



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



CARDIAC REHABILITATION NUTRITION

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10 TIPS FOR HEALTHY EATING

Making healthy food choices doesn't have to be overwhelming. These tips will get you on your way.

- 1** Cook at home more often to avoid processed foods.
- 2** How you eat is as important as what you eat. Enjoy your meals without multitasking.
- 3** Listen to your body—eat when you're hungry and stop when you're satisfied.
- 4** Eat at regular times.
- 5** Plan healthy snacks.
- 6** Eat a variety of vegetables and fruit at every meal.
- 7** Eat whole grains more often.
- 8** Eat fish at least twice a week.
- 9** Include legumes like beans, chickpeas, lentils, nuts and seeds more often.
- 10** Don't be afraid of fat. Choose olive oil and canola oil more often.



COOK AT HOME

What is a home-cooked meal?

- Meals cooked at home should include at least three food groups (vegetables and fruit, grain products, milk and alternatives, meat and alternates).
- Meals cooked at home don't need to be fancy or time consuming.
- Meals can be as simple as a peanut butter and banana sandwich and a glass of milk.
- Use whole, unprocessed foods.

Why should I cook at home more often?

- Cooking at home gives you more control over what goes into your food.
- Cooking at home is cheaper than eating pre-made meals or at restaurants.
- Food cooked at home is lower in sodium (salt), fat and sugar.

TIPS TO COOK MORE AT HOME

- Cook with your family and friends.
- Try new recipes.
- Cook large batches of soups, stews and casseroles on the weekend to eat during the week or freeze for another day.
- Keep ingredients like canned fish, eggs, frozen vegetables and brown rice in your cupboard for fast easy meals.
- Plan ahead and make a weekly meal plan.

MY ACTION PLAN

- What do I want to do?
- What will I realistically be able to achieve this week?

My plan will include:	This week I will:
What I am going to do?	
When I am going to do it?	
Where am I going to do it?	
How much am I going to do it?	
How often am I going to do it?	
For example: This week I will cook (what) three meals(how often and how much) at home (where) on Monday, Wednesday, Friday(when).	My confidence that I can do this plan is: <div style="display: flex; justify-content: space-between; align-items: center;"> 1 2 3 4 5 6 7 8 9 10 </div> Not confident at all Totally confident

CREAMY SCRAMBLED EGGS WITH MUSHROOMS

Adapted from Canadian Living

Weeknight meals don't have to be fancy to be nutritious. Eggs are a complete protein and make a very easy weeknight meal. Serve with toasted whole wheat focaccia bread and enjoy!

Ingredients:

- 1 pkg (255 g) mushrooms, sliced
- 8 eggs
- 2 tbsp chopped fresh chives
- 2 tbsp oil
- 1 tbsp butter
- ½ cup crumbled soft herb-and-garlic cheese (such as Boursin)

Directions

1. In skillet, heat 2 tsp vegetable oil over medium-high heat; cook mushrooms, stirring occasionally, until light brown and no liquid remains, about 5 minutes. Sprinkle with pinch of pepper. Remove from pan; set aside.
2. Whisk together eggs, half of the chives and pinch of pepper. In same skillet, melt 1 tbsp butter over medium heat; cook egg mixture, stirring, just until softly set but still runny, about 5 minutes.
3. Divide egg mixture, mushrooms and focaccia among four plates. Dot eggs with cheese; sprinkle with remaining chives.

WEEKNIGHT BOLOGNESE

Adapted from Barefoot Contessa: How Easy is That?

Bolognese sauce is great fall/winter staple. It tastes delicious served with whole wheat spaghetti and can be served with a simple salad. This recipe freezes beautifully and can be pulled out on short notice!

Ingredients:

- 2 tablespoons olive oil
- ½ pound lean ground beef
- ½ pound ground turkey
- 2 cloves garlic minced
- 1 tablespoon dried oregano
- ¼ teaspoon crushed red pepper flakes
- 1¼ cups dry red wine, divided
- 1 (28-ounce) can crushed tomatoes
- 2 tablespoons no salt added tomato paste
- Freshly ground black pepper
- ¾ pound dried whole wheat pasta
- ¼ teaspoon ground nutmeg
- ¼ cup chopped fresh basil leaves, lightly packed
- ¼ cup 5% cream
- ½ cup freshly grated Parmesan cheese, plus extra for serving

Directions

1. Heat 2 tablespoons of olive oil in a large skillet over medium-high heat. Add the ground beef and turkey and cook, crumbling the meat with a wooden spoon, for 5 to 7 minutes, until the meat has lost its pink color and has started to brown. Stir in the garlic, oregano and red pepper flakes and cook for 1 more minute. Pour 1 cup of the wine into the skillet and stir to scrape up any browned bits. Add the tomatoes, tomato paste and 1½ teaspoons pepper, stirring until combined. Bring to a boil, lower the heat, and simmer for 10 minutes.
2. Meanwhile, bring a large pot of water to a boil, add the pasta, and cook according to the directions on the box.
3. While the pasta cooks, finish the sauce. Add the nutmeg, basil, cream and the remaining ¼ cup wine to the sauce and simmer for 8 to 10 minutes, stirring occasionally until thickened. When the pasta is cooked, drain and pour into a large serving bowl. Add the sauce and ½ cup Parmesan and toss well. Serve hot with Parmesan on the side.

HOW YOU EAT IS AS IMPORTANT AS WHAT YOU EAT

How should I eat?

- Sit at the table to eat.
- Don't do other activities while eating.
- Turn off all screens including television, phones, tablets and computers.
- If you live with others, take this opportunity to connect with friends and family.
- If you live alone, set the table nicely and listen to music.

TIPS TO START EATING AT THE TABLE

- Start by eating at the table once or twice each week.
- If it's too difficult to eat supper together at the table, start with breakfast.
- At work, eat lunch away from your desk.

Why should I eat at the table?

- Eating while doing other things means you pay less attention to what you eat and may end up eating faster and more food.
- By sitting at the table, you will enjoy what you are eating. You will also be more aware of how much and what you are eating.
- Eating with others is a great opportunity to connect with friends and family.

MY ACTION PLAN

- What do I want to do?
- What will I realistically be able to achieve this week?

My plan will include:	This week I will:
What I am going to do?	
When I am going to do it?	
Where am I going to do it?	
How much am I going to do it?	
How often am I going to do it?	
For example: This week I will turn off the TV twice while I'm eating supper (what, how often and how much).	My confidence that I can do this plan is: 1 2 3 4 5 6 7 8 9 10 Not confident at all Totally confident

BLACK BEAN AND TOMATO SOUP**Ingredients:**

- 1 large onion, chopped
- 1 tbsp oil
- 1 tbsp chili powder
- 1 tbsp cumin powder
- 1 tbsp coriander powder
- 2 tbsp lemon juice
- Two 15 oz cans of low sodium black beans, rinsed well
- 22 oz can of low sodium diced tomatoes
- 2 cups of frozen corn
- 2 cups of water or low sodium chicken stock

Directions

1. Heat the oil in a large sauce pan.
2. Add onion and sauté onions until they begin to soften.
3. After the onions have softened add chili powder, cumin, coriander and lemon juice.
4. Add black beans, tomatoes, corn and water or chicken broth.
5. Bring to a boil and then simmer for 20 minutes.
6. Serve with a garnish of chopped coriander.

EXTRA BLUEBERRY PANCAKES

Adapted from Fast Flavours by Michael Smith

These whole grain pancakes are a delicious way to start your day. If you are rushed in the morning, mix your dry and wet ingredients separately the night before and combine in the morning. The oatmeal in this recipe is a good source of soluble fibre and makes these pancakes very filling.

Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 cup rolled oats
- 2 tbsp baking powder
- 1 tsp nutmeg
- 2 eggs
- 2 cups milk or water
- ¼ cup canola oil
- 2 tbsp brown sugar
- 1 tsp vanilla
- 3 cups blueberries

Directions

1. Over medium-high heat, gently preheat a large skillet.
2. In a large bowl, whisk the flours, oats, baking powder, and nutmeg.
3. Crack the eggs into a separate bowl, then whisk in the milk, vegetable oil, brown sugar and vanilla.
4. Pour the milk mixture into the flour mixture, add the blueberries and stir to combine.
5. Add a little canola oil to the skillet and spoon the batter into the pan, forming pancakes. Smaller ones are easier to flip. Watch for bubbles. When the surface is dotted with holes, you're ready to flip. The second side will cook faster than the first.
6. Transfer to a plate and keep warm in the oven until you are ready to serve with the rest.
7. Serve with a small splash of maple syrup or nut butter.

LISTEN TO YOUR BODY

Why should I listen to my body?

- There is no one right way to eat.
- Don't diet. Think about making small changes.
- Choose foods which are nourishing and taste good.
- Eating is about more than just nutrients.
- Eating is social and should be enjoyable.

How do I listen to my body?

- Listen to your body's cues. Eat when you feel hungry.
- Stop eating when you feel full.
- Enjoy the food that you are eating.
- Use all your senses when eating.

TIPS TO LISTEN TO YOUR BODY

- Turn off all distractions, such as the TV, computer or tablet.
- Don't rush. Eat slowly and taste the food you are eating.
- Pause during and after your meal to ask yourself how full you are.

MY ACTION PLAN

- What do I want to do?
- What will I realistically be able to achieve this week?

My plan will include:	This week I will:
What I am going to do?	
When I am going to do it?	
Where am I going to do it?	
How much am I going to do it?	
How often am I going to do it?	
For example: This week I will pause after 10 minutes of eating and ask myself if I feel full. If no I will keep eating. If yes I will stop eating.	My confidence that I can do this plan is: <div style="display: flex; justify-content: space-around; align-items: center;"> 1 2 3 4 5 6 7 8 9 10 </div> Not confident at all Totally confident

ORANGE AND BEET SALAD WITH WALNUTS AND GOAT CHEESE

Adapted from Canadian Living

This salad can be served as a main dish or a side dish. The flavours of the orange and the beet complement each other beautifully. Walnuts are a good source of Omega-3 and add a nutty flavour to this salad.

Ingredients:

- 4 beets
- 3 navel oranges
- 1/3 cup walnut pieces
- 2 oz goat cheese
- 2 cups arugula or watercress, trimmed

Vinaigrette:

- ¼ cup walnut or extra-virgin olive oil
- 2 tbsp (25 mL) minced shallot or onion
- 2 tbsp (25 mL) wine vinegar
- 1 tsp (5 mL) liquid honey
- Black pepper to taste

Directions

1. Vinaigrette: In bowl, whisk together oil, shallot, vinegar, honey and pepper; set aside.
2. Trim beet tops to 1 inch (2.5 cm); leave roots. In saucepan of boiling salted water, cover and cook beets until fork-tender, 25 to 30 minutes; drain and let cool. Peel and cut crosswise into 1/4-inch thick slices.
3. Cut off rind and outer membrane of oranges. Cut crosswise into 1/4-inch thick slices.
4. In small skillet, toast walnuts over medium-low heat, stirring often, until lightly browned, 3 minutes; let cool.
5. Crumble goat cheese.
6. Mound arugula on platter or individual plates. Overlap beets and oranges around arugula. Sprinkle with walnuts; drizzle with vinaigrette. Scatter goat cheese overtop.

MAPLE APPLE AND BLUEBERRY CRISP

Adapted from Canadian Living.com

Try this twist on a traditional apple crisp. The blueberries add a beautiful colour and are a great source of fibre.

Ingredients:

- 6 cups sliced peeled apples
- 2 cups frozen blueberries
- 2 tbsp granulated sugar
- 2 tbsp all-purpose flour
- 1 tbsp lemon juice
- ¼ tsp cinnamon

Topping:

- ¼ cup packed brown sugar
- ½ cup whole wheat flour
- ½ cup rolled oats
- ¼ cup maple syrup
- ½ tsp cinnamon
- 2 tbsp melted non-hydrogenated margarine

Directions

1. In large bowl, toss together apples, blueberries, granulated sugar, flour, lemon juice and cinnamon; spread in 8-inch (2 L) square baking dish.
2. Topping: In bowl, combine brown sugar, flour, rolled oats and cinnamon. Pour in maple syrup and non-hydrogenated margarine; toss until moistened. Sprinkle over fruit. Bake in 350°F (180°C) oven for 1 hour or until golden and fruit is fork-tender. Let cool on rack for 15 minutes.

EAT REGULAR MEALS

What are regular meals?

- Eat breakfast within one to two hours after waking up.
- Aim to eat every four to six hours after breakfast.
- Try not to skip meals.
- If you know it will be longer than four to six hours between meals, plan a snack.

Why should I eat regular meals?

- Skipping meals leaves you feeling extra hungry. By the time you get to the next meal, you might eat too much.
- When you are very hungry, it's hard to reach for healthy foods and to eat slowly.

TIPS TO EAT REGULAR MEALS

- Start by including breakfast on a daily basis. If you have never eaten breakfast, start by aiming to eat one or two days per week.
- Set an alarm to remind yourself to eat.
- At work, book an appointment in your calendar to avoid interruption.
- Plan your meals in advance; they can be simple.

MY ACTION PLAN

- What do I want to do?
- What will I realistically be able to achieve this week?

My plan will include:	This week I will:
What I am going to do?	
When I am going to do it?	
Where am I going to do it?	
How much am I going to do it?	
How often am I going to do it?	
For example: This week I will eat (what) breakfast three (how much and how often) mornings (when) a week before I leave for work (where).	My confidence that I can do this plan is: 1 2 3 4 5 6 7 8 9 10 Not confident at all Totally confident

CURRY ROAST CAULIFLOWER AND CHICKPEAS

Adapted from Back to Basics by Michael Smith

This easy weeknight meal can be eaten cold or hot as leftovers. Chick peas are a great way to increase the number of times a week you include nuts, seeds and legumes.

Ingredients:

- 1 cauliflower, cut in small florets
- 2 onions, diced
- Cloves from 1 head of garlic, halved
- 19-oz can of chickpeas, drained and rinsed well
- ¼ cup of olive oil
- 1 heaping tbsp of curry powder
- 1 tbsp of cumin seeds
- 1 tbsp of fennel seeds
- 1 tbsp coriander seeds

Directions

1. Preheat oven to 375 °F.
2. Toss together cauliflower, onions, garlic, chickpeas, oil, curry powder, cumin seeds, fennel seeds, coriander seeds.
3. Pour into a 13 x 9 in. baking pan.
4. Roast stirring once or twice until golden brown (45-60 minutes).
5. Serve!

ROASTED RED PEPPER AND WHITE BEAN DIP

Adapted from Fine Cooking

Ingredients:

- 2 tbsp extra-virgin olive oil
- 1 clove garlic, thinly sliced
- 6 small sage leaves
- ¾ cup chopped roasted red pepper
- 1 15.5-oz. can cannellini beans, drained and rinsed
- 2 tsp fresh lemon juice
- Pinch of cayenne, more to taste
- Freshly ground black pepper

Directions

1. In a 10-inch skillet over medium heat, cook oil and garlic until the garlic is lightly golden brown, 1 to 2 minutes. Add the sage leaves and cook until fragrant, about 30 seconds. Add the roasted red peppers and 1/4 tsp salt, and cook, stirring often, about 2 minutes. Remove from the heat and let cool slightly.
2. In a food processor or blender, combine the red pepper mixture, the beans, lemon juice and cayenne, and pulse until smooth. Season to taste with pepper and cayenne.
3. Transfer to a bowl and refrigerate until chilled, at least 1 hour and up to 24 hours.

PLAN HEALTHY SNACKS

What is a healthy snack?

- A healthy snack should include at least two food groups (vegetables and fruit, grain products, milk and alternates, meat and alternates).
- Keep your serving sizes small.
- See below for easy snack ideas to have on hand.

Why should I plan healthy snacks?

- Healthy snacking can help you feel full between meals.
- Healthy snacking can help you to keep your energy level up.
- Snack when you are hungry, not because you are bored or stressed.
- Snacking can make it easier to eat enough vegetables and fruits.

TIPS FOR HEALTHY SNACKING

- Plan snacks ahead of time.
- Don't snack out of the container, portion it into a bowl.
- Don't eat while driving.
- Don't eat in front of the TV, while reading, while using your phone, computer or tablet.

MY ACTION PLAN

- What do I want to do?
- What will I realistically be able to achieve this week?

My plan will include:	This week I will:
What I am going to do?	
When I am going to do it?	
Where am I going to do it?	
How much am I going to do it?	
How often am I going to do it?	
For example: This week I will pack a snack to eat (what) at 3:30 (when) before I leave work (where) on Monday, Wednesday and Thursday (how often) . I will pack 2 tbsp (how much) nuts and ¼ cup dried fruit.	My confidence that I can do this plan is: 1 2 3 4 5 6 7 8 9 10 Not confident at all Totally confident

SMALL SNACKS

- | | |
|---|--|
| <ul style="list-style-type: none"> • 3 cups air-popped popcorn with 1 tbsp Parmesan cheese • 1 hardboiled egg with ½ slice of toast • 1 piece of fruit and 1 ounce of cheese • 1 cup of homemade vegetable soup and 5 whole grain crackers • ¾ cup mango cubes and ½ cup low sodium cottage cheese • 1 apple with 1 tbsp of peanut butter • 1 cup high fibre cereal (such as shredded wheat, muffets) and milk • ½ whole wheat pita and 1/3 cup hummous | <ul style="list-style-type: none"> • 2 Ryvita crackers with 1/4 cup ricotta cheese and basil • 1 banana with 1 tbsp peanut butter • ½ cup fruit and ¼ cup of low sodium cottage cheese • 1 cup frozen berries and ½ cup of plain yogurt • English muffin pizza: ½ English muffin with 1 tbsp tomato sauce and 2 tbsp cheese • 1 medium piece of fruit and 10-12 roasted unsalted almonds |
|---|--|

LARGE SNACKS

- | | |
|--|---|
| <ul style="list-style-type: none"> • 2 slices whole wheat bread with cheese slices • 1 English muffin with 2 tbsp of peanut or other nut butters • 10 whole grain crackers with ¼ cup of garlic hummus • 1 cup fruit salad packed in fruit juice with ½ cup cottage cheese • 1 grilled cheese sandwich (2 slices of whole wheat bread with 1 ounce sliced cheddar cheese) | <ul style="list-style-type: none"> • 1 small bagel with 1 ounce of chicken with 1 tbsp mayonnaise • 1 medium banana spread with 2 tbsp of your favorite nut butter • 12 whole grain crackers with 2 tbsp nut butter OR 1 ounce cheese • 1 whole wheat pita bread (6”) with 1/4 cup hummus |
|--|---|

VEGETABLES AND FRUIT

Why should I eat more?

- Eating seven servings of vegetables and fruit each day may help to reduce your risk of developing heart disease, diabetes, cancer and stroke.
- Eating enough vegetables and fruit can help reduce cholesterol and blood pressure.

What is a serving of vegetables and fruit?

- A serving of most raw or cooked vegetables is ½ cup.
- A serving of most fruit is ½ cup or one small piece of fruit (size of a tennis ball).
- Choose whole vegetables and fruit more often instead of juice.

TIPS TO EAT MORE VEGETABLES AND FRUIT

- Eat a vegetable or fruit at all meals.
- Have an apple, orange, banana, kiwi or melon for a snack.
- Keep raw, cut up vegetables in the fridge for snacking.
- Move your vegetables and fruit out of the crisper and onto a higher shelf.
- Use fresh or frozen vegetables and fruit more often. If you buy canned, make sure to look for "No Added Salt" canned vegetables.
- Roast vegetables and eat them leftover all week.

MY ACTION PLAN

- What do I want to do?
- What will I realistically be able to achieve this week?

My plan will include:	This week I will:
What I am going to do?	
When I am going to do it?	
Where am I going to do it?	
How much am I going to do it?	
How often am I going to do it?	
For example: This week I will eat(what) two servings(how often) of fruit (when)on Monday. I will eat one piece (how much) of fruit with breakfast one at afternoon snack(when)	My confidence that I can do this plan is: 1 2 3 4 5 6 7 8 9 10 Not confident at all Totally confident

QUICK ROASTED BEETS

Beets can be found on the farmers market until November. When beets are boiled they can take up to an hour to cook. Roasting them in the oven takes only 20 minutes and you will have a delicious, fast side dish.

Ingredients:

- 3 medium beets or 4-6 small beets
- 1 tbsp olive oil
- Ground black pepper to taste

Directions

1. Preheat the oven to 450 °F
2. Slice raw, unpeeled beets into thin slices.
3. Toss sliced beets with olive oil and black pepper.
4. Spread beets on a cookie sheet.
5. Cook for 16-18 minutes.

FRUIT KABOBS

Fruit kabobs are a great way to provide healthier dessert options at a party. They can also make a great snack! Enjoy!

Ingredients:

- 2 cup (250 ml) fresh strawberries, halved
- 2 bananas, cut into 1/2 in (1.25 cm) pieces
- 2 cups grapes,
- 8 bamboo skewers
- 2 oz (60 g) 70% (or higher) dark chocolate, chopped

Directions

1. Thread fruit alternately onto bamboo skewers, using about two pieces of each fruit per skewer.
2. Place fruit skewers in single layer on baking tray, making sure they don't touch each other.
3. Melt chocolate in double boiler or heatproof bowl set over pan of lightly simmering water, stirring often until all the chocolate is melted.
4. Drizzle fruit skewers and serve.

WHOLE GRAINS

What are whole grains?

- Whole grains include the entire seed of the plant.
- Whole grains are higher in fibre, vitamins and minerals.
- They include oatmeal, bulgur, brown or wild rice, barley, quinoa and popcorn.

Why should I eat more?

- Eating whole grains may help to reduce your risk of heart disease, diabetes, cancer and stroke.
- Oatmeal, barley and psyllium are high in soluble fibre which helps to reduce LDL (lousy) cholesterol.

TIPS TO EAT MORE MORE WHOLE GRAINS

- Use brown or wild rice instead of white rice.
- Have oatmeal for breakfast or snack a few times each week.
- Add quinoa or barley to salads.
- Use dark rye bread or whole grain bread instead of white bread.
- Use whole grain pasta instead of white (or try half and half).

MY ACTION PLAN

- What do I want to do?
- What will I realistically be able to achieve this week?

My plan will include:	This week I will:
What I am going to do?	
When I am going to do it?	
Where am I going to do it?	
How much am I going to do it?	
How often am I going to do it?	
For example: This week I will try one whole grain (how often). I will eat ½ cup (how much) of brown rice (what) for supper(when) on Thursday evening(when).	My confidence that I can do this plan is: 1 2 3 4 5 6 7 8 9 10 Not confident at all Totally confident

BIG BATCH FRUITY OATMEAL

Adapted from Today's Parent Magazine

This recipe is ideal to make on the weekend and keep for breakfast during the week. It reheats beautifully in the microwave. Steel cut oats are a good source of soluble fibre which can help to lower LDL cholesterol. Throw in some frozen berries and you have an easy, balanced breakfast.

Ingredients:

- 6 cups water
- 2 peeled and grated apples
- 1/2 tsp cinnamon
- 1 ½ cups steel cut or Scottish oats

Directions

1. In a large pot, combine 6 cups water, 2 peeled and grated apples and 1/2 tsp cinnamon.
2. Bring to a boil over high heat; add 1 1/2 cups steel-cut or Scottish oats, and stir to combine. Reduce heat to medium-low and cook for 25 to 30 minutes, stirring constantly for the last few minutes, or until oats are tender and liquid looks creamy and starchy.
3. Serve warm with milk or yogurt, plus favourite toppings like sliced bananas, frozen berries or toasted almonds, and a drizzle of maple syrup. Cover and refrigerate leftovers.

BRAN MUFFINS

Adapted from Quaker Bran Box

These high fibre muffins are a great grab and go breakfast option. Spread 1-2 tablespoons of all natural peanut or almond butter on your muffin for some protein. You can also make mini muffins and use these as a filling snack.

Ingredients:

- ¼ cup non-hydrogenated margarine
- ½ cup brown sugar, firmly packed
- ¼ cup molasses
- 2 eggs
- 1 ½ cup natural wheat bran
- ½ cup all-purpose flour
- ½ cup whole wheat flour
- 1 cup milk
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ cup dried fruit or frozen berries (optional)

Directions

1. Preheat oven to 400 °F. Line muffin tray with paper liners.
2. Cream non-hydrogenated margarine and sugar together.
3. Add molasses, eggs and beat together well.
4. Add bran and milk to the molasses, eggs and mix well.
5. Combine flour, baking powder and soda in a bowl. Add to liquid ingredients, mix well, add dried fruit or frozen berries.
6. Spoon into greased muffin pans.
7. Bake 18 to 20 minutes.

FISH

What fish should I eat?

- Choose fatty fish more often.
- Try salmon, mackerel, pickerel, sardines or trout.
- Aim to eat fish at least twice each week.
- Seafood like oysters, mussels, shrimp and lobster are also good choices.

Why should I eat fish?

- Eating fish can help to lower your risk of having more heart problems.
- Fatty fish are high in omega-3 fats which may help to reduce your risk of heart disease.
- Fish is a good source of protein.

TIPS TO EAT MORE FISH

- Use fresh, frozen or canned fish.
- Use canned salmon to make a sandwich.
- Add canned fish to salads.
- Bake frozen fish for a quick easy weeknight meal.
- Have sardines on toast or whole grain crackers.
- Add fresh or frozen fish to a curry.

MY ACTION PLAN

- What do I want to do?
- What will I realistically be able to achieve this week?

My plan will include:	This week I will:
What I am going to do?	
When I am going to do it?	
Where am I going to do it?	
How much am I going to do it?	
How often am I going to do it?	
For example: This week I will eat fish (what) two times (how often and how much) on Tuesday and Thursday(when). I will make a salmon sandwich to take to work (where)	<p>My confidence that I can do this plan is:</p> <p style="text-align: center;">1 2 3 4 5 6 7 8 9 10</p> <p>Not confident at all Totally confident</p>

MOLASSES-MUSTARD SALMON FILLETS

For your heart health, aim to eat fish at least twice a week. Fish is easy to cook and be made quickly after work. Salmon is high in unsaturated fats and omega-3. This quick recipe is perfect for a week night meal.

Ingredients:

- ¼ cup molasses
- ¼ cup of Dijon or grainy mustard
- 4 salmon fillets (fresh or frozen)

Directions

1. Preheat oven to 450 °F.
2. Mix the molasses and Dijon mustard together.
3. Brush the mustard over the salmon fillets.
4. Bake for 15-20 minutes.

TILAPIA AND RED PEPPER FAJITAS

Adapted from Canadian Living

This easy weeknight meal is a great way to serve both fish and legumes in one meal. It's the perfect meal to whip up on a weeknight.

Ingredients:

- ½ tsp (2 mL) each smoked paprika, and chili powder
- ¼ tsp (1 mL) ground cumin
- Pinch each salt and pepper
- 300 g tilapia fillets
- 4 tsp (18 mL) canola oil
- 1 onion, thinly sliced
- 1 sweet red pepper, thinly sliced
- 1 cup (250 mL) rinsed, drained, canned black beans
- ½ cup (125 mL) frozen corn kernels
- 2 tsp (10 mL) lime juice
- 8 small soft flour tortillas, (6 inches/ 15 cm), warmed
- ⅓ cup (75 mL) chopped fresh cilantro
- ⅓ cup (75 mL) sour cream

Directions

1. Mix together paprika, chili powder, cumin and pepper; rub all over fish.
2. In a skillet, heat half of the oil over medium heat; cook fish, turning once, until it flakes easily when tested, 8 to 10 minutes. Let cool enough to handle; break into bite-size pieces.
3. Meanwhile, add remaining oil to pan; cook onion and red pepper over medium heat, stirring occasionally, until onion is softened and golden, about 8 minutes.
4. Stir in beans and corn; cook, stirring often, until corn is heated through, about 3 minutes. Stir in fish and lime juice. Scrape into serving dish; serve with tortillas, cilantro and sour cream.

LEGUMES, NUTS AND SEEDS

What are legumes?

- Legumes include most beans like chickpeas, kidney beans, black beans and white beans.
- Nuts and seeds will give you many of the same benefits.
- Nuts and seeds make an excellent snack.

Why should I eat more?

- Eating nuts, seeds, beans and lentils may help to reduce your risk of developing heart disease, diabetes and other chronic diseases.
- Nuts, seeds, beans and lentils may help to reduce your cholesterol and blood pressure.
- Aim to include them at least four to five times per week.

TIPS TO EAT MORE NUTS, SEEDS, BEAN AND LENTILS

- Add chickpeas to a main course salad.
- Add kidney beans to chili.
- Eat one vegetarian meal once a week.
- Make bean salad and keep it in the fridge for lunches.
- Eat nuts as a snack.
- Add nuts or seeds to your salad.

MY ACTION PLAN

- What do I want to do?
- What will I realistically be able to achieve this week?

My plan will include:	This week I will:
What I am going to do?	
When I am going to do it?	
Where am I going to do it?	
How much am I going to do it?	
How often am I going to do it?	
For example: This week I will eat (what) 2 tbsp(how much) of nuts every day(how often) for a snack (where)at 10:00am(when).	My confidence that I can do this plan is: 1 2 3 4 5 6 7 8 9 10 Not confident at all Totally confident

BEAN SALAD

This fast easy recipe can be a fridge staple. You can eat it for lunch, supper or a handy snack. Once made it keeps for four to five days in your fridge. It makes it easy to reach for a vegetarian protein and increase your intake of beans. This is a great recipe for using up the odds and sods in your fridge. The recipe calls for carrots, celery and red pepper but you can use any leftover vegetables hanging out in the bottom of your crisper.

Ingredients:

- 1 can of mixed beans, rinse well
- 1 can of no salt added green or yellow beans, rinse well
- 2-3 carrots chopped
- 2-3 celery stalks chopped
- ½ red pepper chopped
- ⅔ cup of canola oil
- ⅓ cup of white or apple cider vinegar
- ⅓ cup of sugar

Directions

1. Bring canola oil, vinegar and sugar to a boil and then remove from heat and let cool.
2. Mix green beans, mixed beans, carrots, celery and red pepper in a bowl.
3. When dressing is cool, toss with salad ingredients.

RED LENTIL AND SWEET POTATO SOUP*Adapted from: Canadian Lentils*

This lentil soup can easily be made in a slow cooker and is ready to eat when you walk in the door. If you don't have a slow cooker, simmer on the stove top for 30 minutes. Serve with a slice of dark rye bread.

Ingredients:

- 2 tbsp of canola oil
- 1 garlic clove minced
- ½ onion diced
- 1 large sweet potato, peeled and diced
- 19 oz can of no salt added diced tomatoes with juice
- ⅓ cup of split red lentils
- 4 cups of low sodium chicken or vegetable stock
- ¼ cup of peanut butter

Stovetop Directions

1. Heat canola oil in a large saucepan. Add onion and sauté until wilted. Add garlic for 1-2 minutes until it begins to brown.
2. Add tomatoes, chicken broth, sweet potato, lentils and peanut butter.
3. Bring to a boil and then turn down to simmer for 30 minutes.

Slow Cooker Directions

1. Combine all the ingredients (except the cilantro leaves) in a slow cooker. Cover and cook on low heat for 6-8 hours. Leave chunky or puree with a hand-held immersion blender.
2. Serve hot, topped with fresh cilantro.

DON'T BE AFRAID OF FATS

Why is fat important?

- Fats play an important role in your body.
- Fats give you energy, and some fatty acids that our bodies can't make.
- Fats are a part of cell walls, hormones and insulate our bodies.
- Fats make food taste good and keep you full.

Which fats should I eat more often?

- Choose unsaturated fats more often.
- Unsaturated fats come from plant sources including nuts, seeds and avocado.
- When cooking use olive oil, or canola oil, more often.
- Make your own salad dressing at home using olive oil or canola oil.
- Eat nuts and seeds as a snack.

Which fats should I eat less often?

- Trans fats are found mainly in processed foods and cooking more at home will help you to avoid them.
- Choose saturated fats less often. Saturated fats come from animal-based products such as red meat and dairy.
- Limit your intake of red meat to once or twice per week.
- Choose lower fat dairy more often.

MY ACTION PLAN

- What do I want to do?
- What will I realistically be able to achieve this week?

My plan will include:	This week I will:
What I am going to do?	
When I am going to do it?	
Where am I going to do it?	
How much am I going to do it?	
How often am I going to do it?	
For example: This week I will use home made salad dressing three times (how often). I will use 2 tbsp (how much) of salad dressing on salad(when) at supper on Monday, Wednesday, Friday (when)	My confidence that I can do this plan is: 1 2 3 4 5 6 7 8 9 10 Not confident at all Totally confident

MAPLE SYRUP SALAD DRESSING**Ingredients:**

- ¼ cup of olive oil
- 2 tbsp of white wine vinegar
- 1 tsp of maple syrup
- 1 tsp of Dijon mustard
- Ground pepper to taste

Directions

1. Mix all ingredients together in a small bowl or jar.
2. Whisk together with a fork.
3. Pour over your favourite salad.

GREEK DRESSING**Ingredients:**

- ½ cup extra-virgin olive oil
- ½ cup lemon juice
- 1 tsp dried oregano
- Black pepper to taste

Directions

1. Mix all ingredients together in a small bowl or jar.
2. Whisk together with a fork.
3. Pour over your favourite salad.

CURRY DIP

This dip can be used with vegetables, crackers or mini pitas.

Ingredients:

- 1 cup plain yogurt
- 1 tsp curry powder
- 2 tsp liquid honey
- 1 green onion, thinly sliced
- ¼ cup finely chopped coriander (optional)
- Coriander leaves for garnish

Directions

1. Blend yogurt with curry and honey.
2. Stir in green onion. Taste and add more curry if you wish.
3. Use right away or store in the refrigerator in a covered container up to 2 days.
4. Stir in the chopped coriander just before serving and garnish with coriander leaves.

Focus on the Facts

How to use Serving Size and % Daily Value



START with Serving Size

You can find the Serving Size under the header 'Nutrition Facts'.

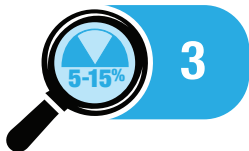
Information in the Nutrition Facts table is based on this quantity of food.



USE % Daily Value

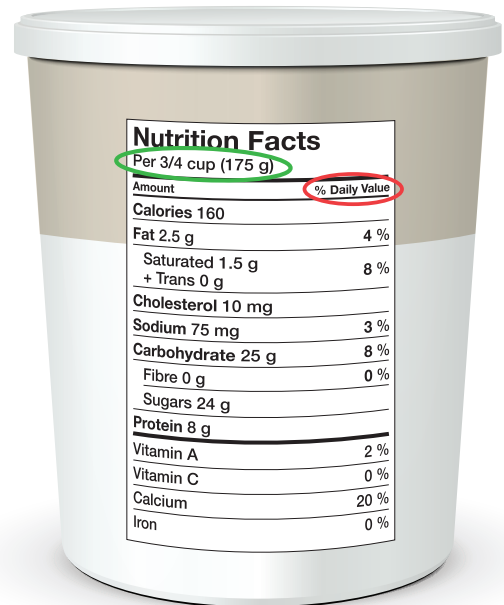
You can find the % Daily Value on the right side of the Nutrition Facts table.

Use the % Daily Value to see if the Serving Size has **a little** or **a lot** of a nutrient.

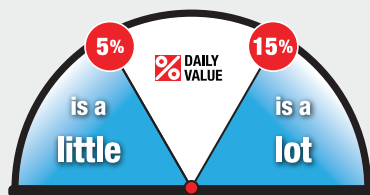


LOOK at a Nutrient

Choose packaged food that has more of the nutrients you want and less of the nutrients you don't want.



MAKE an informed food choice



5% Daily Value or less is **a little**
 15% Daily Value or more is **a lot**

When making an informed food choice here are some nutrients you may want...

a little of

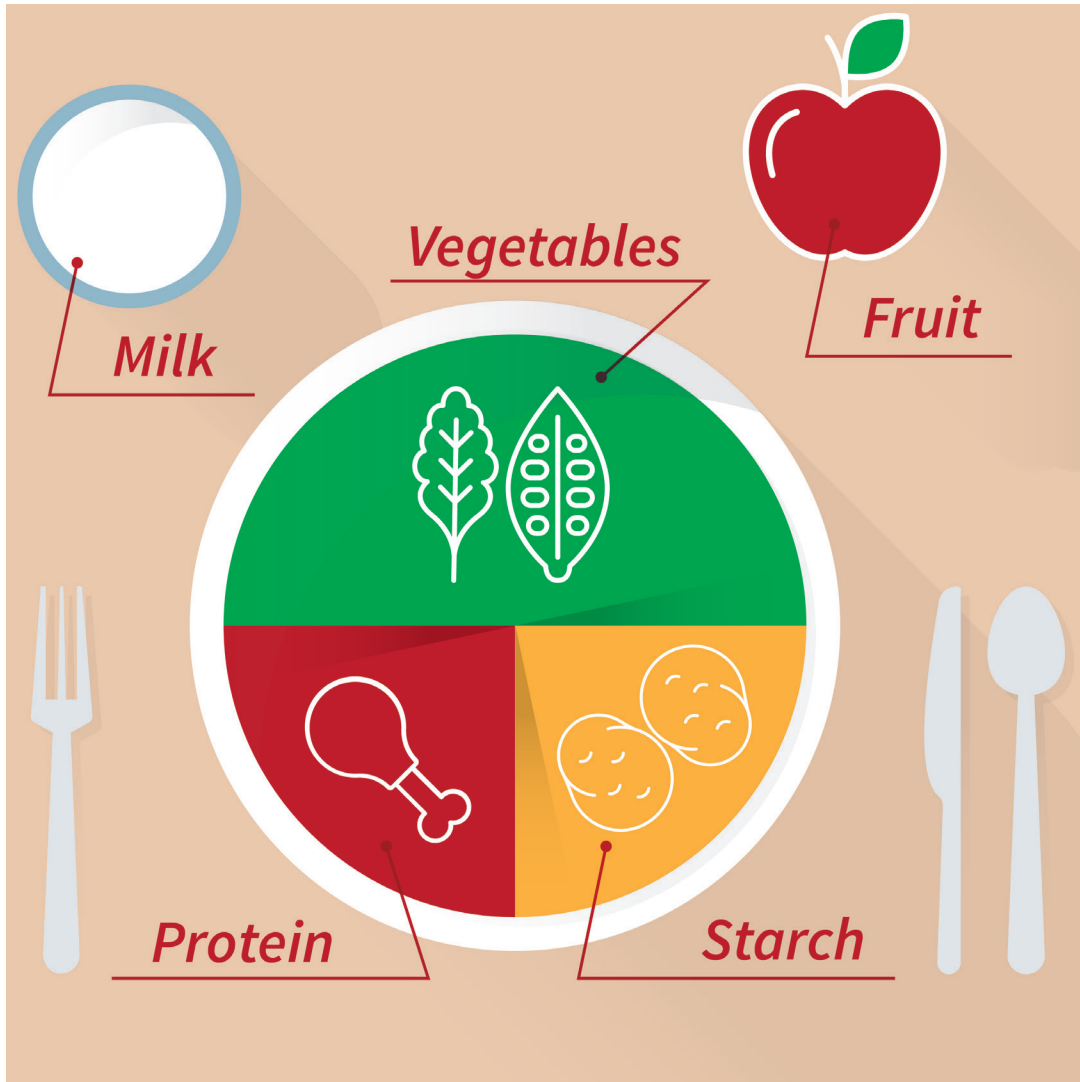
- Saturated and trans fats
- Sodium

a lot of

- Fibre
- Vitamin A
- Calcium
- Iron

This applies to all nutrients with a % Daily Value

HEALTHY PLATE



Fresh is best! Eating with less salt

INFORMATION ABOUT SODIUM

Sodium is a mineral found in salt (including sea salt, table salt, pink salt and others). Eating too much sodium can lead to health problems. These include high blood pressure, heart disease, stroke and kidney disease. Most of the sodium we eat is found in processed foods.

RECOMMENDATION

Limit your intake to 2000 mg of sodium per day.
1 tsp (5mL) of salt = 2300 mg sodium.

TIPS TO DECREASE YOUR SODIUM INTAKE

Grocery shopping

- Buy less processed foods and more fresh foods.
- Buy fresh or frozen vegetables.
- Read labels and choose products with less sodium.
- When buying canned foods look for no salt added or low sodium options such as no salt added canned tomatoes, no salt added chicken and beef broth, low sodium canned fish.

Preparing meals and snacks

- Don't add salt at the table.
- Cook more meals from scratch.
- Use fresh poultry, fish and meats, rather than canned, smoked or processed.
- Cook rice and pasta without salt.
- Rinse canned foods such as canned vegetables and beans, to remove some sodium.
- Be spicy not salty. Flavour food with herbs, spices, lemon, vinegars, or salt-free seasoning blends.

Eating out

- Eat out less often; most restaurant meals have 1000 mg sodium or more.
- Reduce condiments such as mustard, ketchup, pickles, and barbecue sauce.
- Bring half of your meal home with you or share with a friend.

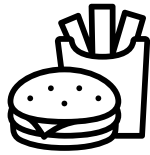
CREATE YOUR OWN SEASONING MIX

- | | | | |
|------------------|---------------|------------------|--------------|
| • 1 tbsp (15 mL) | dried mustard | • 1 ½ tsp (7 mL) | black pepper |
| • 1 tbsp (15 mL) | paprika | • 1 tsp (5 mL) | dried basil |
| • 1 tbsp (15 mL) | garlic powder | • 1 tsp (5 mL) | dried thyme |
| • 1 tbsp (15 mL) | onion powder | | |

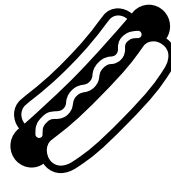
CHOOSE THESE FOODS LESS OFTEN OR USE SMALLER AMOUNTS



Salt/sea salt



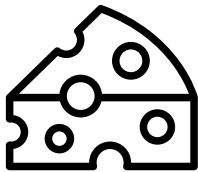
Fast foods



Hot dogs/smoked meats



Pizza



Cheese



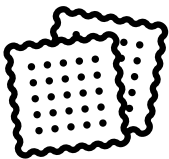
Canned pasta sauce



Sauces & seasonings



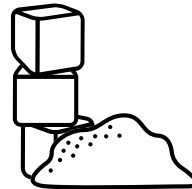
Snack foods



Salted crackers



Vegetable juice



Bouillon cubes or powders



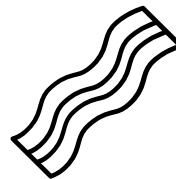
Pickles/Olives



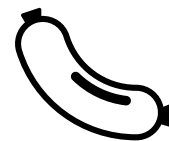
Restaurant food



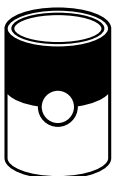
Cold cuts (Ham)



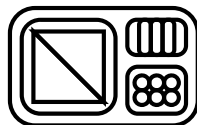
Bacon



Sausages



Canned soups



Frozen meals



Salted nuts



Soy sauce