



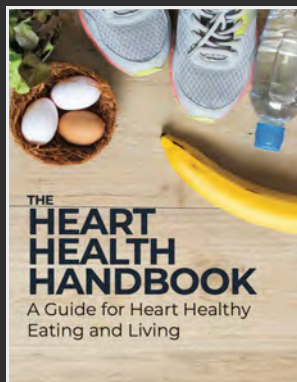
THE  
**HEART  
HEALTH  
HANDBOOK**

A Guide for Heart Healthy  
Eating and Living

The Heart Health Handbook has been approved for 1.0 CPEU in accordance with the Commission on Dietetic Registration's CPEU Prior Approval Program.



1.0 CPEU



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## How to earn 1.0 CPEU:

**Step 1:** Read “The Heart Health Handbook: A Guide for Heart Healthy Eating and Living”

**Step 2:** Scan the QR code below or head to <http://bit.ly/HHHCPEU>

**Step 3:** Complete the assessment and critical thinking questions

**Step 4:** Click submit

**Step 5:** Download your CPEU certificate and access additional resources

Scan the QR code to complete the assessment and download the CPEU certificate.



Funding from non-CPE revenue for CPE planning, development, review, and / or presentation has been provided by the American Egg Board's Egg Nutrition Center. This handbook was developed by the Egg Nutrition Center in partnership with Michelle Routhenstein, MS, RD, CDE, CDN.

# CONGRATULATIONS ON TAKING A STEP TOWARDS BETTER HEALTH!



If you want to take a proactive approach to your heart health, you've come to the right place! This guide is packed with practical information to help you make positive choices for your personal health. It was created to make heart-healthy eating more approachable and easier to put into practice.

Rest assured, it is possible to reduce the risk of heart disease-related issues through nutritious food choices and practicing healthy habits. In fact, research shows that at least 75% of heart disease can be prevented through lifestyle changes. While nutrition is one piece of the puzzle, it is important to consider these behaviors as well:



## **Get moving!**

Explore different types of physical activity and find enjoyable movement that feels right for your body. Every little bit counts so start small and build up!



## **Quit smoking or vaping.**

Both introduce toxic chemicals into the body and strongly contribute to heart disease. If needed, consider a smoking cessation counselor who can support you on this goal.



## **Try different techniques to reduce stress.**

This can include everything from breathing exercises to being in nature, or even counseling or therapy.



## **Get enough sleep.**

Aim for 7 to 9 hours each night.



## **Find social connection.**

This can be with anyone who makes a positive impact in your life and whose company you appreciate.



## **Work towards maintaining a healthy, comfortable weight.**

Combining healthy habits that you enjoy can help you feel your best.

## WHAT MAKES UP A HEART-HEALTHY DIET



**Fruits and vegetables:** Whether fresh, frozen, or canned (no-salt-added, preferably), a variety of fruits and vegetables provide important nutrients that support our body and heart like potassium, magnesium, folate, vitamin K, and vitamin C.



**Whole Grains:** Choosing whole grains and whole grain products provide dietary fiber which can help improve blood cholesterol levels. Whole grains also offer key nutrients like B vitamins, iron, magnesium, and selenium. Some examples of whole grains include whole wheat, oats, barley, oatmeal, brown rice, and quinoa.



**Lean protein:** This includes plant proteins like tofu, beans, legumes, and nuts, plus animal proteins like seafood, eggs, lean meat, skinless poultry, and low-fat or fat-free dairy products. According to the American Heart Association, healthy people can include an average of seven eggs per week as part of a heart-healthy diet.



**Heart-smart fats:** These include sources of monounsaturated and polyunsaturated fats such as avocado oil, olive oil, canola oil, and soybean oil. It also includes omega-3 fats found in fish, nuts, and seeds.



Hydrate with water, unsweetened tea, seltzer, club soda, or sparkling water. Add a flavor boost with a splash of 100% fruit juice or slices of fresh citrus, berries, or cucumbers. If you do not drink alcohol, do not start. If you drink alcohol, limit intake to about 1-2 drinks per day.

While our bodies require a variety of vitamins and minerals to support healthy living, there are a few notable nutrients that play an important role in heart health:

| Potassium  | Magnesium   | Calcium   | Vitamin C   |
|--|---|---|---|
| A mineral that can help control blood pressure and help negate the effects of sodium | A mineral involved in regulating blood sugar, cholesterol, and blood pressure | A mineral that helps control blood pressure and heart rhythm                              | A vitamin that helps keep the heart and blood vessels healthy                         |
| Leafy greens, bananas, spinach, potatoes, avocados, tomatoes, mushrooms              | Leafy greens, pumpkin seeds, chia seeds, almonds, black beans, edamame        | Sardines, low-fat and non-fat dairy, tofu, some leafy greens like kale and collard greens | Bell peppers, oranges, kiwifruit, strawberries, broccoli, Brussel sprouts, cantaloupe |

Try adding in these foods!



Use as little added salt as possible to flavor food. Try fresh or dried herbs and spices like black pepper, cumin, mint, oregano, paprika, red pepper flakes, and rosemary. Other low-sodium flavor enhancers include garlic, ginger, onions, shallots, vinegars (like balsamic or rice wine), and no-salt-added broth.

# HEART-HEALTHY MEAL BUILDER

Making heart healthy meals for yourself and your family doesn't have to be complicated or boring. By combining a few pantry staples with your favorite fresh, canned or frozen fruits, vegetables and proteins, you can "choose your own adventure" towards delicious, nutritious eating.

From this list of ingredients, there are nearly endless possibilities of meal options and flavor combinations. Get creative and have some fun in the kitchen! You'll soon see that delicious meals can be quick, easy, and support your heart health.

## INGREDIENTS



### Vegetables

Bell peppers  
Cucumber  
Frozen peas and carrots  
Kale  
Mixed Salad Greens  
Mushrooms  
Onion  
Spinach  
Squash  
Sweet potato



### Fruits

Apple  
Avocado  
Blueberries  
Grapes  
Lime  
Strawberries  
Tomato



### Grains

Barley  
Brown rice  
Corn tortillas  
Quinoa  
Whole wheat pasta



### Protein

Black beans  
Chicken  
Chickpeas  
Eggs  
Fish  
Legumes  
Tofu



### Add-Ons

Balsamic vinaigrette  
Chives  
Italian vinaigrette  
Pecans  
Red wine vinegar

## YOU CHOOSE

Fruits & Vegetables



Grains



Proteins



Add-Ons



Try these American Heart Association Heart-Check Certified Recipes

### TACO



Easy Breakfast Tacos

### GRAIN BOWL



Chicken and Veggie Rice Bowl

### PASTA DISH



Veggie Egg Pasta Salad with Chickpeas

### SALAD



Kale Salad with Herb-Roasted Chicken

### SHEET PAN MEAL



Sweet Potato & Egg Hash



Eggs can be one of the most valuable resources in your kitchen! They're nutrient-rich, versatile, and convenient, making them a key ingredient for building tasty and nourishing meals. Eggs are:

- **A high-quality protein and source of essential vitamins and minerals**
- **Easy to pair with vegetables, so they help you consume more**
- **Fast to cook, so you can get a meal on the table quickly**

The recipes above are Heart-Check Certified by the American Heart Association\*  
For step-by-step instructions use the QR code. <https://www.incredibleegg.org/hearthealthyrecipes>

\*Heart-Check Certification only applies to recipes as written.



## DIFFERENT TYPES OF CHOLESTEROL

### What is cholesterol?

Cholesterol is a waxy, fat-like substance that the liver makes. The body uses cholesterol to help make hormones like vitamin D and bile acid for digestion.

The cholesterol you eat (dietary cholesterol) and the cholesterol in your body (blood cholesterol) are not the same:

- **Dietary cholesterol** is the cholesterol that is found in some foods. Research shows that cholesterol in food does not negatively impact the cholesterol found in our blood, **and therefore eggs do not negatively impact heart health.**
- **Blood cholesterol** is cholesterol found in your bloodstream. The liver makes cholesterol and the food we eat can impact our blood cholesterol levels. Healthcare professionals test blood to find out how much cholesterol is found in your bloodstream. There are different types of cholesterol found in the blood. If you have too much of certain types, it is related to increased risk of heart disease. The chart below explains each type.

| TYPE   | WHAT EFFECTS BLOOD LEVELS  |
|--|--|
| <b>Total cholesterol:</b> This refers to the total amount of cholesterol in the blood. It includes both low-density lipoprotein (LDL) and high-density lipoprotein (HDL).  | If either LDL or HDL is high, the total cholesterol value can be elevated.   |
| <b>LDL:</b> Often referred to as “bad” cholesterol, LDL is the main contributor to cholesterol deposits, build-up, and potential blockages in the arteries. It can lead to narrowed arteries and increase the risk of heart attacks and strokes. | Eating too much saturated fat and being overweight are the two main causes of increased LDL. A genetic lipoprotein metabolism disorder could also be a factor.<br><br>LDL cholesterol can be reduced by adding more foods that are rich in fiber. This includes whole grains, legumes, beans, fruits, vegetables, nuts, and seeds. |
| <b>HDL:</b> Often referred to as “good” cholesterol, HDL helps carry LDL away from the arteries and into the liver, where it gets broken down and processed by the body.   | Maintaining a healthy body weight, quitting smoking, and increased physical activity can help increase HDL levels.<br><br>Eating more fruits, vegetables, whole grains, olive oil, fish, and legumes, while eating fewer refined grains is associated with improved HDL levels, as well.   |

## ADDITIONAL NUMBERS TO CONSIDER WHEN EVALUATING HEART HEALTH:

| TYPE  | WHAT EFFECTS BLOOD LEVELS   |
|---|---|
| <p><b>Triglycerides:</b> This is another type of fat found in the bloodstream and the most common type of fat found in the body. High triglyceride levels increase the risk of heart attacks and strokes.</p>   | <p>To help lower triglycerides, focus on weight management, daily physical activity, and limiting alcohol consumption. Eat more foods that are rich in fiber like fruits, vegetables, whole grains, and legumes. And enjoy omega-3-rich fish like salmon, arctic char, and sardines.</p>  |
| <p><b>HbA1c:</b> This blood test assesses your blood sugar levels over the past two to three months. The higher the value, the greater risk of developing diabetes complications.</p> <p>Diabetes increases your risk of heart disease, and we want to make sure this value is controlled to keep your heart healthy.</p> | <p>To help lower HbA1c, focus on balancing your plate. Fill half of your plate with vegetables, the next quarter with a complex carbohydrate like ½ cup of brown rice, and the other quarter with a lean protein.</p> <p>Avoid sugar sweetened beverages, and limit desserts and added sugars to about 6 teaspoons of added sugar per day for women and 9 teaspoons of added sugar per day for men.</p> |
| <p><b>Blood Pressure:</b> This assesses the force of blood flowing through your blood vessels. If it is consistently too high, it means your heart is overworking to pump blood throughout the body.</p>  | <p>Focus on reducing sodium intake to about 1500mg per day while increasing foods rich in potassium, magnesium, and calcium. These include adding more fruits, vegetables, beans, legumes, whole grains, non-fat and low fat dairy, fish, skinless poultry, lean meat, and nuts.</p>  |

### REMINDER: Healthy habits can help keep these numbers under control.



Follow a heart-healthy eating pattern.



Get moving! Aim for daily physical activity.



Quit smoking or vaping.



Try different techniques to reduce stress.

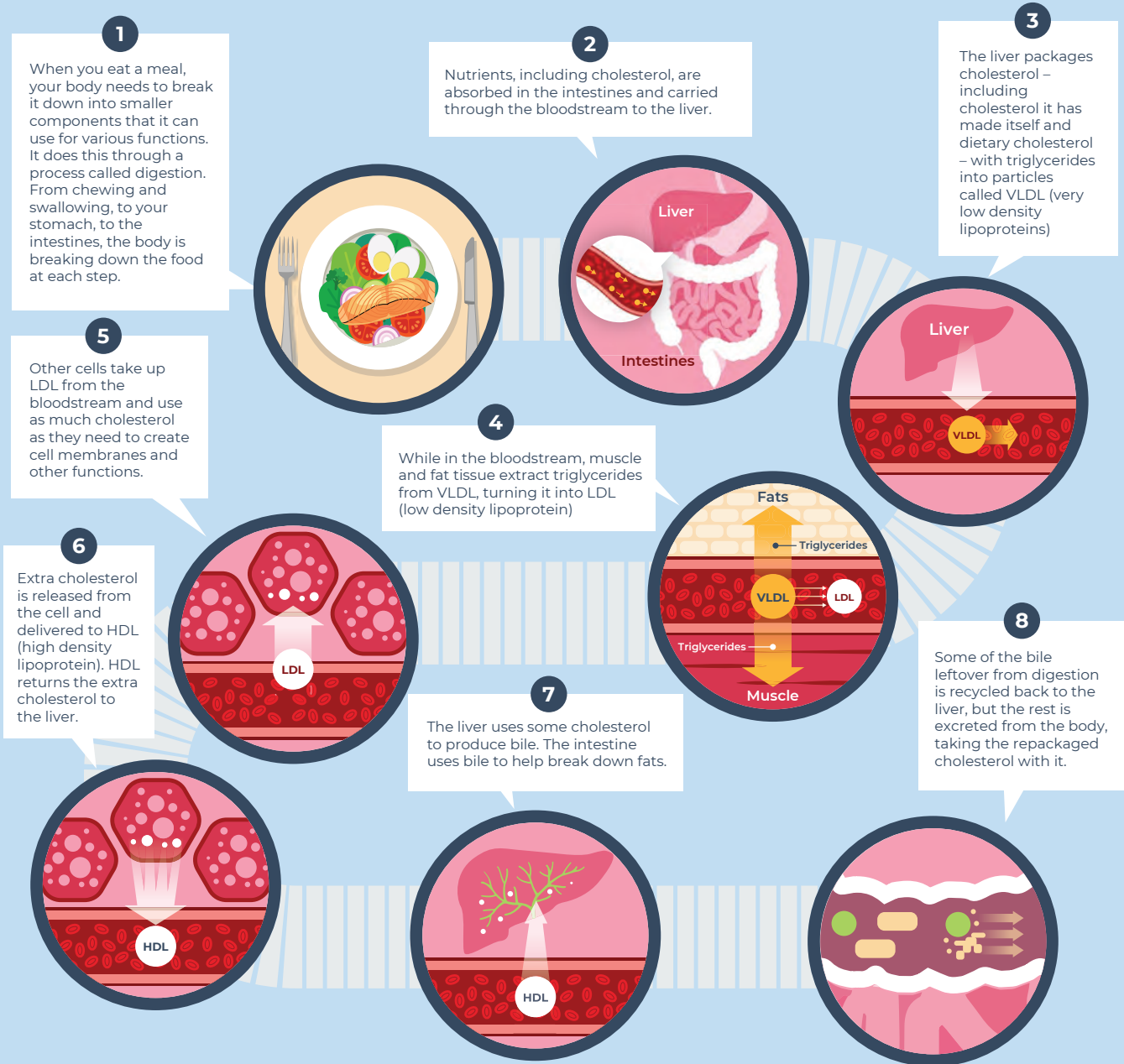


Get enough sleep.



Speak with your physician about medication management as necessary.

# HOW CHOLESTEROL WORKS IN THE BODY



## KEY TAKEAWAY So how do the foods I eat affect my blood cholesterol?

| WHEN YOU EAT                  | Dietary Fiber  | Dietary Cholesterol   | Saturated Fat   |
|-------------------------------|--|---|---|
| <b>YOUR BLOOD CHOLESTEROL</b> | <p><b>Removes it from the body</b></p> <p>When you eat more dietary fiber (like fruits, vegetables, whole grains, legumes, and nuts), your blood cholesterol goes down because the fiber binds to some of the cholesterol in your small intestine and remove it from the body (when you go to the bathroom).</p> | <p><b>Stays the same</b></p> <p>When most healthy individuals eat foods with dietary cholesterol (like eggs), your liver adjusts how much cholesterol it makes. Some people may have an increase in blood cholesterol, but when consumed as part of a healthy diet, the increase includes "good" cholesterol, so there is no negative impact on heart health.</p> | <p><b>Increases</b></p> <p>When you eat too much saturated fat, your body increases its production of LDL cholesterol. This contributes to cholesterol build-up and blockages, so you want to limit the amount of saturated fat that you eat.</p> |





# RECIPES THAT FIT INTO HEART HEALTHY EATING

Heart healthy eating doesn't have to be difficult... or boring! Any meal occasion is an opportunity to choose foods that support your heart health as part of an overall healthy dietary pattern.

All recipes included here are American Heart Association (AHA) Heart-Check Certified. This means that they have been evaluated to meet the AHA's specific nutritional requirements for a heart-healthy recipe.

# Veggie Loaded Egg Muffins

BREAKFAST



Number of Servings:  
**12**

Preparation Time:  
**5 minutes**

Cook Time:  
**15 minutes**

Total Time:  
**25 minutes**

This is a great dish for a grab-and-go breakfast! For a make-ahead version, simply allow to cool completely, before dividing into individual portions and freezing for future enjoyment. When you're ready to cook them, simply microwave for 60-90 seconds.

## INGREDIENTS:

- 2** jarred roasted red bell peppers
- 1** green onion
- 2** cups, packed baby spinach
- ½** cup crumbled reduced-fat feta cheese
- 12** large eggs
- ¾** cup low-fat milk
- 1** tsp Italian seasoning
- ½** tsp kosher salt
- ¾** tsp ground black pepper

## PREPARATION INSTRUCTIONS:

- 1.** Preheat oven to 350°F. Spray the cups of a 12-cup muffin pan generously with non-stick cooking spray.
- 2.** Finely chop roasted red bell pepper, green onion and spinach; divide evenly among muffin cups. Top with feta cheese.
- 3.** Whisk eggs with milk, Italian seasoning, salt and pepper in a large bowl.
- 4.** Pour egg mixture evenly among muffin cups and bake until eggs are set, about 22-25 minutes.
- 5.** Cool in muffin tin for 5 minutes before removing.

NOTE: Be sure to coat muffin pan cups thoroughly so that eggs can easily be removed. A toothpick can be used around the edges to help release them from the tin. A silicone muffin pan can be useful here too, but you'll still need to coat the cups with non-stick cooking spray.

Note: The USDA recommends cooking egg dishes to 160 degrees Fahrenheit.

## NUTRITION:

- Calories: **100**
- Total Fat: **6 g**
- Saturated Fat: **2.5 g**
- Trans Fat: **0 g**
- Polyunsaturated Fat: **1 g**
- Monounsaturated Fat: **2 g**
- Cholesterol: **190 mg**
- Sodium: **330 mg**
- Total Carbohydrates: **2 g**
- Fiber: **0 g**
- Sugars: **1 g**
- Added Sugars: **0 g**
- Protein: **9 g**



# Strawberry Almond Butter Oatmeal

BREAKFAST



Number of Servings:  
**1**

Preparation Time:  
**5 minutes**

Cook Time:  
**2 minutes**

Total Time:  
**7 minutes**

The addition of an egg in this quick and easy breakfast turns your run-of-the-mill bowl of mush into everything you've always wanted oatmeal to be: cozy, custardy, and satisfying enough to hold you over until lunch.

## INGREDIENTS:

- $\frac{1}{3}$  cup whole grain rolled oats
- $\frac{1}{2}$  cup milk of your choice
- 1** large egg, beaten
- 1** Tbsp almond butter
- $\frac{1}{2}$  tsp chia seeds
- $\frac{1}{4}$  cup strawberries, sliced

## PREPARATION INSTRUCTIONS:

- 1.** In a microwave-safe bowl, combine the oats, milk, and egg. Microwave 1 minute, then stir and microwave 1 minute longer.
- 2.** Top with almond butter, chia seeds and strawberries. Enjoy!

*Note: The USDA recommends cooking eggs until the yolk and whites are firm.*

## NUTRITION:

Calories: **305**  
Total Fat: **18 g**  
Saturated Fat: **3 g**  
Carbohydrates: **26 g**  
Dietary Fiber: **6 g**  
Protein: **14 g**  
Cholesterol: **185 mg**  
Sodium: **195 mg**



# Roasted Vegetable Grain Bowl

LUNCH

Number of Servings:

4

Preparation Time:

10 minutes

Cook Time:

60 minutes

Total Time:

70 minutes

Packed with veggies and topped with perfectly cooked soft-boiled eggs, these grain bowls make a satisfying and tasty lunch or dinner. Consider prepping some of the ingredients in advance for even easier bowl assembly.

## INGREDIENTS:

- 2 cups water
- 1 cup farro, rinsed
- 1 medium sweet potato, cut into 1/2-inch cubes
- 1 small red onion, cut into 1/2-inch pieces
- 1 zucchini, cut into 1/2-inch cubes
- 1 yellow squash, cut into 1/2-inch cubes
- 1 Tbsp extra-virgin olive oil
- 3/4 tsp kosher salt
- 3/8 tsp ground black pepper
- 1 (15-ounce) can no-salt-added kidney beans, drained and rinsed
- 4 large eggs
- 3/4 cup nonfat plain Greek yogurt
- 2 Tbsp low-fat buttermilk
- 1 clove garlic
- 3/4 cup fresh chives, roughly chopped
- 3/4 cup fresh parsley, roughly chopped
- 1/2 cup baby spinach
- 2 fresh tarragon leaves
- 3/8 kosher salt
- 4 cups baby spinach

*Note: The USDA recommends cooking eggs until the yolk and whites are firm.*

## PREPARATION INSTRUCTIONS:

1. Preheat oven to 450°F and line a large, rimmed baking sheet with foil. Place it in the oven while it preheats.
2. **For the Farro:** Bring water to a boil in a medium saucepan. Add farro and reduce heat to a simmer. Cover and cook until tender, about 20 to 25 minutes. Drain, then rinse with cold water to cool.
3. **For the Vegetables:** Meanwhile, toss sweet potato, onion, zucchini and squash with oil, salt and the black pepper. Remove baking sheet from the oven and coat generously with non-stick cooking spray. Spread vegetables out evenly onto prepared baking sheet. Roast, stirring once halfway through cooking time, until vegetables are fork-tender, about 30 minutes. Remove baking sheet from oven, add the kidney beans and stir to combine. Return baking sheet to oven and cook an additional 5 minutes.
4. **For the Dressing:** Add the yogurt, buttermilk, garlic, chives, parsley, 1/2 cup spinach, tarragon and salt to the bowl of a small food processor. Blend, scraping down the sides as needed, until smooth. Transfer to a bowl then cover and refrigerate until ready to use.
5. **For the Eggs:** Bring a small saucepan of water to a simmer over medium-high heat. Use a spoon to gently drop eggs into water; cook for 8 minutes. Drain carefully using a slotted spoon and place eggs in an ice bath to stop the cooking process. Once cooled, peel and slice eggs in half.
6. **For the Bowls:** To serve, divide farro and remaining spinach among serving bowls. Toss vegetables and beans with 1 tablespoon dressing and distribute among bowls. Top with eggs and drizzle bowls with remaining dressing.

**Special equipment:** small food processor

## NUTRITION:

Calories: **460**  
Total Fat: **9 g**  
Saturated Fat: **2 g**  
Trans Fat: **0 g**  
Polyunsaturated Fat: **1.5 g**  
Monounsaturated Fat: **4 g**  
Cholesterol: **190 mg**  
Sodium: **430 mg**  
Total Carbohydrates: **70 g**  
Fiber: **15 g**  
Sugars: **6 g**  
Added Sugars: **0 g**  
Protein: **27 g**



# Salmon Burger with Mustard Cream Sauce

LUNCH



Number of Servings:  
**4**

Preparation Time:  
**15 minutes**

Cook Time:  
**20 minutes**

Total Time:  
**35 minutes**

These Salmon Burgers with Mustard Cream Sauce are an approachable way to include more nutritious seafood in your diet. They come together quickly with patties made from canned salmon and the addition of fresh diced vegetables. A tasty way to switch it up on burger night!

## INGREDIENTS:

- 5** 5-ounce cans reduced-sodium salmon
- ¼** cup red onion, diced
- ¼** cup red bell pepper, diced
- 1** cup zucchini, grated and water drained
- ¼** cup and 1 tablespoon fresh dill, chopped, divided
- 1** teaspoon of paprika
- 1½** teaspoon garlic powder, divided
- 2** eggs, whisked
- ¾** cup whole wheat or oat flour
- ¼** cup nonfat plain Greek yogurt
- 1** teaspoon spicy brown mustard
- 1** teaspoon lemon juice
- 1** cup of arugula
- 1** large beefsteak tomato, sliced
- 4** whole wheat burger buns, toasted

## PREPARATION INSTRUCTIONS:

- 1.** Preheat the oven to 450 degrees F and line a baking sheet with parchment paper.
- 2.** In a large bowl, mix salmon, red onion, red bell pepper, zucchini,  $\frac{1}{4}$  cup dill, paprika, 1 teaspoon garlic powder, eggs, and flour. Divide evenly into fourths and form into 4 burger patties, each about  $\frac{3}{4}$ -inch thick. Place patties on the baking sheet.
- 3.** Bake burger patties for 20 minutes, until golden brown and cooked through.
- 4.** In the meantime, make the yogurt mustard sauce. In a small bowl, combine yogurt, mustard, lemon juice, the remaining tablespoon of dill and the remaining  $\frac{1}{2}$  teaspoon garlic powder. Set aside.
- 5.** Once salmon burger patties are cooked, add to toasted burger buns along with sauce, tomato, and arugula.

*Note: The USDA recommends cooking egg dishes to 160 degrees Fahrenheit.*

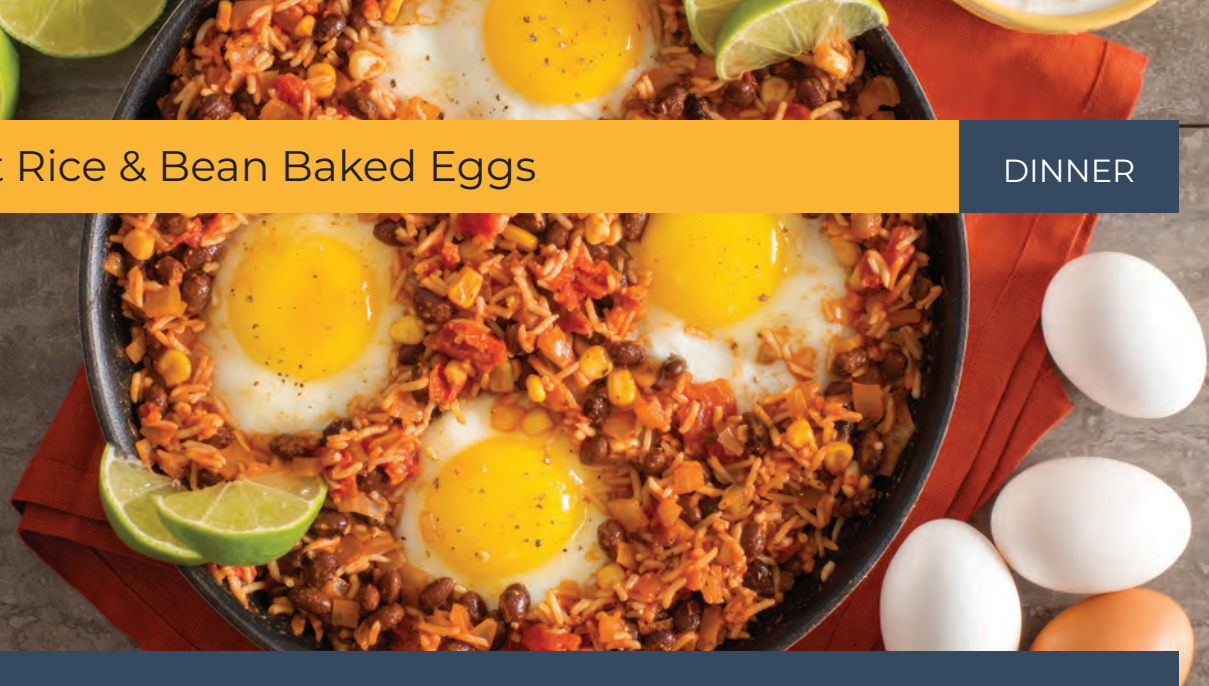
## NUTRITION:

Calories: **390**  
Total Fat: **10 g**  
Saturated Fat: **2 g**  
Sodium: **520 mg**  
Trans Fat: **0 g**  
Monounsaturated Fat: **3 g**  
Polyunsaturated Fat: **3.5 g**  
Cholesterol: **160 mg**  
Total Carbohydrates: **36 g**  
Fiber: **6 g**  
Protein: **30 g**  
Sugars: **6 g**  
Added Sugars: **0 g**



# One-Pot Rice & Bean Baked Eggs

DINNER



Number of Servings:  
**4**

Serving Size:  
**1 egg with ~3/4 cup  
rice & beans mixture**

Preparation Time:  
**15 minutes**

Cook Time:  
**20 minutes**

Total Time:  
**35 minutes**

This one-pan-meal is perfect for a quick, weeknight dinner. With vegetables, whole grains and protein – the whole family will enjoy this hearty dish!

## INGREDIENTS:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 jalapeño pepper, seeded and diced
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon dried thyme
- 1 teaspoon chili powder
- 3/4 teaspoon each salt and pepper
- 1 cup canned black beans, rinsed and drained
- 1/2 cup corn kernels
- 1 (14 oz.) can diced tomatoes
- 2 cups cooked long-grain brown rice
- 4 eggs
- 2 chopped fresh parsley or cilantro
- 3/4 cup fat-free sour cream
- 1/2 teaspoon lime zest
- 2 teaspoons lime juice

## PREPARATION INSTRUCTIONS:

1. Preheat oven to 400°F. Heat oil in ovenproof skillet set over medium heat. Cook onion, jalapeño, garlic, cumin, thyme, chili powder, salt and pepper for about 5 minutes or until onion starts to soften.
2. Stir in black beans and corn until well coated. Stir in tomatoes; Bring to boil. Stir in rice.
3. Make 4 small divots in rice mixture with spoon; Crack egg into each divot. Transfer to oven. Bake for 10 to 12 minutes or until egg whites are set and yolks are cooked to desired doneness. Sprinkle with parsley.
4. Meanwhile, Stir together sour cream, lime zest and juice. Drizzle over rice and eggs.

*Note: The USDA recommends cooking eggs until the yolk and whites are firm.*

## NUTRITION:

Calories: **390**  
Total fat: **13 g**  
Saturated fat: **3 g**  
Sodium: **520 mg**  
Trans fat: **0 g**  
Monounsaturated fat: **7 g**  
Polyunsaturated fat: **2 g**  
Cholesterol: **185 mg**  
Total Carbohydrate: **51 g**  
Fiber: **8 g**  
Protein: **16 g**  
Total Sugar: **7 g**  
Added Sugars: **0 g**



# Honey Sesame Chicken Vegetable Stir-Fry

DINNER



Number of Servings:  
**4**

Preparation Time:  
**15 minutes**

Cook Time:  
**20 minutes**

Total Time:  
**35 minutes**

Easy and nutritious, this Honey Sesame Chicken Vegetable Stir Fry with broccoli, bell peppers and mushrooms will have you hitting the repeat button! Lean chicken, nutrient-rich eggs, and colorful veggies come together with a flavorful sauce made with honey, garlic, sesame, ginger, and balsamic vinegar for a delicious and satisfying meal.

## INGREDIENTS:

- 2 tablespoons balsamic vinegar
- 2 tablespoons toasted sesame oil
- 1 tablespoon honey
- 1 tablespoon rice vinegar
- 1 tablespoon sesame seeds
- ½ teaspoon ground ginger
- ¼ teaspoon garlic powder
- ½ cup no salt added vegetable broth, divided
- ½ cup of yellow onion, diced
- 1 lb of boneless, skinless chicken breast, cut into 1 inch cubes
- 2 teaspoons minced ginger
- 2 garlic cloves, minced
- 2 cups broccoli florets, chopped into bite size pieces
- 1 cup of red bell peppers, cut into 1 inch pieces
- 1 cup of mushrooms, sliced
- 1/2 cup of carrots, shredded
- 2 cups of cooked brown rice
- 2 large eggs, whisked

## PREPARATION INSTRUCTIONS:

1. In a small bowl, mix the balsamic vinegar, toasted sesame oil, honey, rice vinegar, sesame seeds, ground ginger and garlic powder together. Set aside.
2. In a large skillet over medium heat, add ¼ cup no salt added vegetable broth. Add onions and cook until translucent, about 5 minutes.
3. Add chicken breast pieces and cook for about 5 minutes or until cooked through. Remove chicken and onions from the skillet.
4. Add the remaining ¼ cup of low-sodium vegetable broth to the skillet, along with ginger, garlic, broccoli, bell peppers, mushrooms, and carrots. Cook, stirring occasionally, until slightly softened, about 5 minutes.
5. Add the chicken and onions back to the skillet. Add in the whisked eggs. Stir to combine.
6. Once the eggs are cooked through, add the previously prepared balsamic vinegar sauce to the pan. Stir thoroughly to combine. Reduce the heat to low and cook for about 5 minutes, covered.
7. Divide cooked rice and stir-fry mixture evenly over 4 plates.

## NUTRITION:

Calories: **440**  
Total fat: **15 g**  
Saturated fat: **3 g**  
Sodium: **170 mg**  
Trans fat: **0 g**  
Monounsaturated fat: **5 g**  
Polyunsaturated fat: **4.5 g**  
Cholesterol: **175 mg**  
Total Carbohydrate: **43 g**  
Fiber: **5 g**  
Protein: **35 g**  
Sugars: **11 g**  
Added sugars: **4.5 g**

Note: The USDA recommends cooking eggs until the yolk and whites are firm.



# NEXT STEPS FOR HEART HEALTHY EATING AND LIVING

Now it's time to think about what steps you can personally take to protect your heart. Use this worksheet to make notes and discuss the changes you are making with your healthcare provider. Use the chart below to monitor your blood work and look for trends. Your blood work can change from year to year. If the levels start to move in the wrong direction, use this booklet to discuss with your healthcare provider and take actionable steps toward improving your numbers.

Please consult with your physician about the optimal values for you based on your cardiovascular risk.

|                            | Date 1<br>--/--/---- | Date 2<br>--/--/---- | Date 3<br>--/--/---- | Desired values for average-risk individuals  |
|----------------------------|----------------------|----------------------|----------------------|--|
| <b>Total cholesterol</b>   |                      |                      |                      | Less than 200mg/dL   |
| <b>LDL cholesterol</b>     |                      |                      |                      | Less than 100mg/dL in general population, less than 70mg/dL in someone with diabetes or increased heart disease risk |
| <b>HDL cholesterol</b>     |                      |                      |                      | For men, above 40mg/dL and for women, above 50mg/dL  |
| <b>Triglyceride levels</b> |                      |                      |                      | Less than 150mg/dL   |
| <b>Blood Pressure</b>      |                      |                      |                      | 120/80mmHg or less   |
| <b>HbA1c</b>               |                      |                      |                      | Less than 5.7%   |

## Practicing Healthy Habits

Making too many changes at once can feel overwhelming. Instead, choose three actionable steps to start with and add more as you go! And remember that there is no such thing as perfection. If you have an off moment (or day, or week!), shake it off and get back to it!

### Heart-healthy eating

- Add one more serving of vegetables into my day (1/2 cup cooked or 1 cup raw)
- Add one more serving of fruit into my day (1 handheld or 1/2 cup)
- Try a heart-healthy recipe from this booklet
- \_\_\_\_\_
- \_\_\_\_\_

### Exercise

- Take a walk at lunchtime or after dinner
- Try a new activity or sign up for a class
- Stretch for 5 minutes before bed
- \_\_\_\_\_
- \_\_\_\_\_

### Stress management

- Look up breathing exercises that you can use in stressful situations
- Dance it out to your favorite song
- Plan to spend time in nature this week
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Social connection

- Call a friend
- Talk to a neighbor
- Join a club (i.e. book club, walking group, salsa dancing club)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Sleep

- Go to bed 15 minutes earlier than usual
- Turn off electronics at least 30 minutes before bedtime
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Quit smoking or vaping

- Connect with someone who has successfully quit
- Set up a call with a smoking cessation specialist
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_





This guide was created with:

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For more heart-health resources visit: [incredibleegg.org/nutrition](https://incredibleegg.org/nutrition)

## RESOURCE LIST

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