

# Use the Pyramid To Stock Your Kitchen For Quick & Easy Heart Healthy Meals

## Top:

Spray oils allow you to place a small amount of oil over a large surface.

Sesame oil adds a lot of flavor to stir-frys and oriental salads; use in small amounts.

Juice concentrates & all fruit jams add sweetness and flavor.



## Dairy:

Nonfat plain yogurt is a great "topper"

Nonfat vanilla flavored yogurt - salad dressing for fruit and vegetable salads; a dessert sauce.

Fat free or lowfat grated cheese - these products are improved. For best results, only bake or microwave these cheeses for a minute or they become tough.

Parmesan cheese - this cheese gives you a lot of flavor in a small amount.



## Protein:

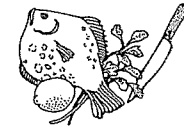
Canned beans - rinse and add these to everything.

Split peas and lentils cook quickly without needing to be soaked first.

Chicken & turkey & fish

Veggie burgers - for heart healthy meals in a snap.

Canned tuna and salmon make salad meals.



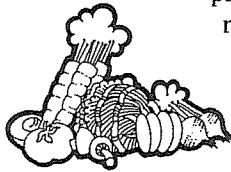
## Vegetables:

Frozen Vegetable Medleys and chopped onions - frozen vegetables save you a lot of time.

Fresh Vegetables that are easy to prepare i.e. zucchini, broccoli, cauliflower, etc... Look for store specials to get even more nutrients for your money.

Canned tomatoes with no added salt - flavored. These products are very convenient because they add many flavors and ingredients with the convenience of adding just one.

Pasta sauce and no-salt-added tomato sauce and tomato paste are the workhorses of a heart healthy kitchen.



## Fruits:

Fresh - nature's best snack in its own wrapper.

Frozen - frozen fruits are delicious for baked desserts.

Canned - canned fruits (look for ones canned in natural juice) add variety to your meals.

Dried - dried fruits add pizzazz to salads, rice and pasta dishes.



## Grains:

Instant Brown Rice - a whole grain that cooks in 5 or 10 minutes. Save money by making large batches of brown rice and freezing it in small quantities.

Small Pasta Shapes - macaroni, rotelle, penne, rotini, small shells, mini lasagna - these cook very quickly as one pot meals in the skillet or microwave without needing to be boiled and drained first.

No Boil Lasagna Noodles, Angel Hair Spaghetti, Curly Spaghetti (fun shape) - No-boil lasagna noodles save you time- layer them in your lasagna with nonfat ricotta and pasta sauce. Angel hair spaghetti cooks very quickly and curly spaghetti is a fun shape for families.

Couscous - a small grain that cooks instantly. Look for it with the pasta products in your grocery store.

Whole Wheat Pitas - use these to make pizza, hold salads and stuff with leftovers for creative meals that you can even eat while you are driving.

Tortillas - corn and lowfat flour - these great flatbreads are not just for Mexican cooking anymore! Use them for wrap sandwiches, pizza crusts, baked as lavosh and even for dessert! Baked corn tortillas even make a great base for tostada salads.

Quick Cooking Barley - cooks quickly for soups, risottos and pilafs.



## Quick And Easy Meals From A Well-Stocked Kitchen

*All meals shown contain less than 500 calories, 8 grams fat and 600 mg. sodium.*

- **Chili with Rice**
  - canned pinto beans
  - frozen corn
  - fresh veggies (zucchini, tomatoes, onions)
  - spices (cumin, chili powder, garlic powder)
  - rice
  - topped with yogurt and nonfat cheese
- **Chili Baked Potato**
  - leftover chili served in a baked potato
  - top with nonfat plain yogurt
- **Chili Wrap**
  - leftover chili wrapped in a tortilla
- **Pasta Primavera**
  - spaghetti
  - pasta sauce
  - frozen festive veggie mix
- **Mexican Minestrone**
  - canned kidney beans
  - canned tomatoes
  - macaroni
  - frozen Italian veggies
  - broth/water
  - spices (chili spices or Italian seasoning, garlic powder)
  - top with cheese and yogurt
  - baked corn tortilla garnish
- **Broccoli Cheese Baked Potato**
  - baked potato
  - steamed broccoli
  - nonfat yogurt
  - nonfat cheese
- **Stirfy with Chicken**
  - chicken breast
  - frozen veggies stirfry mix
  - instant brown rice
  - seasonings - soy sauce, sesame oil, ginger, red pepper
- **Stirfry Wrap**
  - leftover stir fry mix wrapped in a tortilla
- **Stirfry Pasta Toss**
  - chicken breast
  - frozen veggie stir fry mix
  - pasta
  - seasonings - soy sauce, sesame oil, ginger, red pepper
- **Tuna Salad**
  - lettuce
  - tomatoes
  - jicama
  - peppers
  - cucumbers
  - canned tuna
- **Tortilla Pizza**
  - tortilla
  - pasta sauce
  - beans
  - veggies
  - ricotta cheese
  - lowfat grated mozzarella cheese
- **Fruit Plate**
  - fresh and canned fruit
  - top with yogurt, sorbet or nonfat frozen yogurt
- **Fruit Tostada Dessert**
  - corn tortilla baked with cinnamon and sugar (use oil spray to make them stick)
  - fresh fruits
  - nonfat vanilla yogurt
  - fruit purees for sauce

## Quick And Easy Meals From A Well-Stocked Kitchen

### Chili With Rice

#### chili:

- 1 can pinto beans, rinsed and drained (1½ cups)
- 1 cup frozen corn kernels
- 2 cups fresh veggies, chopped
- 1 can stewed diced tomatoes, no added salt
- 1 tsp chili powder
- 1 tsp garlic powder
- ½ tsp cumin

#### rice:

- 2 cups instant brown rice
- 2 cups water or broth

#### garnish:

- 6 Tbsp nonfat plain yogurt

Place chili ingredients in a large sauce pan and bring to a boil over medium-high heat. Reduce to a simmer and cook until vegetables are tender, about 5 minutes.

Meanwhile, cook rice according to package directions.

Serve chili over rice with a tablespoon of nonfat plain yogurt over each serving.

Serves 6. Each serving, 1½ cups: 275 calories, 2 gm fat, 0 gm sat. fat, 0 cholesterol, 9 gm fiber, 57 gm carbohydrate, 10 gm protein, 228 mg. sodium.

### Chili Baked Potato

- 4 baking potatoes
- 1 batch of chili (see above recipe)
- ½ cup nonfat plain yogurt

Wash and pierce potatoes with a fork. Bake potatoes at 350 degrees for one hour or in the microwave oven until tender - about 6 minutes each. Split potatoes down the middle, fluff with a fork and fill with the chili. Top each potato with 2 tablespoons of nonfat plain yogurt. Optional: top with nonfat/lowfat grated cheese. This easy dinner goes well with a tossed salad.

Serves 4. Each serving: 192 calories, 1 gm fat, 0 sat. fat, 0 cholesterol, 9 gm fiber, 28 gm carbohydrate, 18 gm protein, 304 mg. sodium. (Also supplies 323 mg. calcium.)

### Chili Wrap

- 6 lowfat flour tortillas
- 1 batch of chili (see above recipe)

Warm tortillas in the microwave slightly so they become pliable. Divide chili between the six tortillas. Roll up the tortillas one by one and place on a plate, seam side down. Garnish with fresh salad and vegetables. Optional: top with nonfat/lowfat grated cheese and plain nonfat yogurt.

Serves 6. Each serving: 185 calories, 1 gm fat, 0 sat. fat, 0 cholesterol, 12 gm fiber, 39 gm carbohydrate, 8 gm protein, 394 mg. sodium.

### Chicken StirFry

#### rice:

- 2 cups instant brown rice
- 2 cups broth/water

#### stirfry:

- vegetable oil cooking spray
- 1 pound frozen stirfry vegetables
- 8 ounces chicken breast strips
- 1 Tbsp soy sauce
- 1 Tbsp sesame oil
- pinch red pepper flakes

Prepare rice according to package instructions.

Spray a large nonstick skillet with vegetable oil cooking spray and heat over medium-high heat. Saute the stirfry vegetables until golden brown; add the chicken strips. Saute until the chicken is done. Add seasonings and serve over brown rice. Optional: make a little orange sauce by combining ½ cup orange juice with ½ tablespoon of cornstarch and adding at the end. Bring to a boil before removing from stove.

Serve stirfry over brown rice. Optional garnish: sesame seeds sprinkled over the top.

Serves 4. Each serving 1½ cups: 381 calories, 6 gm fat, 1 gm sat. fat, 34 mg. cholesterol, 8 gm fiber, 60 mg. carbohydrate, 22 gm protein, 223 mg. sodium.

### Chicken Stirfry Wrap

- 4 lowfat flour tortillas
- 1 batch Chicken Stirfry from recipe above

Warm flour tortillas slightly in the microwave to make them pliable. Divide stirfry between the four tortillas and roll up the tortillas, placing each one on a plate seam side down. Optional garnish: raw veggies and salad.

Serves 4. Each serving: 315 calories, 7 gm. fat, 1 gm sat. fat, 34 mg. cholesterol, 7 gm fiber, 44 gm carbohydrate, 21 gm protein, 388 mg. sodium.

### Chicken Stirfry Pasta Toss

- 8 ounces dry spaghetti
- 1 batch Chicken Stirfry from recipe above

Cook spaghetti according to package directions. Drain in colander. Serve Chicken Stirfry over pasta. Optional garnish: sprinkle with sesame seeds.

Serves 4. Each serving: 377 calories, 5 gm fat, 1 gm sat. fat, 34 mg. cholesterol, 6 gm fiber, 57 gm carbohydrate, 24 gm protein, 217 mg. sodium.

## Quick And Easy Meals From A Well-Stocked Kitchen

### Pasta Primavera

- 8 ounces spaghetti
- 3 cups pasta sauce
- 1 pound frozen vegetables - Italian or Festive Medley

Cook pasta according to package directions. Heat pasta sauce and frozen vegetables together. Serve sauce over top of the pasta. Optional garnish: sprinkle with grated parmesan cheese or dried oregano.

Serves 4. Each serving, 1½ cups: 353 calories, 1 gm fat, 0 sat. fat, 0 cholesterol, 9 gm fiber, 73 gm carbohydrate, 13 gm protein, 628 mg. sodium.

### Broccoli Cheese Baked Potato

- 4 baking potatoes
- 2 cups broccoli flowerets, steamed
- 1 cup nonfat plain yogurt
- ½ cup nonfat/lowfat grated cheese

Wash potatoes and pierce with a fork. Bake for one hour at 350 degrees or in the microwave until tender, about 6 minutes on high. Place potatoes on a plate and slice lengthwise. Spread potatoes open and fluff insides with a fork. Fill each one with ¼ cup nonfat plain yogurt, ½ cup steamed broccoli flowerets and 2 tablespoons of nonfat/lowfat grated cheese. Microwave for 3 to 4 minutes until cheese melts. You can also melt cheese in the oven.

We recommend serving with a tossed salad.

Serves 4. Each serving: 280 calories, 1 gm fat, 0 sat. fat, 3 mg. cholesterol, 6 gm fiber, 58 mg. carbohydrate, 11 gm protein, 93 mg. sodium. (Also supplies 231 mg. calcium.)

### Tuna Salad

- 4 cups ready-to-serve dark green lettuce or salad mix
- 4 cups assorted fresh vegetables
- 1 can tuna packed in water, drained well
- dash flavored vinegar
- olive oil spray (or 1 tablespoon olive oil)
- dash hot pepper sauce (optional)
- ½ tsp Italian herb mix (or use dried oregano, basil, thyme)

Toss all ingredients together in large salad bowl. Serve immediately or chill until ready to serve. We recommend serving this salad with whole grain bread.

Serves 4. Each serving: 170 calories, 1.5 gm fat, .5 gm saturated fat, 17 mg. cholesterol, 9 gm fiber, 25 mg. carbohydrate, 16 gm protein, 230 mg sodium

### Tortilla Pizza

- 4 lowfat flour tortillas
- 1 cup pasta sauce
- 1 cup cooked or canned kidney beans, drained and rinsed
- 1 pound bag frozen vegetable medley (or 4 cups fresh chopped vegetables)
- 1 pint nonfat ricotta cheese
- 1 cup lowfat/nonfat grated cheese

Preheat oven to 350 degrees. Lightly spray 2 nonstick cookie sheets with vegetable oil cooking spray. Place 2 tortillas on each tray. Top each tortilla with ¼ cup pasta sauce, ¼ cup kidney beans, 1 cup mixed vegetables and ½ cup ricotta cheese in dollops. Bake until vegetables are hot and tortillas turn golden brown at edges. Top with nonfat/lowfat grated cheese and place back in the oven for 2 minutes or until cheese just melts.

We recommend serving with a tossed salad.

Serves 4. Each serving: 330 calories, 1.5 gm fat, .75 gm saturated fat, 12 mg. cholesterol, 17 gm fiber, 53 mg. carbohydrate, 28 gm protein, 525 mg. sodium. (Also supplies over 600 mg calcium.)

### Mexican Minestrone

- ¾ cup macaroni
- 1 15 ounce can kidney beans, rinsed and drained
- 1 15 ounce can stewed diced tomatoes, no added salt
- 2 cups broth
- 2 cups assorted fresh or frozen vegetables
- 1 cup corn kernels
- 1 tsp chili powder
- ½ tsp cumin
- 1 tsp garlic powder

Combine all ingredients in a large tainer. Bring to a boil over medium-high heat; lower heat and simmer until pasta and veggies are tender, about 5 minutes - stir frequently. Optional garnish- place a dollop of nonfat yogurt or nonfat sour cream over the top.

Serves 6. Each serving: 184 calories, .5 gm fat, 0 sat. fat, 0 cholesterol, 7.5 gm fiber, 36 mg. carbohydrate, 10 gm protein, 317 mg. sodium.

## Five Tasty Nutritious Lunches

### Shopping List

Whole wheat pita bread

Romaine lettuce

2 tomatoes

1 cucumber

1 bag baby carrots

1 bag of apples & oranges

1 can of light tuna in water

1 can of salmon (split for two meals)

1 prepared grilled chicken

3 cans of low-sodium, broth-based soup

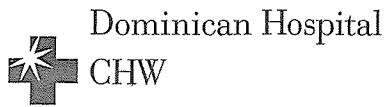
### With this list of foods, you can prepare:

- 1 pita with lettuce and grilled chicken with light Caesar dressing; baby carrots; and an apple.
- Salmon lettuce wraps with light sesame Asian dressing; 1 can of broth-based soup; and an orange.
- Tomato & cucumber salad with olive oil and vinegar; tuna salad on pita; baby carrots; and an apple.
- 1 can of soup; and grilled chicken on a bed of romaine with sliced apple and light vinaigrette.
- Garden salad with salmon, tomato, cucumber, and baby carrots; an orange; and 1 can of soup.

### 5 more cheap lunch options that are also simple to prepare:

- Whole-wheat tortilla wrap of hummus, lettuce, sliced tomatoes, feta cheese and black olives; plus a carton of fat-free vanilla yogurt, and berries.
- Whole-wheat pita stuffed with vegetarian refried beans, salsa, lettuce and shredded cheddar cheese; and apple slices with peanut butter.
- A green salad loaded with canned chunk light tuna, carrot strips, pepper slices, tomato wedges, red beans, and dried cranberries topped with balsamic vinaigrette; with a cup of low fat chocolate milk.
- A peanut butter and banana sandwich on whole wheat bread; a piece of fresh fruit; and low fat yogurt.
- Whole-wheat tortilla roll with sliced turkey, sliced low-fat mozzarella cheese, red pepper strips, and lettuce leaf (chill and slice into bite size pieces); with fruit salad and a glass of skim milk.

To save money on beverages, use the water cooler at work instead of buying bottled water or a soda from the vending machine. And bring coffee in a to-go mug instead of stopping at your favorite coffee shop. Got a sweet tooth after lunch? Have fruit, a few pieces of hard candy, or a few low-fat Graham crackers or vanilla wafers



Dominican Hospital

CHW

Center for Lifestyle Management

## Healthy Shopping List

### Proteins

- Boneless, Skinless Chicken Breast
- Tuna (water packed)
- Fish (salmon, sea bass, halibut)
- Shrimp
- Tofu or edamame
- Extra Lean Ground Beef or Ground Round (92-96%)
- Protein Powder
- Egg Whites or Eggs
- Top Round Steaks or Roast (aka Stew Meat, London Broil, Stir Fry)
- Top Sirloin (aka Sirloin Top Butt)
- Beef Tenderloin (aka Filet, Filet Mignon)
- Top Loin (NY Strip Steak)
- Flank Steak (Sir Fry, Fajita)
- Eye of Round (Cube Meat, Stew Meat, Bottom Round, 96% Lean Ground Round)
- Ground extra lean turkey, Turkey Breast Slices or cutlets (fresh meat, not deli cuts)

### Grains and Starches

- Oatmeal (Old Fashioned or Quick Oats)
- Sweet Potatoes (Yams)
- Beans (pinto, black, kidney)
- Oat Bran Cereal
- Cold cereal with a minimum of 5 grams dietary fiber per serving
- Brown Rice
- Multigrain Hot Cereal
- Whole wheat pasta
- Popcorn (air popped)
- Potatoes (red, baking, new)

## **Non-Starchy Vegetables and fruits**

- Green Leafy Lettuce (Green Leaf, Red, Leaf, Romaine)
- Broccoli
- Asparagus
- String Beans
- Spinach
- Bell Peppers
- Brussels Sprouts
- Cauliflower
- Carrots
- Cucumber
- Chard
- Kale
- Green or Red Pepper
- Onions
- Garlic
- Tomatoes
- Zucchini
- Fruit: bananas, apples, grapefruit, peaches, all berries, mango, kiwi, melons
- Lemons or Limes

## **Healthy Fats**

- Natural Style Peanut Butter
- Olive Oil or Canola Oil
- Nuts (peanuts, almonds, walnuts)
- Flaxseed Oil

## **Dairy & Eggs**

- Low-fat cottage cheese
- Eggs & Egg Substitute
- Low or Non-Fat Milk
- Soymilk
- Yogurt- unsweetened

## **Beverages**

- Bottled Water
- Diet Soda
- Crystal Light

## Condiments & Misc.

- Fat Free Mayonnaise
- Fat free half and half
- Reduced Sodium Soy Sauce
- Reduced Sodium Teriyaki Sauce
- Balsamic Vinegar
- Salsa
- Chili powder
- Mrs. Dash
- Steak Sauce
- Sugar Free Maple Syrup
- Chili Paste
- Mustard
- Extracts (vanilla, almond, etc
- Low Sodium beef or chicken broth
- Plain or reduced sodium tomatoes sauce, puree, paste)
- Splenda, Equal, Stevia

## Other items to shop for:

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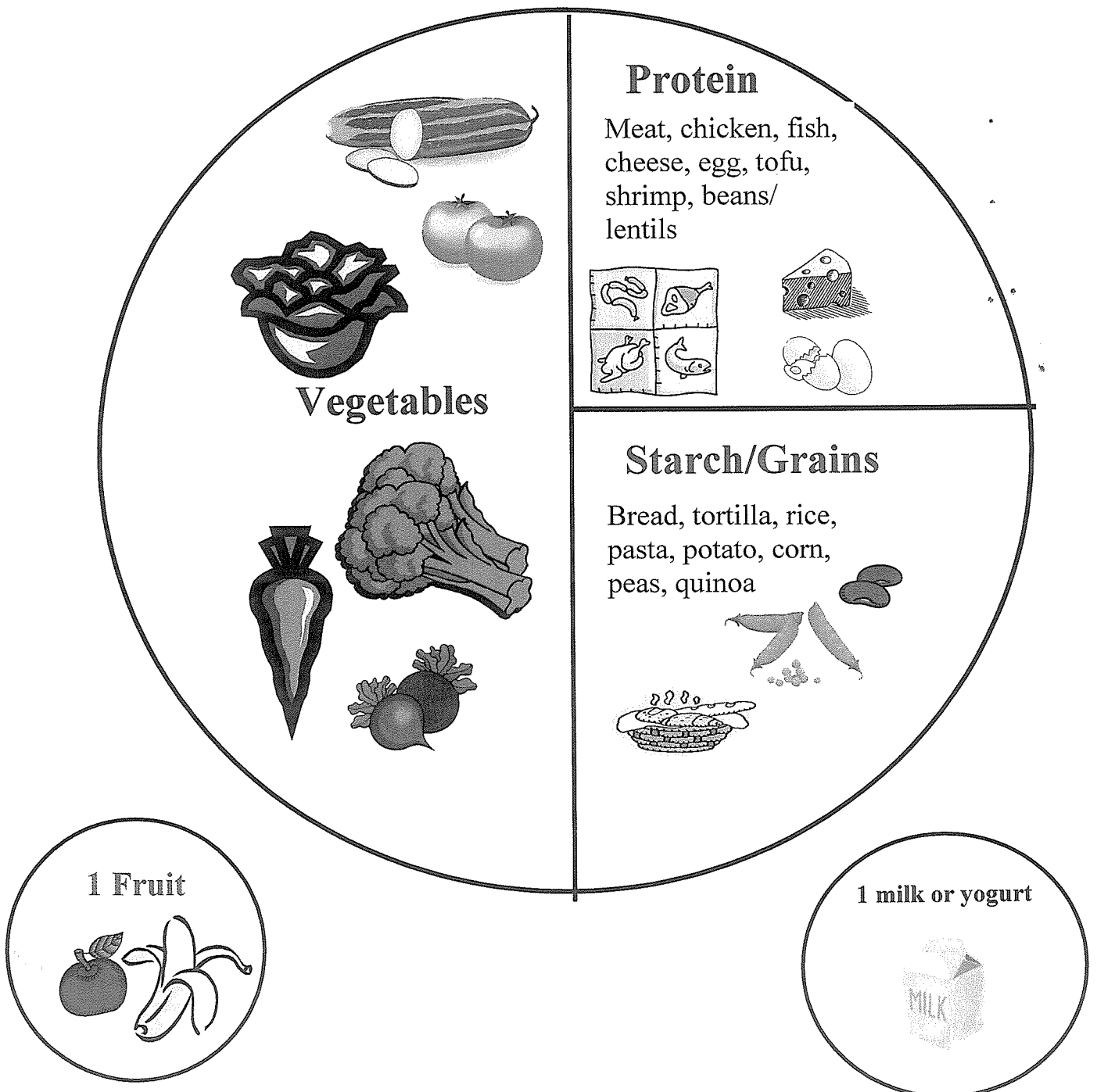
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# Plate Method for Lunch and Dinner

Balance your meals with the Plate Method. With this method, imagine your plate divided into three sections. A three ounce serving of meat, poultry or fish should fill  $\frac{1}{4}$  of the plate. Another  $\frac{1}{4}$  will hold the starch/grain (potato, rice, bread) and the remaining  $\frac{1}{2}$  is for vegetables. You can add a piece of fruit and a glass of milk to round out your meal.



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# READING A FOOD LABEL Tips

Check the serving size. How many servings will you be eating?

A product < than 5 % Daily Value for a nutrient is considered low in that nutrient. ( May wish this for fat, sat fat and sodium)

If it is > 20% Daily Value, it is considered high in that nutrient (Look for this for dietary fiber)

Aim for 20-35 grams of fiber/day

Aim for 0 grams trans fats and no partially hydrogenated oils in the ingredients.

If you wish to reduce sugar, 4 grams = 1 tsp.  
Do the math to find out number of tsp of sugar per serving.

## Nutrition Facts

Serving Size ½ cup (114g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 90    **Calories from Fat** 30

**% Daily Value\***

**Total Fat** 3g    **5%**

Saturated Fat 0g    **0%**

**Cholesterol** 0mg    **0%**

**Sodium** 300mg    **13%**

**Total Carbohydrate** 13g    **4%**

Dietary Fiber 3g    **12%**

Sugars 3g

**Protein** 3g

Vitamin A 80%    •    Vitamin C 60%

Calcium 4%    •    Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

