, swirling to coat the bottom.

Cook the pork for 5 to 6 minutes or until no longer pink on the outside, stirring occasionally.

Transfer pork to a Dutch oven increasing heat to medium high.

In the same skillet, heat the remaining 1 teaspoon oil, swirling to coat the bottom.

Cook onion and garlic for 3 minutes or until onion is soft, stirring frequently.

Add to pork.

Stir in tomato sauce, hominy, tomatoes with liquid, corn, chile powder, and salt into pork mixture. Bring to a boil over medium high heat. Reduce heat and simmer for 15-20 minutes or until pork is tender, stirring occasionally.

Stir in the rice. Simmer 15-20 minutes or until rice is tender, stirring occasionally. Stir in cilantro.



Nutritional Information

Amount per serving
Calories: 293
Fat: 5.5g
Saturated fat: 1g
Monounsaturated fat: 2.5g
Polyunsaturated fat: 1g
Protein: 28g
Carbohydrate: 33g
Fiber: 5g
Cholesterol: 74mg
Sodium: 437mg

Questions?

