



The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources can be found at the Mardigian Wellness Resource Center, room 2101 in the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information Guides at <http://infoguides.med.umich.edu/home>

Brochures, Fact sheets

- American Heart Association
 - **How Do I Follow a Healthy Diet?**
<https://tinyurl.com/4k96c36n>
 - **How Can I Cook Healthfully?**
<https://tinyurl.com/2wwwr3as>
 - **What About Eating Out?**
<https://tinyurl.com/ur259d5d>
 - **How Do I Understand the “Nutrition Facts” Label?**
<https://tinyurl.com/y6n2eu6y>
 - **How Do I Change Recipes?**
<https://tinyurl.com/4xzrw33s>
 - **Why Should I Limit Sodium?**
<https://tinyurl.com/nm354e5t>

- National Heart, Lung and Blood Institute (NHLBI)



- **Why the Dash Eating Plan Works**
<https://tinyurl.com/y86z9jdn>
- **DASH Eating Plan**
https://www.nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf
- **Getting Started on DASH**
<https://tinyurl.com/yavqcs8d>
- **Keep the Beat Recipes: Deliciously Healthy Dinners**
<https://tinyurl.com/ybu883em>
- **Tips to Reduce Salt and Sodium**
<https://tinyurl.com/y8apyobh>
- **Tips to Keep You on Track**
<https://tinyurl.com/y6vunx7v>

Books

- Ades, Philip A. **Eating Well for a Healthy Heart Cookbook: A Cardiologist's Guide to Adding Years to Your Life.** Woodstock, VT: The Countryman Press; New York: W. W. Norton, 2008.
- American Heart Association. **Diabetes & Heart Healthy Cookbook. 2nd Edition.** Alexandria, VA: American Diabetes Association; Dallas, TX: American Heart Association, 2014.
- American Heart Association. **Eat Less Salt: An Easy Action Plan for Finding and Reducing the Sodium Hidden in Your Diet.** New York: Clarkson Potter Publishers, 2013.



- American Heart Association. **Go Fresh: A Heart-Healthy Cookbook with Shopping and Storage Tips.** New York: Clarkson Potter Publishers, 2014.
- American Heart Association. **Healthy Fats, Low-Cholesterol Cookbook: Delicious Recipes to Help Reduce Bad Fats and Lower Your Cholesterol.** New York: Crown Publishing, 2015.
- American Heart Association. **Healthy Slow Cooker Cookbook: 200 Low-Fuss, good for you Recipes.** New York: Clarkson Potter Publishers, 2012.
- American Heart Association. **The New American Heart Association Cookbook, 9th Edition.** New York: Crown Publishing, 2017.
- American Heart Association. **Quick & Easy Cookbook.** 2nd Edition. New York: Clarkson Potter Publishers, 2012.
- Archer, Shirley S. **101 Ways to lower your cholesterol: Easy tips that allow you to take control, reduce risk and live longer.** Avon, MA: Adams Publishing, 2010.
- Brill, Janet Bond. **Prevent a second heart attack: 8 foods, 8 weeks to reverse heart disease.** New York, NY: Three Rivers Press, 2011.
- Fernstrom, Madelyn. **Don't Eat This If You're Taking That.** New York: Skyhorse Publishing, 2017.
- Hever, Julieanna. **The Complete Idiot's Guide to Plant-Based Nutrition.** New York, NY: Penguin, 2011.
- Lieberman, Layne. **Beyond the Mediterranean Diet.** Canada: WorldRD, 2013.



- Magee, Elaine. **Tell Me What to Eat if I Suffer from Heart Disease.** Franklin Lakes, NJ: New Page Books, 2010.
- Masley, Steven. **The 30-Day Heart Tune-Up: A Breakthrough Medical Plan to Prevent and Reverse Heart Disease.** New York: Hachette Book Company, 2014.
- Ozner, Michael. **The Complete Mediterranean Diet.** Dallas, TX: BenBella Books, 2014.
- Piscatella, Joseph C. **The Healthy Heart Cookbook: Over 700 Recipes for Every Day and Every Occasion.** New York, NY: Black Dog & Leventhal Publishers, 2013.
- Raffetto, Meri. **Mediterranean Diet Cookbook for Dummies.** Hoboken, NJ: John Wiley & Sons, Inc., 2012.
- Rawlings, Deirdre. **The Complete Idiot's Guide to DASH Diet Cooking.** New York: Alpha Books, 2012.
- Riolo, Amy. **The Ultimate Mediterranean Diet Cookbook.** Beverly, MA: Fair Winds Press, 2015.
- Rust, Rosanne. **DASH Diet for Dummies.** Hoboken, NJ: John Wiley & Sons, Inc., 2014.
- Seelig-Brown, Barbara. **Secrets of Healthy Cooking: A Guide to Simplifying the Art of Heart Healthy and Diabetic Cooking.** Alexandria, VA: American Diabetes Association, 2015.



- Wasserman, Marni. **Plant-Based Diet for Dummies**. Hoboken, NJ: John Wiley & Sons, Inc., 2014.
- Weisenberger, Jill. **The Overworked Person's Guide to Better Nutrition**. Alexandria, VA: American Diabetes Association, 2014.
- Welland, Diane. **The Complete Idiot's Guide to the TLC Diet**. New York: Penguin Group, 2013.

Web Resources

- **National Heart, Lung, and Blood Institute (NHLBI): Aim for a Healthy Weight**

https://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm

This site has interactive tools that teach and help manage healthy diet including: a menu planner, recipes and a BMI calculator.

- **American Heart Association: Healthy Eating**

<https://www.heart.org/en/healthy-living/healthy-eating>

This site includes information and interactive tools to help maintain a healthy diet. Some of the information focuses on how to find heart healthy items in your grocery store, heart healthy recipes, and helpful information for dining out.



- **Best Diets as Ranked by U.S. News & World Reports**

<http://health.usnews.com/best-diet>

A panel of health experts, including nutritionists and specialists in diabetes, heart health, human behavior, and weight loss, reviewed detailed assessments prepared by *U.S. News* of 29 diets. The experts rated each diet in seven categories, including short-and long-term weight loss, ease of compliance, safety, and nutrition.

- **Eatright.org**

<http://www.eatright.org/>

This useful website is created by the Academy of Nutrition and Dietetics, the world's largest organization of food and nutrition professionals. They strive to improve the nation's health through research, education, and advocacy.

- **MyPlate.gov (USDA)**

<https://www.myplate.gov/>

Learn how to eat healthy with MyPlate. Site includes personalized eating plans and interactive tools to help you plan and assess your food choices based on the *Dietary Guidelines for Americans*.

- **Nutrition.gov**

<https://www.nutrition.gov/>

This site provides easy, online access to government information on food and human nutrition for consumers. Here you can find guidelines for



healthy nutrition, guidance on food shopping and meal planning and lists of calories and nutrients in food.

- **USDA: FoodData Central**

<https://fdc.nal.usda.gov/>

FoodData Central has data on the nutritional content (sodium, potassium, water, sugar, etc.) of many types of food.

Apps

- **Fooducate**

<https://www.fooducate.com/>

Cost: Free

Available for the iPhone and Android phones.

Lose weight, eat real food, and track your progress. Fooducate grades your food, explains what's really inside each product, and offers healthier alternatives. They have the largest database of UPCs - over 200,000 unique products and growing. You can filter by vegan or vegetarian too.

- **Lose It!**

<https://www.loseit.com/>

Cost: Free

Available for iPhone and Android.

Lose It! allows you to set a weight loss goal and timeline, and then calculates how many calories you should consume (your calorie budget) and how many



you actually take in. The searchable database is packed with general foods, brand name grocery store goods, and menu items from popular chain restaurants.

- **My Fitness Pal**

<https://www.myfitnesspal.com/>

Cost: Free

Available for iPhone and Android.

This app has a very user friendly food diary and exercise log. It also has one of the largest food databases to pull your information from. Users are given customized calorie goals, which are adjusted based on physical activity. You can also scan a bar code to get a food items' nutrition facts.

- **MyNetDiary**

<https://www.mynetdiary.com/calorie-counters.html>

Cost: Free

Available for iPhone and Android.

This app helps you to keep track of your food and exercise. It analyzes your data and guides you with personalized advice and diet tips.

- **ShopWell**

<https://www.innit.com/shopwell/>

Cost: Free

Available for iPhone and Android.



Just by scanning a barcode this App can tell you what's in the food you're buying and offers suggestions of new foods to try that fit your lifestyle.

- **SparkAmerica**

<https://sparkamerica.com/>

Cost: Free

Available for iPhone and Android.

This app helps you to track your food and fitness. The app also offers diet plans, exercise options, expert advice and an online community.

- **Calorie counter by FatSecret**

<https://www.fatsecret.com/>

Cost: Free

Available for iPhone and Android.

Keep track of your food, exercise and weight using their nutrition database and by scanning barcodes. Also provides recipe and meal ideas and can be synced with a Fitbit and other apps.

University of Michigan Resources

- **Nutrition Services at the Preventive Cardiology Program** offers a number of relevant programs and services including individualized counseling and group sessions to help individuals reduce risk disease and improve wellness. The service specializes in medical nutrition therapy for:
 - Cholesterol and triglyceride reduction

Healthy Lifestyle: Diet & Nutrition

INFORMATION GUIDE



- Blood pressure management
- Healthy weight management
- Metabolic syndrome/Insulin resistance/Pre diabetes
- Diabetes
- Congestive Heart Failure

For more information access: <http://www.uofmhealth.org/conditions-treatments/heart-nutrition>

(877) 885-8444

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