# Welcome to this Program

The information on this web site is designed to help you improve your eating patterns to help you reduce your risk for heart disease and stroke. The materials are organized in sections, as follows:

**Section A: Survey of Eating Patterns**

**Section B: Healthy Eating Sessions**

**Section C: Healthy Eating Information**

**Section D: Cookbook**

You can use this information in two ways.

1. If you just want to review information on eating patterns and health and/or find some new recipes for healthy foods, use the table of contents to find the information you would like to review.
2. If you would like to use this information in a structured way, including a dietary survey to identify areas most in need of improvement and tips to make such improvements, then follow the instructions in the next section.

## Structured Program

### Section A: Survey of Eating Patterns

This section contains a 4 page survey which will help you identify the areas you choose to work on during the program. You should print and fill out the survey. Then you can use the survey as you work through the 4 sessions to help you decide what you want to work on to improve your eating patterns.

### Section B: Healthy Eating Sessions

Each session will focus on a different food group. We suggest you pace yourself and do one session each 2 to 4 weeks. Each section is organized as follows.

1. The first part has background information on the food group. For session one, there is also general background information on eating patterns and health.
2. The next part is a tips section. To use this, we suggest you look at the page of the survey you completed for this food group and select 2 areas that need improvement to work on. The tips will give you ideas about changes you can make.
3. The last part of each section is titled, "My Goals and First Steps." You can print this page to write down your goals and note your progress

# Welcome to this Program

**Look for these pictures to help you find the tips that go with each session.**

Nuts, Spreads, Dressings, and Oils

Drinks, Desserts, Snacks, Eating Out, and Salt

Vegetables, Fruits, Whole Grains, and Beans

Fish, Meat, Poultry, Dairy, and Eggs

**Section C: Healthy Eating Information**

This section provides information on several different topics related to eating patterns and health.

**Section D: Cookbook**

The Cookbook starts with several tips on cooking for a healthy heart and has many recipes for many different types of foods.

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Thomas Keyserling, MD, MPH
Alice Ammerman, DrPH, RD
Carmen Samuel-Hodge, PhD, MS, RD
Stacey Sheridan, MD, MPH
Stephanie Jilcott, PhD
Kelly Evenson, PhD
Lindy Draeger, MPH
Beverly Garcia, MPH
Danielle Braxton, MPH, RD, LDN
Lucas Carr, PhD
Larry Johnston, MA
Maihan Vu, DrPH, MPH
Rachel Peragallo, MD

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# Table of Contents

## Section A: Survey of Eating Patterns


Introduction ..... A-1

Nuts, Oils, Dressings, and Spreads ..... A-3

Vegetables, Fruit, Whole Grains, and Beans ..... A-5

Drinks, Desserts, Snacks, Eating Out, and Salt ..... A-7

Fish, Meat, Poultry, Dairy, and Eggs ..... A-9


## Section B: Healthy Eating Sessions


**SESSION 1:**

**A Healthy Eating Plan**

Introduction ..... B-17

**Nuts, Oils, Dressings, and Spreads**

Background Information ..... B-23

Tips ..... B-28

Goals ..... B-31

**SESSION 2:**

**Vegetables, Fruit, Whole Grains, and Beans**

Background Information ..... B-35

Tips ..... B-38

Goals ..... B-43

**SESSION 3:**

**Drinks, Desserts, Snacks, Eating Out, and Salt**

Background Information ..... B-47

Tips ..... B-54

Goals ..... B-57

**SESSION 4:**

**Fish, Meat, Poultry, Dairy, and Eggs**

Background Information ..... B-61

Tips ..... B-65

Goals ..... B-67

# Table of Contents

## Section C: Healthy Eating Information

Be Serving Size Wise ..... C-69
Cooking at Home ..... C-71
Tips for Eating Out ..... C-73
Best Oils for Cooking ..... C-75
Spice It Up Without Salt ..... C-77
Cooking for One or On the Run ..... C-79
Read the Label ..... C-81
Eating Healthy on a Budget ..... C-83
A Shopping List to Improve Fat Quality ..... C-85

## Section D: Cookbook