

Healthy Lifestyle: Diet & Nutrition



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The purpose of this guide is to help patients and families to find sources of information about heart healthy diet and nutrition. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Wellness Resource Center, room 2101 in the Cardiovascular Center.

Brochures, Fact sheets

- **American Heart Association**

- Making Healthy Food and Lifestyle Choices
- Losing Weight the Healthy Way
- Easy Food Tips for Heart-Healthy Eating

- **National Heart, Lung and Blood Institute (NHLBI)**

Information

- Aim for a Healthy Weight Booklet
- Facts About Healthy Weight
- Be Heart Smart! Eat Foods Lower in Saturated Fat and Cholesterol
- Cut Down on Fat - Not on Taste! (English and Spanish)
- Cut Down on Salt and Sodium! (English and Spanish)

Recipes

- Stay Young at Heart recipes
- When Delicious Meets Nutritious: Recipes for Heart Health
- Keep the Beat: Heart Healthy Recipes from the National Heart, Lung, and Blood Institute
- Delicious Heart Healthy Latino Recipes (English and Spanish)
- Heart-Healthy Home Cooking African American Style

To order a free copy of these publications or access printer-friendly versions, go to: <http://www.nhlbi.nih.gov/>

Books

- Ades, Philip A. *Eating Well for a Health 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. *An Eating Plan for Healthy Americans: Our American Heart Association Diet*. Dallas, TX: American Heart Association, 2005.
- American Heart Association. *Diabetes & Heart Healthy Meals for Two: Over 170 Delicious Recipes That Help You (both) Eat Well and Eat Right*. Alexandria, VA: American Diabetes Association; Dallas, TX: American Heart Association, 2008.
- American Heart Association. *Healthy Family Meals: 150 Recipes Everyone Will Love*. New York: Clarkson Potter Publishers, 2009.
- American Heart Association. *The New American Heart Association Cookbook*. 7th ed. New York: Clarkson Potter Publishers, 2004.
- Burt, Lizzy & Mercer, Nelda. *High Fit -- Low Fat*. Nashville, TN: Favorite Recipes Press, 1995.
- Burt, Elizabeth, Goldberg, Katherine & Rhodes, Katherine. *High Fit Low Fat Vegetarian*. Nashville, TN: Favorite Recipes Press, 1995.
- Cutlip, M. Laurel Budgazad, Sari. *The Cardiac Recovery Cookbook : Heart Healthy Recipes for Life After Heart Attack Or Heart Surgery*. Long Island City, NY: Healthy Living Books/Hatherleigh Press, 2005.
- Kerr, Treena & Kerr, Graham. *Charting a Course to Wellness*. Alexandria, VA: American Diabetes Association, 2004.
- Magee, Elaine. *Tell Me What to Eat if I Suffer From Heart Disease*. Franklin Lakes, NJ: New Page Books, 2010.
- Polin, Bonnie Sanders & Giedt, Frances Towner. *Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook*. New York: Broadway Books, 2007.

Web Resources

- **Aim for a Healthy Weight** – from The National Heart, Lung, and Blood Institute (NHLBI)
Access at:
http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm
Users of this site can find many interactive tools that teach and help manage healthy diet including: a menu planner, recipes and a BMI calculator. Clicking on the link to "*Part 2: Controlling Your Weight*" links to information on selecting a weight-loss program, guide to behavior change, shopping, a menu planner a food-exchange list.

- **American Heart Association – Nutrition Center**

- Access at: <http://www.heart.org/>

- On the red bar across the top of the page, click on: “Getting Healthy”

- Click on: “Nutrition Center”

- This section includes information and interactive tools to help maintain a healthy diet. The grocery list includes 800 foods that were screened by AHA to be low in saturated fat and cholesterol. This tool enables the user to select and print a grocery list.

- **Nutrition.gov**

- Access at: <http://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.

University of Michigan Resources

- **Nutrition Services at The Preventive Cardiology program** at Domino’s

- Farms 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.med.umich.edu/cvc/>

Click on “Our Services,” scroll down and select “Nutrition Services.”

Phone: 734-998-7400

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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