

1001



HEART HEALTHY

Quick, Delicious Recipes High in Fiber and
Low in Sodium & Cholesterol That Keep You
Committed to Your Healthy Lifestyle

RECIPES

Dick Logue

Author of the best-selling
500 Low Sodium Recipes



1001 HEART HEALTHY RECIPES

Quick, Delicious Recipes High in Fiber and
Low in Sodium & Cholesterol That Keep You
Committed to Your Healthy Lifestyle

Dick Logue

Author of the best-selling 500 Low Sodium Recipes



Contents

<u>INTRODUCTION</u>	What Do We Mean By Heart Healthy?
<u>CHAPTER 1</u>	What Does Eating Heart Healthy Mean (And How Can You Do It)?
<u>CHAPTER 2</u>	Sauces, Condiments, Mixes, and Spice Blends
<u>CHAPTER 3</u>	Dips and Spreads
<u>CHAPTER 4</u>	Snacks and Nibbles
<u>CHAPTER 5</u>	Breakfasts
<u>CHAPTER 6</u>	Main Dishes: Poultry
<u>CHAPTER 7</u>	Main Dishes: Beef
<u>CHAPTER 8</u>	Main Dishes: Pork
<u>CHAPTER 9</u>	Main Dishes: Fish and Seafood
<u>CHAPTER 10</u>	Main Dishes: Vegetarian
<u>CHAPTER 11</u>	Soups and Stews
<u>CHAPTER 12</u>	Chilies
<u>CHAPTER 13</u>	Italian
<u>CHAPTER 14</u>	Asian
<u>CHAPTER 15</u>	Mexican and Latin American
<u>CHAPTER 16</u>	Cajun
<u>CHAPTER 17</u>	Salads
<u>CHAPTER 18</u>	Side Dishes
<u>CHAPTER 19</u>	Potatoes, Pasta, Rice, and Other Grains
<u>CHAPTER 20</u>	Quick Breads
<u>CHAPTER 21</u>	Yeast Breads
<u>CHAPTER 22</u>	Cookies
<u>CHAPTER 23</u>	Fruit Desserts
<u>CHAPTER 24</u>	Grain, Nut, and Legume Desserts
<u>CHAPTER 25</u>	Cooking Terms, Weights and Measurements, and Gadgets
	ABOUT THE AUTHOR
	INDEX

What Do We Mean By Heart Healthy?

First let's define exactly what we mean by heart-healthy recipes and how this collection is different from other cookbooks you may have or have seen. Heart-healthy diets are aimed at preventing or reducing a number of risk factors that can lead to heart attacks and heart disease. Among the more important ones are coronary artery disease, high cholesterol and high blood pressure.

The American Heart Association lists seven key items for maintaining cardiovascular health. They are:

- Don't smoke
- Maintain a healthy weight
- Engage in regular physical activity
- Eat a healthy diet
- Manage blood pressure
- Take charge of cholesterol
- Keep blood sugar, or glucose, at healthy levels.

You can easily see that while they list diet as a separate factor, what you eat affects everything on the list except smoking and exercise. If you start digging into the details of dietary recommendations for staying a healthy weight, maintaining a healthy blood pressure and cholesterol level, and managing blood sugar levels you immediately find that the same recommendations are key to many or all of them. Common themes at such diverse web sites as the Centers for Disease Control and Prevention, the U.S. Department of Agriculture, the American Heart Association, the Mayo Clinic and WebMD include:

- Limit the amount of unhealthy fats such as saturated fats and trans fats that you eat
- Choose lean sources of protein
- Eat more whole grains
- Eat more fruits and vegetables
- Limit your sodium intake
- Limit your cholesterol intake.

We'll go into more detail on what these recommendations mean and how to follow them in the next chapter.

Given the importance of the topic, there are of course a number of heart-healthy cookbooks available. I have quite a few myself and some of them have a number of really good recipes. But what I've found in looking at them is that most of them focus on one or another aspect of heart healthy cooking and tend to ignore the others. So you'll find a book that has pages of great information on lower fat substitutions, but still includes a number of high sodium ingredients for which there are equally easy-to-find substitutions. Another book may focus on including more whole grains, but have recipes that are high in saturated fat. Or they give you a small number of recipes. It seemed to me that what was needed was one book that took all the aspects of heart-healthy cooking into consideration and gave you enough recipes that you could always find what you were looking for: a one stop shop for heart-healthy cooking. That is what this book is. It contains healthy versions of some things that may already be family favorites like fried chicken, meatloaf, and pizza as well as things that you may not have thought about, such as roasted chickpeas and bean pie.

Why Is Heart-Healthy Cooking Important?

According to the U.S. Department of Health and Human Services' Centers for Disease Control and Prevention, heart disease is the number one cause of death in the United States among both men and women. A few statistics from their website show:

- In 2008, over 616,000 people died of heart disease, almost 25% of deaths in the United States.
- In that same year, 405,309 people died from coronary heart disease.
- Every year about 785,000 Americans have a first coronary attack. Another 470,000 who have already had one or more coronary attacks have another attack.
- In 2010, coronary heart disease alone was projected to cost the United States \$108.9 billion. This total includes the cost of health care services, medications, and lost productivity.
- More than 27 million adults in the United States have been diagnosed with heart disease.

Clearly heart health is a major problem. Statistics in other parts of the world vary, but in many countries heart disease is also the number one cause of death.

A Little Bit about Me

Some of you may already know me from my Low-Sodium Cooking website and newsletter or from my other books focused on low-sodium and other heart-healthy recipes. For those who don't, perhaps a little background information might be useful.

I started thinking about heart-healthy cooking after being diagnosed with

congestive heart failure in 1999. One of the first, and biggest, things I had to deal with was the doctor's insistence that I follow a low-sodium diet . . . 1,200 mg a day or less. At first, like many people, I found it easiest to just avoid the things that had a lot of sodium in them. But I was bored. And I was convinced that there had to be a way to create low-sodium versions of the foods I missed. So I learned all kinds of *new* cooking things. I researched where to get low-sodium substitutes for the things that I couldn't have anymore, bought cookbooks, and basically redid my whole diet. And I decided to share this information with others who may be in the same position I had been in. I started a website, www.lowsodiumcooking.com, to share recipes and information. I sent out an email newsletter with recipes that now has more than 20,000 subscribers. And I wrote my first book, *500 Low Sodium Recipes*.

Perhaps the best way to start telling you who I am is by telling you who I'm not. I'm not a doctor. I'm not a dietician. I'm not a professional chef. What I *am* is an ordinary person just like you who has some special dietary needs. I have enjoyed cooking most of my life. I guess I started it seriously about the time my mother went back to work when I was twelve or so. In those days, it was simple stuff like burgers and hot dogs and spaghetti. But the interest stayed. After I married my wife, we got pretty involved in some food-related pursuits—growing vegetables in our garden, making bread and other baked goods, canning and jelly making, that kind of thing. She always said that my “mad chemist” cooking was an outgrowth of the time I spent in college as a chemistry major, and she might be right. So creating the kind of food that people said couldn't be done, low in sodium and high in taste, was a fun challenge for me.

Along the way, I also learned about other things that make a diet heart healthy. I became more aware of cholesterol, fiber, and other things that make some foods better for your heart than others. I began incorporating what I'd learned into the recipes. So you will find that the recipes here are not only low in sodium, but they also tend to be low in saturated fat, contain whole grains and other high-fiber foods, and tend to focus on fresh ingredients. This all actually comes together nicely, because in many cases the same foods that fit one of those requirements also support others.

How Is the Nutritional Information Calculated?

The nutritional information included with these recipes was calculated using the AccuChef program. It calculates the values using the latest U.S. Department of Agriculture National Nutrient Database for Standard Reference. I've been using this program since I first started trying to figure out how much sodium was in the recipes I've created. It's inexpensive, easy to use, and has a number of really handy features. For instance, if I go in and change the nutrition figures for an ingredient, it remembers those figures whenever I use that ingredient. AccuChef is available online from www.accuchef.com. They offer a free trial version if you want to try it out and the full version costs less than twenty dollars.

Of course, this implies that these figures are estimates. Every brand of tomatoes, or any other product, is a little different in nutritional content. These figures were calculated using products that I buy here in southern Maryland. If you use a different

brand, your nutrition figures may be different. Use the nutritional analysis as a guideline in determining whether a recipe is right for your diet.

1

What Does Eating Heart Healthy Mean (And How Can You Do It)?

In this chapter I'm going to take a more in-depth look at the aspects of heart-healthy cooking that we identified in the introduction. For each one I'll talk about how the recipes in this book support that dietary guideline. Then I'll give you a list of suggested foods to include and food to avoid.

Eat the Right Amount of the Right Kinds of Fats

Fats are one of the big factors in heart-healthy cooking. There are several areas that we want to be aware of here.

Reduce Saturated Fats

Saturated fats have been shown by a number of studies to be one of the major contributors to high cholesterol and arterial disease.

In general, saturated fats are fats that are solid at room temperature. There are several categories of saturated fats. In each case there are better alternatives or things we can do to reduce the fat. The recipes in this book are designed with that in mind.

- Red meats—Beef, pork and lamb have been mentioned often as being the worst in terms of saturated fat. It's true that they tend to have more than fish or poultry. How much they have is very dependent on which cut you choose. Some high-fat cuts of beef may contain 5 times the amount of saturated fat as a lean cut. This book contains recipes using lean cuts of beef and pork such as extra lean ground beef and pork loin.
- Poultry skin—While not containing as much saturated fat as red meat, poultry skin does have a significant amount. A chicken thigh with the skin has more than 2 grams additional saturated fat, compared to the meat only. And this is a case where eliminating that fat is really easy, just don't eat the skin. We also have many recipes here which use low fat boneless, skinless chicken breasts.
- Whole fat dairy products—Dairy products are another area where making smart choices can significantly reduce the amount of saturated fat you ingest. Avoid using products made from whole milk or cream. Choose skim milk, reduced fat cheeses, and fat free versions of sour cream and cream cheese. Use fat free

evaporated milk in place of cream.

- Tropical oils—Some plant oils in the category typically called tropical oil also contain saturated fats. These include palm, palm kernel, and coconut oils and cocoa butter. They are generally easy to avoid.

Reduce Trans Fats

Trans fats are also called trans-fatty acids. They are produced by adding hydrogen to vegetable oil through a process called hydrogenation. This makes the fat more solid and less likely to spoil. Commonly found trans fats include:

- Margarine and other hydrogenated oils—Avoid margarine and solid shortening containing hydrogenated or partially hydrogenated oils.
- Commercial baked goods and fried foods—Although increased awareness of their health risks have started to reduce their use, trans fats are still a common ingredient in baked goods and fried foods. Food manufacturers are required to list trans fat content on nutrition labels.

Avoid the use of trans fats as much as possible. Use olive oil for cooking and canola oil for baking in place of solid fats.

Reduce the Total Fat Intake

While some fats are healthier than others and do provide benefits, it is still recommended that less than 10 percent of your total calories come from fat. Reduce consumption of fried foods and high fat baked goods. Replace some or all of the fat in baked goods with fruit.

Here also some positive fat choices you can make.

- Olive and canola oils—While we want to limit the amount of fats in our diet, oils like olive and canola oil contain polyunsaturated fat, which is the most healthful kind. Recipes in this book that contain oil specify either olive or canola.
- Fish—The oils contained in fish contain a compound called Omega 3 fatty acids that actually help to reduce blood vessel blockages and clots. It's often recommended that you eat fish at least twice a week.
- Increase consumption of Omega-3 fatty acids. Again, eat more fish. Adds nuts to baked goods and salads for an extra Omega-3 boost.

Eat More Whole Grains and High Fiber Foods

There have been a number of studies showing the benefits of increasing our fiber intake, both to heart health and other areas. A few key findings were:

- A study published in the May 11, 2000 issue of *The New England Journal of Medicine* reported that diabetic patients who maintained a very high fiber level in

their daily diet lowered their glucose levels by 10%.

- A 1976 study by the Veterans Administration Medical Center, Lexington, Kentucky, showed that fiber is useful in treating diabetes, high blood pressure and obesity, and in reducing cholesterol levels.
- Two studies published in *The Lancet* showed that people with high fiber diets suffered from fewer incidents of colon polyps and colon cancer.

So there are a lot of good reasons to add more fiber to your diet. There are several key areas for increasing fiber.

- Add more whole grains to the diet. Eat whole grain breads and other baked goods. Replace white rice with brown. Choose whole grain pastas over regular. In many cases you'll find that the whole grain version is not only healthier, but better tasting.
- Increase the amount of other water soluble fiber in the diet, such as oat bran and barley.
- Eat more legumes. Beans and other legumes are the poster child for high fiber foods. A single serving can provide 15 grams or more of fiber. They also have been proven to be one of the foods that is effective at keeping you from feeling hungry the longest and have been linked to reduced risk of heart disease, diabetes and certain kinds of cancer.

Eat Minimally Processed Foods

There has been an increased focus on avoiding processed foods in recent years. It has resulted in things like the caveman diet and Paleolithic diet. I'm not going to go so far as to suggest that, but I will say that I believe processing reduces natural nutrients and replaces them with chemicals, some of questionable safety. The Canyon Ranch Spa cookbook I own suggests "don't eat anything your great-grandmother didn't," and that seems like a reasonable approach to me. To do this, follow these guidelines.

- Eat foods as close to the way they grow as possible. Fresh is better than frozen. Whole is better than juice. Real potatoes are better than fried chips. It's really a simple rule that can make a lot of difference.
- Avoid refined and processed food as much as possible. Eat whole grains rather than white flour. Eat natural sweeteners rather than white sugar and high fructose corn syrup.
- Avoid things that contain added chemicals as much as possible.
- Increase your use of colorful fruits and vegetables. I know it sounds funny, but a key to the nutritional value of fruits and vegetables seems to be bright colors. Red peppers contain an incredible amount of vitamin A. Greens such as spinach, kale, and Swiss chard contain more nutrients per ounce than any other food. Brightly colored fruits tend to be high in antioxidants. Eating a variety of fruits and

vegetables and eating at least the recommended five servings a day is one of the best things you can do for your health. There's truth in that old saying that an apple a day keeps the doctor away.

Reduce Your Sodium Intake

As many of you who are familiar with my other books or my website may know, reducing sodium was the first goal of my heart-healthy cooking journey. To me this is now obvious and second nature. After 11 years on a low sodium diet I can't imagine eating any other way. The fact that I feel so much better now than I did when I first started it is enough proof for me. But you don't have to rely on my word alone:

- The United States Food and Drug Administration recommends 2300 milligrams (mg) of sodium daily for healthy adults.
- The U.S. Department of Agriculture recommends that individuals with hypertension, African Americans and adults 50 and above should consume no more than 1500 mg of sodium per day.
- The United Kingdom Recommended Nutritional Intake (RNI) is 1600 mg daily.
- The National Research Council of the National Academy of Sciences recommends 1100 to 1500 mg daily for adults.
- Many experts recommend less than 1500 mg daily for anyone with a history of heart trouble, high blood pressure or other risk factors for heart disease.
- It's estimated that the average daily intake in the United States and Western Europe is 3 to 5 times these recommendations.

Given these figures, it's pretty safe to say that many of us consume more sodium than is good for us. If you already have a history of heart disease, or have a family history of it, it's even worse. I know I sound a bit like a zealot on this, but I can honestly say that I'm in a better position now medically than I was 11 years ago. All I can say is it's worked for me and lots of other people I've talked to.

I've tried not to be a fanatic about sodium content in these recipes. There are a couple that have more sodium than I would typically eat. There are recipes with foods I rarely or never use, such as Cheddar cheese and regular sodium-based baking powder. I'm not going to tell you that you have to be as strict as I am. But I honestly believe you'll be healthier and feel better if you watch your sodium.

Reduce Dietary Cholesterol

Although there has been some disagreement about how significant the role of eating foods high in cholesterol is in increasing your blood cholesterol, most experts still recommend reducing it. Common sources of dietary cholesterol are:

- Egg yolks—Personally I almost never use whole eggs, preferring to use an egg

substitute like Egg Beaters that is made from egg whites. I can't tell the difference. The recipes in this book do contain eggs, but you can substitute 1/4 cup egg substitute per egg and save a lot of cholesterol.

- Organ meats—Good news for everyone who hates liver (I happen to like it, but only eat it once every couple of months).
- Shellfish—Another thing I like but try to limit.

What to Eat and What to Avoid

The following are general guidelines for making heart-healthy food selections. Even when you follow these recommendations, you also need to be a careful label reader; there are big variations within some categories, with specific products being either better or worse than the average.

- Breads
 - Better: Homemade, wheat, pumpernickel, and other types of whole grain breads and rolls
 - Avoid: Sweet rolls, breads or rolls with salted tops, packaged cracker or bread crumb coatings unless unsalted, packaged stuffing mixes, biscuits, cornbread
- Cereals
 - Better: Whole grain cooked cereals such as oats, cream of wheat, rice, or farina; puffed wheat; puffed rice; shredded wheat
 - Avoid: Instant hot cereals, heavily sweetened cereals
- Pasta and carbohydrates
 - Better: Whole grain pastas such as macaroni, spaghetti, rigatoni, ziti; potatoes; brown rice
 - Avoid: Macaroni and cheese mix; seasoned rice, noodle, and spaghetti mixes
- Dried beans and peas
 - Better: Pinto beans, Great Northern beans, black-eyed peas, lima beans, lentils, split peas, etc.
 - Avoid: Any beans or peas prepared with ham, bacon, salt pork, or bacon grease; canned beans unless no-salt-added
- Meat, poultry, and fish
 - Better: Fresh or frozen lean meat, poultry, and fish
 - Avoid: High fat meats; poultry skin; salted, smoked, canned, and pickled meats, poultry, and fish; cold cuts; luncheon meats; hot dogs; breaded frozen meats, fish, and poultry; TV dinners; meat pies
- Fruits and vegetables

- Better: Fresh, frozen, or low-sodium canned vegetables or vegetable juices; low-sodium tomato products; fresh, canned, or frozen fruits and juices
- Avoid: Regular canned vegetables and vegetable juices, regular tomato sauce and tomato paste, olives, pickles, relishes, sauerkraut, or vegetables packed in brine
- Dairy products
 - Better: Low fat milk, sour cream, cheese, yogurt, low-sodium cottage cheese
 - Avoid: Full fat dairy products, buttermilk, processed cheese slices and spreads, regular cheese, cottage cheese
- Fats and oils
 - Better: Healthy oils such as canola and olive, unsalted butter when solid shortening is needed
 - Avoid: Margarine and other solid fats
- Soups
 - Better: Salt-free soups and low-sodium bouillon cubes
 - Avoid: Regular commercially canned or prepared soups, stews, broths, or bouillon; packaged and frozen soups
- Condiments
 - Better: Fresh and dried herbs; lemon juice; mustard, vinegar, and hot pepper sauce; low-sodium or no-salt-added ketchup; extracts (almond, lemon, vanilla); baking chocolate and cocoa; seasoning blends that do not contain salt
 - Avoid: Table salt, lite salt, bouillon cubes, regular ketchup, chili sauce; cooking wines, onion salt, garlic salt, meat flavorings, meat tenderizers, steak and barbecue sauce, seasoned salt, monosodium glutamate (MSG), Dutch-processed cocoa

Comments on a Few Specific Ingredients

- Eggs—Even though the recipes call for eggs I often use egg substitute instead. I started this as a way to reduce the amount of cholesterol I was taking in, especially since I have eggs for breakfast fairly often. The brand I use does have 25 mg more sodium than whole eggs, so there is a tradeoff. If cholesterol isn't an issue for you, it's cheaper and easier to just use whole eggs. I use a store brand egg substitute that is similar to Egg Beaters. It's basically colored egg whites with some vitamins and minerals, so it does not contain a lot of unnatural ingredients. You could also just use egg whites in most of the recipes, but I'm the kind of guy whose mother did too good of a job teaching me to clean my plate and I have a tough time just throwing the yolks away. The "real" whites have more sodium than the yolks do, by the way, so you don't save any sodium by doing that.

- Butter vs. margarine—The recipes in this book call for unsalted butter. I’ve been back and forth over the years about butter or margarine, but my current thinking is that the amount of cholesterol in the butter does not outweigh the possible health effects of the trans fats in margarine.
- Milk—The recipes call for skim milk and nonfat dairy products when they are readily available, reduced fat ones when they are not. This is another area where I thought I couldn’t stand the taste of things like skim milk, but found after using it that it really was just fine. I use fat free evaporated milk in place of cream wherever it is called for. This is a great product for reducing fat and calories while still allowing you the taste and feel of the original.
- Baking powder and baking soda—In my humble opinion, this is a no-brainer. If you bake anything that uses baking powder with the regular stuff off your grocer’s shelves you are eating sodium that can easily be avoided. Given the amount of sodium in standard baking powder, it’s likely to be 100 to 200 mg per serving. Some doctors also believe the aluminum in regular baking powder is bad for you. The simple solution is sodium-free, aluminum-free baking powder. There are several brands available, but they have been difficult to find locally. I’ve found the Featherweight brand at a health food store. It’s also available online at Healthy Heart Market. The price is comparable to regular baking powder. Recently Clabber Girl released a reduced sodium version of their Rumford baking powder. It’s not sodium-free like the Featherweight, but it does contain significantly less sodium than regular baking powder and is widely available at Wal-Mart and other grocery chains. Like baking powder, regular baking soda is unnecessary sodium intake. The only brand of sodium-free baking soda I’m familiar with is Ener-G and the only place I’ve seen it is online at Healthy Heart Market. The manufacturer does recommend doubling the amount of baking soda called for in your favorite recipes when using this product. The recipes in this book already have the amount doubled. I’ve used both products for more than eleven years. The baking powder has never failed to produce the desired results. The baking soda sometimes doesn’t seem to rise as much as I would have expected. I don’t know whether that’s because mine has gotten old or whether it has to do with particular recipes, but it’s something to be aware of.
- Seasoning blends—You’ll likely be able to find some salt-free versions of these on your regular grocer’s shelves. Mrs. Dash makes a number of different blends that are widely available, and major spice manufacturers like McCormick do also. Many spices come in bottles small enough to be exempt from the usual labeling requirements in the United States, so you’ll need to read the ingredient list and look for added salt. Health food stores often stock salt-free spice blends, and there are a number of places to get them online.
- Sauces and condiments—In looking at products like barbecue sauce, Asian sauces, ketchup, mustard, and salsa, you’ll find a wide range of nutritional values. Many are very high in sodium. Look for products that are lower in sodium, either on your grocer’s shelves or online.

- Canned tomato products, vegetables, and beans—In the United States, most of the large food companies like Hunt’s and Del Monte make these low sodium products. I have no trouble finding a good selection of no-salt-added tomato products and a more limited selection of other no-salt-added vegetables in any large supermarket. Beans are less common and are another area where organic food producers are leading the way. With a little more effort you can cook your own dried beans without salt for a fraction of the cost of the canned ones. I usually cook a 1-pound bag at a time and freeze what I don’t need for future use.
- Soups, broths, and bouillon—Like other products, low-sodium versions of these are available, but not as widely as we might like. Again, organic food producers are the best bet for finding a truly low-sodium item. There are also some very low-sodium soup bases from companies like Redi-Base available online. These come in a variety of flavors and have a much more natural taste than the sodium-free bouillon cubes.
- Bread—Pick whole grain commercial bread, but be aware of the amount of fat and sodium. I highly recommend a bread machine so you can make your own. The notes in [Chapter 21](#) go into this in detail, and the chapter contains a number of recipes to get you started.
- Meats—Choose lean cuts of meat and preparations that are appropriate for them. Avoid high fat red meats and poultry skin. Also be aware that these days, many fresh meats are “enhanced” by injecting them with a broth solution to make them juicier. Unfortunately, it also increases the sodium level from 75 to 80 mg per serving to more than 300 mg. This is especially true of chicken and turkey and increasingly true of pork. There is still unadulterated meat around, but you have to be careful and look for it.
- Alcohol—There are some recipes in this book that contain beer, wine or other alcohol. I realize that these will not be right for everyone. There are some alternatives that will still let you enjoy the recipes. “Non-alcoholic” beers and wines have had most of the alcohol removed. Typically they contain about one half of one percent alcohol. I’ve seen it stated that this is about the same as what occurs naturally in orange juice, but I’ve never seen any conclusive proof of this. You’ll have to decide if that is acceptable to you or not. Many of the recipes made with beer or white wine could have chicken broth substituted with no ill effects. For recipes made with red wine, you could replace it with grape juice, adding a few tablespoons of vinegar to counteract the sweetness, although the final flavor may be a little different. In some recipes you may also choose to omit the alcohol. One note . . . if you decide to use wine in cooking, do not buy the cooking wine in the supermarket. It is poor quality and contains added salt, which will affect the taste of the recipe. You’d be better off leaving it out. The rule I heard and follow is if you wouldn’t drink it, don’t cook with it.

A Final Quick Summary

Based on all of the above it's pretty easy to put together a short list a couple of general guidelines for things that we want to see more of in our diet:

- Fresh whole foods such as produce and fresh lean meats
- Brightly colored fruits and vegetables
- Whole grains
- Legumes, including lentils, soybeans, dried peas, and beans

We can also come up with a high level list of those things that we want to limit:

- Refined, processed foods such as white flour and sugar
- Packaged foods, which often contain ingredients you would be better off without
- Saturated fats and trans fats

And finally, there are a few recommendations for tracking the amount of various foods that would make up a heart healthy diet.

- Eat 6 to 8 daily servings of grain products, with at least half being whole grains.
- Eat 4 to 5 cups of fruits and vegetables each day, in a variety of colors and types.
- Eat 2 to 3 cups of fat-free or low-fat dairy products each day.
- Eat 3 to 6 oz. (cooked) of lean meats, poultry, or seafood per day.
- Limit intake to 2 to 3 servings per day of fats and oils. Use liquid vegetable oils most often to reduce saturated and trans fats.
- Eat 3 to 5 servings per week of nuts, seeds, and legumes.
- Limit cholesterol intake to 300 mg per day for people with no heart disease risk factors or to 200 mg per day for those with heart disease risk factors.
- Eat less than 2300 mg of sodium per day, 1500 mg per day if you have any heart disease history or risk factors.

2

Sauces, Condiments, Mixes, and Spice Blends

It's sometimes hard to find healthy commercial products in this category. Most sauces and dressings and a number of spice blends contain high amounts of sodium. Sauces and mixes tend to contain more fat than you'd want and sometimes still contain trans fats. But these are items that it is easy to create healthy versions of ahead of time so you can just grab them and use them when you need to. We have a wide variety of items in this chapter including Asian sauces, salad dressings and various other sauces and condiments. We also have a few spice blends that are targeted for grilling, but can be used on your favorite meat no matter how you are cooking it. And we end up with some healthy pancake and biscuit mixes.

Dick's Reduced-Sodium Soy Sauce

Soy sauce, even the reduced-sodium kinds, contains more sodium than many people's diets can stand. A teaspoonful often contains at least a quarter of the daily amount of sodium that is recommended for a healthy adult. If you have heart disease or are African American, the recommendation is even less. This sauce gives you real soy sauce flavor while holding the sodium to a level that should fit in most people's diets.

4 tablespoons (24 g) sodium-free beef bouillon

1/4 cup (60 ml) cider vinegar

2 tablespoons (30 ml) molasses

1 1/2 cups (355 ml) boiling water

1/8 teaspoon (0.3 g) black pepper

1/8 teaspoon (0.2 g) ground ginger

1/4 teaspoon (0.8 g) garlic powder

1/4 cup (60 ml) reduced-sodium soy sauce

Combine ingredients, stirring to blend thoroughly. Pour into jars. Cover and seal tightly. Keeps indefinitely if refrigerated.

Yield: 48 servings

Per serving: 6 calories (13% from fat, 11% from protein, 76% from carbohydrate); 0 g protein; 0 g total fat; 0 g saturated fat; 0 g monounsaturated fat; 0 g polyunsaturated fat; 1 g carbohydrate; 0 g fiber; 1 g sugar; 3 mg phosphorus; 4 mg calcium; 0 mg iron; 52 mg sodium; 19 mg potassium; 3 IU vitamin A; 0 mg ATE vitamin E; 0 mg vitamin C; 0 mg cholesterol; 10 g water

Dick's Reduced-Sodium Teriyaki Sauce

The story on this recipe is the same as the soy sauce. In this case, you can sometimes find commercial teriyaki sauces that aren't too high in sodium, but this one is much lower and, to my mind, tastes just as good, if not better.

1 cup (235 ml) Dick's Reduced-Sodium Soy Sauce (see recipe on this page)

1 tablespoon (15 ml) sesame oil

2 tablespoons (30 ml) mirin wine

1/2 cup (100 g) sugar

2 cloves garlic, crushed

two 1/8-inch (31-mm) slices ginger root

Dash black pepper

Combine all ingredients in a saucepan and heat until the sugar is dissolved. Store in the refrigerator.

Yield: 20 servings

Per serving: 37 calories (2% from fat, 0% from protein, 98% from carbohydrate); 0 g protein; 1 g total fat; 0 g saturated fat; 0 g monounsaturated fat; 2 g polyunsaturated fat; 84 g carbohydrate; 0 g fiber; 7 g sugar; 10 mg phosphorus; 7 mg calcium; 0 mg iron; 83 mg sodium; 32 mg potassium; 5 IU vitamin A; 0 mg ATE vitamin E; 0 mg vitamin C; 0 mg cholesterol; 17 g water

Tip: Mirin is a sweet Japanese rice wine; you can substitute sherry or sake.

Lower Fat Peppercorn Dressing

This is my favorite dressing recipe. It's similar to a ranch dressing, but with a little extra pop from the peppercorns.

1 cup (225 g) low fat mayonnaise

1 cup (235 ml) low fat buttermilk

2 teaspoons (0.2 g) dried parsley

1 teaspoon (3 g) onion powder

1/4 teaspoon (0.8 g) garlic powder

1/4 teaspoon (0.3 g) dried dill

1 teaspoon (1.7 g) black peppercorns, coarsely cracked

Mix all ingredients together well. Refrigerate overnight before using.

Yield: 16 servings

Per serving: 51 calories (87% from fat, 1% from protein, 12% from carbohydrate); 0 g protein; 5 g total fat; 1 g saturated fat; 0 g monounsaturated fat; 0 g polyunsaturated fat; 2 g carbohydrate; 0 g fiber; 1 g sugar; 10 mg phosphorus; 3 mg calcium; 0 mg iron; 120 mg sodium; 13 mg potassium; 42 IU vitamin A; 0 mg ATE vitamin E; 0 mg vitamin C; 5 mg cholesterol; 8 g water

Tip: You can crack the peppercorns by putting them in a plastic bag and beating on them with a mallet or rolling pin, so you might want to try this recipe on a day when you are feeling a need to release some frustration.