

## Healthy Nutrition Tips from the Cardiac Rehab Participants and Staff

- Try something new in small amounts. (New as in something not normally eaten at home—maybe a new fruit or vegetable each week.) Who knows, you may like it...
- Eat fish at least twice a week.
- Use a spritzer for salad dressing on your greens/raw veggies for taste but fewer calories.
- Instead of salad dressing, use fruit, dried fruit, trail mix or (low fat) cheese on your salad for flavour and more nutrition.
- Use salsa on baked potato instead of butter or sour cream (although fat free sour cream is another good choice.)
- Drink more water and fluids like low fat milk or unsweetened juices.
- Use pure oils and non-hydrogenated margarine instead of shortening and butter.
- Have a little protein like natural peanut butter, low fat cheese or yogurt with every snack to make you feel fuller longer.
- When you eat a treat like ice cream or pudding, take a smaller portion but make it last longer by using a smaller utensil.
- Apples are great for snacks or in salads. They provide fibre, vitamins, and lots of water, which make them filling *and* an apple a day keeps the doctor away!
- Eating more fruits and vegetables between meals reduces hunger.
- To make healthier muffins, replace one whole egg with 1 egg white and 1 tsp water, and use canola oil instead of hard fat like shortening or margarine squares.
- Hummus and crackers are a healthier choice than chips and dip.
- I'm less hungry when I eat smaller portions of meat and include more fruits, vegetables and fish.
- Be inspired by others who do good things to improve their health.