

Recommended Websites for Heart Health

Website	Website Link	Description
Nutrition Action	nutritionaction.com	<ul style="list-style-type: none"> • Science-based advice to help you eat healthfully and live longer • Free website articles • Offers subscription to monthly health-letter
Cook Spiration	cookspiration.com	<ul style="list-style-type: none"> • Recipe website and app with menu planner • Nutrition analysis information for a variety of recipes • Includes many plant-based vegetarian and vegan recipes
Unlock Food	unlockfood.ca	<ul style="list-style-type: none"> • Recipes and videos • Includes content on diabetes, weight management and heart health
Nutrition and Health	healthcastle.com	<ul style="list-style-type: none"> • Recipes, videos and nutrition and health information
Pulse Canada	pulsecanada.com	<ul style="list-style-type: none"> • Recipes and videos about plant foods in the legume family • Dry peas, dry beans, lentils and chickpeas
Canadian Lentils	lentils.ca	<ul style="list-style-type: none"> • Recipes and videos to include lentils in your diet
Half Your Plate	halfyourplate.ca	<ul style="list-style-type: none"> • Videos and tip sheets on fruits and vegetables • Includes shopping and storage tips
Canada's Food Guide	food-guide.canada.ca/en/	<ul style="list-style-type: none"> • Recipes and healthy eating tips

For more information go to: smgh.ca/patient-care-programs/regional-cardiac-care-centre/cardiac-rehabilitation/