

EAT WELL, AGE WELL. HEART-HEALTHY EATING

What is a Heart-Healthy Diet?

A heart-healthy diet is a well-balanced diet that focuses on heart-healthy fats, fruits, vegetables, whole grains, nuts, seeds, and low-fat dairy.

Omega-3 fats are important to a heart-healthy diet. They are made of polyunsaturated fats which can improve heart health. Consuming omega-3 unsaturated fats in place of saturated or trans fats improves heart health. For example, healthy fats reduce blood triglycerides (fats). This can minimize plaque buildup in the blood vessels.

Omega-3 fats are found in oily fish such as salmon, tuna, trout, and sardines. Other sources include canola, flaxseed, and soy oils, as well as flaxseed, chia seeds, soybeans, and tofu.

This salmon recipe is a great heart-healthy weeknight dinner.

Honey Garlic Salmon: Serves 2



Photo Courtesy of Pixabay.com, by Cattalin

Ingredients:

- 8oz fresh salmon filet
- ½ tbsp honey
- 2 cloves garlic, minced
- Salt, to taste
- Black pepper, to taste
- Serve with sliced lemon, if desired

To make a balanced meal, serve this salmon with roasted vegetables or a salad.

Directions

1. Heat oven to 400°F. Line a baking sheet with parchment.
2. Place salmon, skin side down, on the lined baking sheet. Spread evenly with honey, sprinkle with garlic, and season with a small pinch of salt and pepper.
3. Bake salmon 7-10 minutes (longer for a thicker filet).
4. Turn on broiler. Place salmon under broiler 5-7 minutes or until salmon reaches desired doneness.
5. Slide a spatula between skin and flesh to separate salmon from skin.
6. Add sliced lemon if desired.
7. Divide into 2 portions and serve.

Suggestion: Serve with roasted vegetables or a salad for a balanced meal.

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Benefits of a Heart Healthy Diet

A heart healthy diet is focused on minimizing unhealthy fats and sodium. The goal is to maximize foods that are high in healthy fats and fiber. A heart healthy diet helps improve your cholesterol levels and lowers your risk for heart disease and stroke. Some foods to incorporate into your diet include:

- Avocados
- Nuts
- Seeds
- Whole grain bread
- Beans
- Lentils
- Fiber

Breakfast Cookies



Photo Courtesy of Pixabay.com

Ingredients:

- 1 Tbsp Honey or Maple Syrup
- 3/4 cup Peanut Butter
- 3/4 cup Oats, Old Fashioned
- 1 tsp Vanilla
- Nuts & Seeds
- 1 Tbsp Chia seeds

Directions

1. Place peanut butter in a bowl and microwave for about 20 seconds. Then add in the honey and vanilla and give it a good mix.
2. Add in oats, chia seeds and any other optional mix-in's, stirring to combine.
3. Roll mixture into 8 balls and place on parchment paper lined baking sheet.
4. Press balls slightly flat, then place in fridge for at least an hour to set.
5. Store breakfast cookies in an airtight container in fridge for up to 2 weeks.

Optional add-ins: Dark chocolate chips, raisins, dried cranberries, flax seeds, or protein powder.

Recipe adapted from: Jamielyn Nye

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Heart Healthy Cooking Tips

Variety is key. You may think turning to heart healthy food means you need to eat bland fish and tasteless steamed vegetables. Not so, you can make menu ideas interesting with the addition of healthy fats, marinades, and herbs.

The new “OK” foods are foods that people may be avoiding but can add healthy fats and flavor to dishes. For example, avocados, walnuts, and almonds are great additions. Cook with a small amount of olive oil.

Learn to stir-fry foods by using measuring spoons to control the amount added to the pan.

Pump up the nutrition by adding vegetables to meats to increase flavor. You could try shredding carrots and red pepper into ground turkey or chicken.

Quick Vegetable and Turkey Stir Fry (Serves 2)



Photo courtesy of pexels.com

Ingredients

- 1 ½ tsp. olive oil
- ½ tsp. salt-free herb blend
- 1 thin slice of ginger root (minced) or ¼ tsp dried ginger
- ½ garlic clove (peeled and minced) or ½ teaspoon minced garlic or ¼ tsp garlic powder
- 1 cup turkey (cooked, cut into ½” cubes)
- ¼ tsp. sugar (optional)
- ½ cup vegetables, fresh or frozen (chopped)
- Water (optional)

Directions

1. Heat a frying pan. Add oil and heat on medium high.
2. Add ginger, garlic, seasonings, turkey, and vegetables. Stir for about 1 minute to coat with oil.
3. Adjust heat to prevent scorching. Add sugar. Once vegetables are tender, stop cooking.
4. If vegetables are firm, add 1-2 Tbsps. of water, cover and cook for 2 minutes.

Recipe adapted from: What’s cooking? USDA Mixing Bowl

Nutrition Information

Calories	607
Total Fat	55 g
Saturated Fat	14 g
Sodium	650 mg
Carbohydrates	6 g
Fiber	2 g
Total Sugars	2 g
Protein	23 g

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Heart Healthy Grocery Shopping Tips

Heart disease is one of the leading causes of death in the United States. Let's prevent heart disease with these tips:

1. Consume colorful fruits and vegetables. Examples are green leafy vegetables, carrots, apples, and bananas.
2. Eat nuts and high fiber foods. Examples are unsalted almonds, unsalted walnuts, whole-grain bread, and whole grain cereals.
3. Avoid buying high fat dairy and meat products. Better alternatives are chicken, turkey, low fat yogurt, and skim milk.

Quick Chicken Chili: Serves 4



Photo Courtesy of Pixabay.com

Ingredients:

- 1 pound of skinless chicken breasts or ground turkey
- 1 medium onion (finely chopped)
- 1 medium bell pepper (chopped)
- 1 tsp minced garlic
- 2 cups fat-free, low sodium chicken broth
- (2) 15.5 ounce no salt added beans (can choose pinto, red, kidney, or navy) drained and rinsed.
- ½ tsp pepper
- 1 teaspoon cumin

Directions

1. Trim all visible fat from chicken or turkey. Cut into bite-sized pieces.
2. Add chicken broth and chicken in a large pot cooking over medium heat until the chicken is no longer pink, about 7 minutes or until it reaches 165 degrees F.
3. Add the drained and rinsed beans to the pot.
4. Add all remaining ingredients to the pot and simmer on high for 10 minutes.

Recipe adapted from: Rachel Gurk