



The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center, room 2101 in the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information Guides at <http://infoguides.med.umich.edu/home>

Brochures, Fact sheets

- American Heart Association
 - **Easy Food Tips for Heart-Healthy Eating**
 - **Losing Weight the Healthy Way**
 - **Making Healthy Food and Lifestyle Choices**
 - **Shaking Your Salt Habit**
 - **Tips for Eating Out**

- National Heart, Lung and Blood Institute (NHLBI) Information
 - **Aim for a Healthy Weight Patient Booklet**
 - **Keep the Beat Recipes: Deliciously Healthy Dinners**
 - **Keep the Beat Recipes: Deliciously Healthy Family Meals**
 - **Maintaining a Healthy Weight On the Go**
 - **Your Guide to Lowering Cholesterol with Therapeutic Lifestyle Changes (TLC)**
 - **Your Guide to Lowering Your Blood Pressure with DASH**

<http://catalog.nhlbi.nih.gov/catalog/home>

At this site you can order a free copy of these publications or access printer-friendly versions. To find a publication click on a subject heading or type the title in the search box.

Books

- Ades, Philip A. **Eating Well for a Healthy Heart Cookbook: A Cardiologist's Guide to Adding Years to Your Life**. Woodstock, VT: The Countryman Press; New York: W. W. Norton, 2008.



- American Heart Association. **Diabetes & Heart Healthy Cookbook. 2nd Edition.** Alexandria, VA: American Diabetes Association; Dallas, TX: American Heart Association, 2014.
- American Heart Association. **Eat Less Salt: An Easy Action Plan for Finding and Reducing the Sodium Hidden in Your Diet.** New York: Clarkson Potter Publishers, 2013.
- American Heart Association. **Go Fresh: A Heart-Healthy Cookbook with Shopping and Storage Tips.** New York: Clarkson Potter Publishers, 2014.
- American Heart Association. **Healthy Fats, Low-Cholesterol Cookbook: Delicious Recipes to Help Reduce Bad Fats and Lower Your Cholesterol.** New York: Crown Publishing, 2015.
- American Heart Association. **Healthy Slow Cooker Cookbook: 200 Low-Fuss, good for you Recipes.** New York: Clarkson Potter Publishers, 2012.
- American Heart Association. **The New American Heart Association Cookbook, 9th Edition.** New York: Crown Publishing, 2017.
- American Heart Association. **Quick & Easy Cookbook. 2nd Edition.** New York: Clarkson Potter Publishers, 2012.
- Archer, Shirley S. **101 Ways to lower your cholesterol: Easy tips that allow you to take control, reduce risk and live longer.** Avon, MA: Adams Publishing, 2010.
- Brill, Janet Bond. **Prevent a second heart attack: 8 foods, 8 weeks to reverse heart disease.** New York, NY: Three Rivers Press, 2011.
- Fernstrom, Madelyn. **Don't Eat This If You're Taking That.** New York: Skyhorse Publishing, 2017.
- Hever, Julieanna. **The Complete Idiot's Guide to Plant-Based Nutrition.** New York, NY: Penguin, 2011.
- Lieberman, Layne. **Beyond the Mediterranean Diet.** Canada: WorldRD, 2013.



- Magee, Elaine. **Tell Me What to Eat if I Suffer from Heart Disease.** Franklin Lakes, NJ: New Page Books, 2010.
- Masley, Steven. **The 30-Day Heart Tune-Up: A Breakthrough Medical Plan to Prevent and Reverse Heart Disease.** New York: Hachette Book Company, 2014.
- Ozner, Michael. **The Complete Mediterranean Diet.** Dallas, TX: BenBella Books, 2014.
- Piscatella, Joseph C. **The Healthy Heart Cookbook: Over 700 Recipes for Every Day and Every Occasion.** New York, NY: Black Dog & Leventhal Publishers, 2013.
- Raffetto, Meri. **Mediterranean Diet Cookbook for Dummies.** Hoboken, NJ: John Wiley & Sons, Inc., 2012.
- Rawlings, Deirdre. **The Complete Idiot's Guide to DASH Diet Cooking.** New York: Alpha Books, 2012.
- Riolo, Amy. **The Ultimate Mediterranean Diet Cookbook.** Beverly, MA: Fair Winds Press, 2015.
- Rust, Rosanne. **DASH Diet for Dummies.** Hoboken, NJ: John Wiley & Sons, Inc., 2014.
- Seelig-Brown, Barbara. **Secrets of Healthy Cooking: A Guide to Simplifying the Art of Heart Healthy and Diabetic Cooking.** Alexandria, VA: American Diabetes Association, 2015.
- Wasserman, Marni. **Plant-Based Diet for Dummies.** Hoboken, NJ: John Wiley & Sons, Inc., 2014.
- Weisenberger, Jill. **The Overworked Person's Guide to Better Nutrition.** Alexandria, VA: American Diabetes Association, 2014.
- Welland, Diane. **The Complete Idiot's Guide to the TLC Diet.** New York: Penguin Group, 2013.



Web Resources

- **National Heart, Lung, and Blood Institute (NHLBI): Aim for a Healthy Weight**
https://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm
This site has interactive tools that teach and help manage healthy diet including: a menu planner, recipes and a BMI calculator.
- **American Heart Association: Healthy Eating**
<http://www.heart.org>
 - On the bar across the top of the page, click on: “**Healthy Living**”
 - Click on: “**Healthy Eating**”This site includes information and interactive tools to help maintain a healthy diet. Some of the information focuses on how to find heart healthy items in your grocery store, heart healthy recipes, and helpful information for dining out.
- **Best Diets as Ranked by U.S. News & World Reports**
<http://health.usnews.com/best-diet>
A panel of health experts, including nutritionists and specialists in diabetes, heart health, human behavior, and weight loss, reviewed detailed assessments prepared by *U.S. News* of 29 diets. The experts rated each diet in seven categories, including short-and long-term weight loss, ease of compliance, safety, and nutrition.
- **Choosemyplate.gov**
<https://www.choosemyplate.gov/>
Choosemyplate.gov offers personalized eating plans and interactive tools to help you plan and assess your food choices based on the *Dietary Guidelines for Americans*.
- **Eatright.org**
<http://www.eatright.org/>
This useful website is created by the Academy of Nutrition and Dietetics, the world’s largest organization of food and nutrition professionals. They strive to improve the nation’s health through research, education, and advocacy.



- **Nutrition.gov**
<https://www.nutrition.gov/>
This site provides easy, online access to government information on food and human nutrition for consumers. Here you can find guidelines for healthy nutrition, guidance on food shopping and meal planning and lists of calories and nutrients in food.
- **Nutrition Source**
<https://www.hsph.harvard.edu/nutritionsource/>
This site is developed by the Harvard School of Public Health. The purpose of the Nutrition Source is to provide timely information on diet and nutrition for clinicians, allied health professionals, and the public. They also have a nice section about nutrition in the news.

Apps

- **Fooducate**
Cost: Free
Available for the iPhone and Android phones.
Lose weight, eat real food, and track your progress. Fooducate grades your food, explains what's really inside each product, and offers healthier alternatives. They have the largest database of UPCs - over 200,000 unique products and growing. You can filter by vegan or vegetarian too.
- **Healthy Out**
Cost: Free
Available for iPhone and Android.
HealthyOut finds you dishes at local restaurants that match your diet and nutrition preferences. There are preferences such as under 500 calories, low carb, low sodium, vegan, gluten free and many others to choose from. This makes it easy to eat healthy and stay on your diet when you're eating out.



- **Lose It!**
Cost: Free
Available for iPhone and Android.
Lose It! allows you to set a weight loss goal and timeline, and then calculates how many calories you should consume (your calorie budget) and how many you actually take in. The searchable database is packed with general foods, brand name grocery store goods, and menu items from popular chain restaurants.
- **My Fitness Pal**
Cost: Free
Available for iPhone and Android.
This app has a very user friendly food diary and exercise log. It also has one of the largest food databases to pull your information from. Users are given customized calorie goals, which are adjusted based on physical activity. You can also scan a bar code to get a food items' nutrition facts.
- **Calorie Counter and Food Diary by MyNetDiary**
Cost: Free
Available for iPhone and Android.
This app helps you to keep track of your food and exercise. It analyzes your data and guides you with personalized advice and diet tips.
- **ShopWell**
Cost: Free
Available for iPhone and Android.
Just by scanning a barcode this App can tell you what's in the food you're buying and offers suggestions of new foods to try that fit your lifestyle.
- **SparkPeople**
Cost: Free
Available for iPhone and Android.
This app helps you to track your food and fitness. The app also offers diet plans, exercise options, expert advice and an online community.



- **Calorie counter by FatSecret**
Cost: Free
Available for iPhone and Android.
Keep track of your food, exercise and weight using their nutrition database and by scanning barcodes. Also provides recipe and meal ideas and can be synced with a Fitbit and other apps.

University of Michigan Resources

- **Nutrition Services at the Preventive Cardiology Program** offers a number of relevant programs and services including individualized counseling and group sessions to help individuals reduce risk disease and improve wellness. The service specializes in medical nutrition therapy for:
 - Cholesterol and triglyceride reduction
 - Blood pressure management
 - Healthy weight management
 - Metabolic syndrome/Insulin resistance/Pre diabetes
 - Diabetes
 - Congestive Heart Failure

For more information access: <http://www.uofmhealth.org/conditions-treatments/heart-nutrition>

2 Locations are available:

The Cardiovascular Center (734)998-7400

Cardiovascular Medicine at Dominoes Farms (888)287-1082

- **University of Michigan Healing Foods Pyramid**
<http://www.med.umich.edu/umim/food-pyramid/>
Includes in-depth information on all the food groups. The pyramid allows readers to click on each category to discover details and recommendations compiled from current research-based information.

This document contains information and/or instructional materials developed by the Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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