

Food for Heart

Whether you're crafting a cozy meal for yourself or hosting a delightful feast for loved ones, remember that what's on your plate matters. At Stanford Health Care, we believe in the joy of eating well and the importance of heart-healthy, nutrient-rich foods.

Elevate your meals with these nutritious choices



Enrich your diet with omega-3-rich foods like salmon and flaxseed, and boost your soluble fiber intake with wholesome oats and beans.



Opt for skinless poultry and a variety of legumes for a lean protein punch.



Explore the world of whole grain or legume-based pasta for an extra fiber boost and essential nutrients.



Swap out sour cream for Greek yogurt in your dips, dressings, and toppings. It's a simple switch for less fat and more protein.



Indulge in desserts centered around whole fruits. Try air-fried apples sprinkled with cinnamon for a heartwarming treat.

A rainbow of nutrients on your plate

Every fruit and vegetable has its own unique set of nutrients, such as vitamins, minerals, and dietary fiber, so eating a variety can help you get the necessary nutrients. Nutrients contained in fruits and vegetables by color:



Red and Pink

Rich in vitamin C, vitamin A, and potassium, plus antioxidants like lycopene and anthocyanins. Enjoy red peppers, strawberries, cherries, beetroot, and red cabbage.



Orange and Yellow

Bursting with vitamin A and vitamin C. Brighten your plate with oranges, peaches, pineapples, carrots, sweet potatoes, and yellow corn.



Green

Packed with potassium, vitamin C, vitamin K, and folate. Go green with asparagus, zucchini, green beans, and kiwis.



Blue and Purple

Loaded with vitamin C, vitamin A, and potassium. Delight in blueberries, purple grapes, plums, and eggplant.



White and Brown

Sources of potassium and magnesium. Opt for bananas, cauliflower, mushrooms, and onions.

Information courtesy of the Nourish Project at Stanford School of Medicine.



Information is available in English, Español, 繁体中文, or 简体中文. For more heart-healthy recipes, tips, and information, visit us at:

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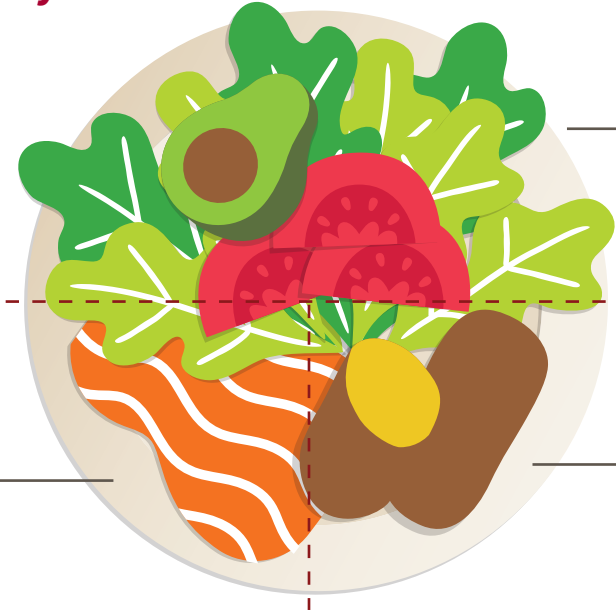
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Mealtime is more than just eating; it's an opportunity to nourish your heart and embrace cardiovascular health. Here are some heart-friendly tips for enjoying meals, whether you're dining alone or sharing the joy with others:

Balanced plate, healthy heart

Divide and Conquer:

Envision your plate in sections: half filled with vibrant vegetables, a quarter with lean proteins, and the remaining quarter with whole grains.



Veggie Vibrance:

Embrace colorful, non-starchy vegetables like leafy greens, broccoli, peppers, and tomatoes.

Lean Protein Picks:

Choose from chicken, fish, tofu, beans, or lean meat cuts for a hearty, healthy twist.

Grains or Starchy Vegetables:

Whole grains, like brown rice and quinoa, or starchy vegetables, like sweet potatoes are healthy options.

Sweet and wholesome desserts



- **Fruit-Based Delights:** Indulge in desserts with fresh fruits for natural sweetness and a vitamin boost. Opt for fruit salads, yogurt parfaits, or baked fruit treats.
- **Portion With Purpose:** Savor smaller dessert portions to fulfill your cravings without excess calories. Share desserts to enjoy variety without overindulgence.

Mindful eating for a joyful heart



- **Savor the Moment:** Relish each bite, enjoying the flavors and textures. Place your fork down between bites to encourage mindful eating.
- **Engage Your Senses:** Be aware of the aroma, taste, and texture of your food. Avoid distractions like electronic devices during mealtime.
- **Hunger and Satisfaction Awareness:** Eat in response to physical hunger and stop when you feel satisfied. Learn to differentiate between physical hunger and emotional eating triggers.

Harmonizing mind and body through food



- **Trust Your Body's Signals:** Listen to your body's natural hunger and fullness cues. Eat when you're hungry and stop when you're comfortably full.
- **Diverse, Guilt-Free Eating:** Allow yourself the pleasure of a variety of foods. Focus on nourishing with nutrient-dense choices.
- **Mind-Body Synergy:** Pay attention to how different foods impact your physical and emotional well-being. Foster a positive relationship with food by tuning into your body's needs.

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