



## ***Keep the Beat™ Heart Healthy Recipes***

Delicious heart healthy recipes are as good for your heart as they are for your taste buds! Staying healthy can be a challenge, but lifestyle changes like eating healthfully and being physically active can help lower your risk for heart disease and other conditions. The Keep the Beat™: Deliciously Healthy Eating Web site features more than 100 recipes created for the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health.

### **RECIPE FOR SUCCESS**

**Healthy:** These recipes are limited in saturated fat, *trans* fat, cholesterol, and sodium, and they're moderate in calories. The recipes use lean cuts of meat, poultry without the skin, fish, beans, whole grains, fruits, vegetables, small amounts of vegetable oil, and lots of herbs and spices for flavor. When it comes to eating healthy, portion size also matters. Keep the Beat™ recipes are designed to provide a satisfying portion, while helping people stay within their calorie limits.

**Simple:** Many of the main-dish meals take no more than 40 minutes to prepare and cook. Side dishes cook in 30 minutes or less. Ingredients are limited and found in most major grocery stores. Most dishes will appeal to children and adults alike.

**Delicious:** Most of the recipes were created exclusively for the NHLBI by a Culinary Institute of America-trained chef and a James Beard Foundation award-winning registered dietitian. These recipes are featured in two cookbooks, *Keep the Beat™ Recipes: Deliciously Healthy Dinners* and *Keep the Beat™ Recipes: Deliciously Healthy Family Meals*. The remaining recipes come from other popular NHLBI cookbooks—*Keep the Beat™ Heart Healthy Recipes from the NHLBI*, *Heart Healthy Home Cooking African American Style*, and *Delicious Heart Healthy Latino Recipes*.

### **HUNGRY FOR MORE?**

The Keep the Beat™: Deliciously Healthy Eating Web site provides plenty of information about food shopping, cooking, and eating healthfully for the entire family. It also includes a searchable database of recipes, a list of healthy eating ingredients, definitions of basic cooking and cutting techniques, frequently asked questions (FAQs), and tips for getting children involved in the kitchen. Other features include an online community, videos, tools and resources for supporting organizations, and information for the media. For more information, visit <http://hin.nhlbi.nih.gov/healthyeating>.



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