

HEART-STRONG NUTRITION

Eat heart-healthy and adopt good eating and other lifestyle habits to help control or reduce your risk for heart disease, high blood pressure, diabetes, and improve your overall health. Focus on plant-based foods to help you feel fuller, lose weight, and save money.



HERE ARE SIX HEART-HEALTHY TIPS:

1. Substitute vegetable protein for animal protein.

- Aim for at least 3 or more plant-based protein meals a week.
- Beans such as chickpeas, kidney, mung, adzuki and edamame.
- Tofu, soy protein products (veggie patties, tempeh, natto, soy sausages) as part of or to replace meats.
- If choosing animal protein, a serving is about the size of your palm.

Choose fish and seafood, skinless chicken or turkey, and egg whites, and limit amounts of “loin” or “round” cuts of beef and pork.

2. Select non-dairy milks or use nonfat or 1% milk instead.

3. Cut saturated fats (meats, butter, sweets and desserts).

4. Choose less processed/refined foods and increase high-fiber foods.

- Brown or wild rice, quinoa, bulgar, barley, oats.
- Potato (sweet or other) with skin, taro, poi, breadfruit.
- Corn, peas, beans, squashes.
- Whole-grain products such as bread, pita, crackers, tortillas.

A serving is about the size of your fist per meal.

5. Use small amounts of healthy fats.

- Avocados, hummus, and olives.
- Oils such as olive, canola, sesame, or macadamia nut oils.

6. Savor the simple - use herbs and spices in place of high-sodium seasoning.

- Garlic, ginger, pepper, fresh/dried herbs and spices, lemon, and vinegars.



Using plant-based proteins instead of animal meats in your meals is easy, tasty, healthy, enjoyable, and can lower your food costs.



HAMBURGER PATTY
(\$4.75/pound)

Cost of beef:
\$1.55 per serving*

Beef Nutrition Facts

Saturated Fat:
5.5 grams
Fiber content:
0 grams
*4-ounce serving



TURKEY PATTY
(\$4.00/pound)

Cost of turkey:
\$1.30 per serving*

Turkey Nutrition Facts

Saturated Fat:
2.2 gram
Fiber content:
0 grams
*4-ounce serving



TOFU STIR-FRY
(\$2.20-2.50/pound)

Cost of tofu:
\$0.55-0.65 per serving*

Tofu Nutrition Facts

Saturated Fat:
1 gram
Fiber content:
3 grams
*4-ounce serving



BEAN PATTY
(\$1.50-2.00/pound)

Cost of beans:
\$0.38-0.50 per serving*

Bean Nutrition Facts

Saturated Fat:
0.5 grams
Fiber content:
11 grams
*4-ounce serving

RESOURCES:

kphealthyme.com

pcrm.org

nutritionfacts.org

plantbasedresearch.org

RECIPE RESOURCES:

kp.org/foodforhealth (recipes and food blog)

[facebook.com/kphawaii/photos](https://www.facebook.com/kphawaii/photos)

culinary.kapiolani.hawaii.edu/cooking-up-a-rainbow

eatright.org - search plant based

healthyhawaii.com - eat healthy

heart.org - search cooking tips

diabetes.org - search "recipe videos"

hawaiifoods.hawaii.edu - search recipes