

Resources for Heart Healthy Living

Many factors affect your chance of getting heart and blood vessel disease. Some of these risk factors can't be changed (family history, age, and gender). But, if you watch what you eat and stay active, you **can** improve your cholesterol levels, control your weight, and manage high blood pressure.

Use this resource, made by Preventive Cardiology Registered Dietitians, to help you live a heart-healthy life.

Cookbooks

- The Road to a Healthy Heart Runs through the Kitchen, by Joe and Bernie Piscatella, Workman Publishing, 2005.
- The New American Heart Association Cookbook, 9th Edition, Clarkson Potter, 2017
- American Heart Association Low-Salt Cookbook, 4th Edition, Clarkson Potter, 2013
- American Heart Association Quick and Easy Cookbook, 2nd Edition, Clarkson Potter, 2012
- American Heart Association Healthy Slow Cooker Cookbook, 2nd Edition, Harmony, 2018
- The Diabetes and Heart Healthy Cookbook, American Heart Association and American Diabetes Association, 2nd Edition, 2014.
- The Complete Idiot's Guide to the Mediterranean Diet, Tessman & Green, 1st Edition, Alpha, 2010
- The New Mediterranean Diet Cookbook, Nancy Harman Jenkins, 1st Edition, Bantam, 2008
- The Mediterranean Diabetes Cookbook, Amy Riolo, 1st Edition,

American Diabetes Association, 2010

- Eat, Drink and Weigh Less, Katzen & Willett, 1st Edition, Hachette Books, 2007
- The EatingWell for a Healthy Heart Cookbook, Ades, 2008
- How to Cook Everything Vegetarian, Mark Bittman, 10th Edition, Houghton Mifflin Harcourt, 2017
- The Complete Idiot's Guide to Vegan Living, Bennett & Sammartano, 2nd Edition, Alpha, 2012
- The Great Vegan Bean Book, Hester & Comet, 2nd Edition, Fair Winds Press, 2013
- Vegetarian Times Complete Cookbook, 2nd Edition, Houghton Mifflin Harcourt, 2005
- Love and Lemons: Simple Feel Good Food, 125 Plant-Focused meals to Enjoy Now or Make Ahead, Jeanine Donofrio
- Well Plated Every Day Cookbook, Erin Clarke
- The Truly Easy Heart-Healthy Cookbook: Fuss-Free, Flavorful, Low-Sodium Meals, Routhenstein, 2020
- The Heart Healthy Cookbook for Two, Koslo & Samaan, 2017

Magazines (with free healthy online recipes)

- Clean Eating www.cleaneatingmag.com
- Eating Well www.eatingwell.com
- Vegetarian Times www.vegetariantimes.com

Web Sites

- National Stroke Association
www.stroke.org
- Academy of Nutrition and Dietetics
www.eatright.org
- DASH (Dietary Approaches to Stop Hypertension) Diet
<http://www.nhlbi.nih.gov/health/health-topics/topics/dash>
- Heart Healthy recipes by the National Heart, Lung, and Blood Institute
<https://healthyeating.nhlbi.nih.gov/default.aspx>
- United States Department of Agriculture My Plate
<https://www.choosemyplate.gov>
- American Heart Association website
<https://www.heart.org/en/healthy-living/healthy-eating>
- Heart Healthy Market
<https://healthyheartmarket.com/>

Smartphone Apps

Stress

- Insight Timer-Meditate & Sleep
- HealthyMinds

Self-Monitoring

- Heart Pal
- Point of Care
- Holly Health
- MyFitnessPal
- Chronometer
- Nourishly

Recipes/M meal Planning

- Sifter
- Plan To Eat
- Eat This Much

Who to Call

If you are a UW Health patient and have more questions, please call UW Health at one of the phone numbers below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH)
(608) 890-5500

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright 12/2024 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#523.