

HeartLinks Healthy Eating Virtual Program Guide

Objectives

- How to prepare quick and easy foods
- Meal time tips
- How to choose foods for a healthy diet

Challenges: COVID-19 has thrust us in to sheltering in place and social distancing. Healthy eating and maintaining physical activity are cornerstone challenges. We are providing Heart Healthy, Immune System Boosting Dietary Information and Choices that you can incorporate into your chapter program.

One of the best things you can do if you want to be a Heart Healthy Immune System promoting Clean Eater is to get your kitchen dirty.

Heart Healthy Fun Fact: Did you know there has been a 42% increase in cooking “from scratch “at home?

Keeping Meals Simple

Making sure meals, on a budget, can happen from

- Five (5) Ingredients or less
- One Dish or Skillet Meals
- Sheet Pan Dinners are Great Too!
- Slow Cooker Comforts
- Long Live Leftovers

HEALTHY COOKING

Re-purposing leftovers, for example, can be done by pulling multiple meals out of a simple roast chicken by using what is available in your pantry. Roast a bird, on Sunday, and you are set weeks’ worth of delicious heart healthy immune system boosting dinners from soups, salads, comforting casseroles and fragrant curries.

Sheet Pan Dinners are great too!

Imagine coming home and is there anything more comforting than creating a roast dinner?

Recipes are present for all, the spices needed for baking the chicken thighs and vegetables on a single sheet pan.

Not to mention recipes for salmon with spring vegetables or healthy homemade chicken tenders, four (4) ways.

This will allow you to put a “Heart Healthy”, budget conscious delicious meals. These meals can be on your family’s table quicker than takeout. It will also keep the ingredient list short and minimizing clean up.

It is readily recommended to have two (2) snacks a day. One mid-morning and one- mid- afternoon. Depending on your daily caloric needs, you should consider a 150-250 calories per snack. These snacks prevent you from going into the refrigerator the minute you get home. These snacks provide plenty of protein and fiber, so please mix and match, Fiber-Filled snacks, Protein-Packed Snacks.

Snack Options:

- Peanuts (unsalted, dry roasted)
- Crackers (whole grain, saltines)
- Peanut Butter (100% ground peanuts)
- Raisins
- Popcorn (salt-free)

Pantry:

- Dried Beans
- Dried Peas
- Rice (plain)
- Root Vegetables
- Sweet Potatoes
- Pasta (dry)

We know you are in search of culinary aspects to spice things up.

Relieving Stress

- **Meditation** - Meditation may also help people become more mindful of [food choices](#).
- **Physical Activity - Exercise** can blunt some of the negative effects of stress. Some activities, such as yoga and tai chi, have elements of both exercise

and meditation.

Resources

<https://www.nhlbi.nih.gov/health/healthdisp/aa.htm>

www.blogfitbit.com

www.penguin.com

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/aha-cookbooks>

<https://www.foodnetwork.com/recipes/comfort-foods/slow-cooker-meals/easy-slow-cooker-recipes>

Children Nutrition Programs

Create programs for children that teach children about healthy eating by using games, coloring books, MyPlate activities and so much more.

www.nutrition.gov/topics/audience/children;

<https://www.nhlbi.nih.gov/health/educational/wecan/>

Comfort Food & Recipes

Comfort Foods is food that provides a nostalgic or sentimental value to someone, and may be characterized by its high caloric nature, high carbohydrate level, or simple preparation.

Comfort food consequences may result in eating too much saturated fat in particular. They are high in carbohydrates and can raise your blood sugar in a way similar to sugar. Recommendation eating them only in limited time and in moderation.

Try modifying your comfort food recipes and preparations. Here are some examples provided in the information below (links)

Links to American Heart Association's Instant & Healthy recipes

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/aha-cookbooks/instant-and-healthy-cookbook>

Comfort food without the guilt

<https://www.health.harvard.edu>

Shepherd's Pie Recipe from Chef Cynthia Anderson

Shepherd's Pie comes to us from England, and is traditionally made with lamb or mutton. Here in the states we are more of a beef eating culture than a lamb eating one, and when one is served "shepherd's pie" here in the US, it is most often made with ground beef. You can turn this dish into your own special recipe by adding your favorite meat, beans or legumes.

Easy Shepherd's Pie Recipe

- Prep time: **15 minutes**
- Cook time: **50 minutes**
- Yield: **Serves 4**

INGREDIENTS

- 1 1/2 to 2 pounds potatoes (about 3 large potatoes), peeled and quartered
- 8 Tablespoons (1 stick) butter
- 1 medium onion, chopped (about 1 1/2 cups)
- 1-2 cups vegetables—diced carrots, corn, peas
- 1 1/2 lbs ground round beef (or your favorite meat, beans or legumes)
- 1/2 cup beef broth (or vegetable)
- 1 teaspoon Worcestershire sauce
- Salt, pepper, other seasonings of choic

METHOD

1 Boil the potatoes: Place the peeled and quartered potatoes in medium sized pot. Cover with at least an inch of cold water. Add a teaspoon of salt. Bring to a boil, reduce to a simmer, and cook until tender (about 20 minutes).

2 Sauté vegetables: While the potatoes are cooking, melt 4 tablespoons of the butter in a large sauté pan on medium heat. Add the chopped onions and cook until tender, about 6 to 10 minutes.

- If you are including vegetables, add them according to their cooking time. Carrots should be cooked with the onions, because they take as long to cook as the onions do.
- If you are including peas or corn, add them toward the end of the cooking of the onions, or after the meat starts to cook, as they take very little cooking time.

3 Add the ground beef, then Worcestershire sauce and broth: Add ground beef to the pan with the onions and vegetables. Cook until no longer pink. Season with salt and pepper.

- Add the Worcestershire sauce and beef broth. Bring the broth to a simmer and reduce heat to low. Cook uncovered for 10 minutes, adding more beef broth if necessary to keep the meat from drying out.

4 Mash the cooked potatoes: When the potatoes are done cooking (a fork can easily pierce), remove them from the pot and place them in a bowl with the remaining 4 Tbsp of butter. Mash with a fork or potato masher, and season with salt and pepper to taste.

5 Layer the meat mixture and mashed potatoes in a casserole dish: Preheat oven to 400°F. Spread the beef, onions, and vegetables (if using) in an even layer in a large baking dish (9x13 casserole).

- Spread the mashed potatoes over the top of the ground beef. Rough up the surface of the mashed potatoes with a fork so there are peaks that will get well browned. You can even use a fork to make creative designs in the mashed potatoes.

6 Bake in oven: Place in a 400°F oven and cook until browned and bubbling, about 30 minutes. If necessary, broil for the last few minutes to help the surface of the mashed potatoes brown.

Be careful when broiling using Pyrex or glass dishes, they have been known to shatter under the high heat of the broiler. It's not a worry if you are using a ceramic or metal casserole dish.)

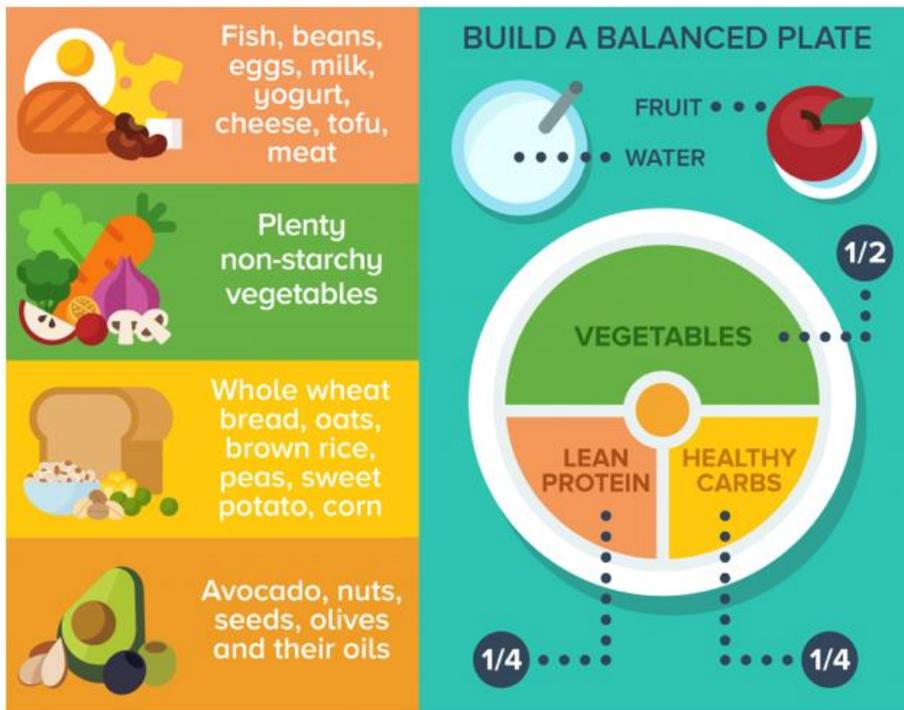
Suggested variations:

Put a layer of creamed corn between the ground beef and the mashed potatoes.

Sprinkle grated cheddar cheese over the top of the mashed potatoes before baking.

1. Take probiotics and eat fermented foods. ...
2. Eat prebiotic fiber. ...
3. Eat less sugar and sweeteners. ...
4. Reduce stress. ...
5. Avoid taking antibiotics unnecessarily. ...
6. Exercise regularly. ...
7. Get enough sleep.

Building A Balanced Plate



A guide that aims to bring balance to your plate -easily.

No measuring cups or scale needed.

Fill 1/2 (half) your plate with vegetables, a quarter with healthy carbohydrate-rich foods, quarter with lean protein foods, and a small doll up of healthy fats.

Throughout the day snack on a couple of pieces of fresh fruit and sip on mostly water.

When you approach each meal with this mindset, no matter your dishware — bowl, plate, lunchbox, three-course meal, You will be able to build your own healthy balanced meals.

Link

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