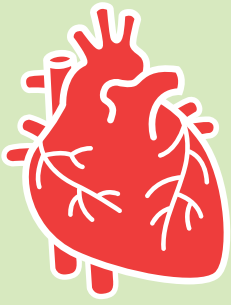


# INTEGRATIVE AND PREVENTIVE CARDIOLOGY

## LIVING WITH HEART DISEASE GUIDELINES FOR A HEALTHIER LIFE



**UFHealth**  
HEART AND VASCULAR CARE



*You are here because you have or are at risk for developing a chronic condition, such as heart and artery disease, diabetes, high blood pressure or high cholesterol.*

**Heart disease develops from a combination of genetics and lifestyle.**

- Genetics are what you inherit from your parents.
- Lifestyle risk factors are completely avoidable and include:
  - Poor diet
  - Lack of exercise
  - Poor sleep
  - Smoking
  - Drinking alcohol
  - Stress

**Don't be scared.** We, as your health care providers, are going to put you on medications to help you. But medication alone is not enough. Taking a pill is not going to make you better without changes in your lifestyle. **Be EMPOWERED, your life is in YOUR hands.**

**Healing through lifestyle** means adopting proven lifestyle changes through whole food plant-based nutrition, exercise, sleep, stress management, alcohol moderation and cutting out cigarettes.

***In other words, in addition to medication, get ready to embark on a lifestyle journey!***

## Nutrition



**The standard American diet, or SAD diet, looks like this:**

BREAKFAST: cereal, milk, toast, bacon, eggs, pastries

LUNCH: sandwich, hamburger, hot dog, chips, sweet tea, soft drink

DINNER: steak, fried chicken, french fries, pizza, beer

DESSERT: ice cream, pie, candy bars

**What is wrong with this diet?** It is high in ADDED SUGARS, REFINED CARBOHYDRATES, FAT and SALT. In other words, it is high in PROCESSED FOODS and ANIMAL-BASED FOODS, which have been proven to be BAD for our bodies.

- ADDED SUGARS AND REFINED CARBOHYDRATES — like white bread, white rice, cookies, cupcakes, bagels and anything that comes in a package — have low nutritional value and, in excess, can lead to diabetes, obesity and heart disease.
- FATS, especially trans fats and saturated fats — like oils, butters, animal fats and fried foods — lead to high cholesterol, clogged arteries and heart disease.
- Excess intake of SALT, or sodium — from TV dinners and fast food meals for example — can lead to high blood pressure and heart disease.



## Nutrition (continued)

Our bad habits start as children and after years of eating the SAD diet, our bodies are angry and have, or will soon have, diabetes, high blood pressure, obesity and heart disease.

But we have good news for you! You can DECREASE YOUR RISK and sometimes even REVERSE diseases by changing your own lifestyle. You may think that it is not worth it and that you would rather take pills and eat whatever you want. Unfortunately, it does NOT work that way. No combination of pills can take away the negative effects of bad food. Plus, pills can have side effects.

### Take a moment to think about what your great grandmother would have eaten.

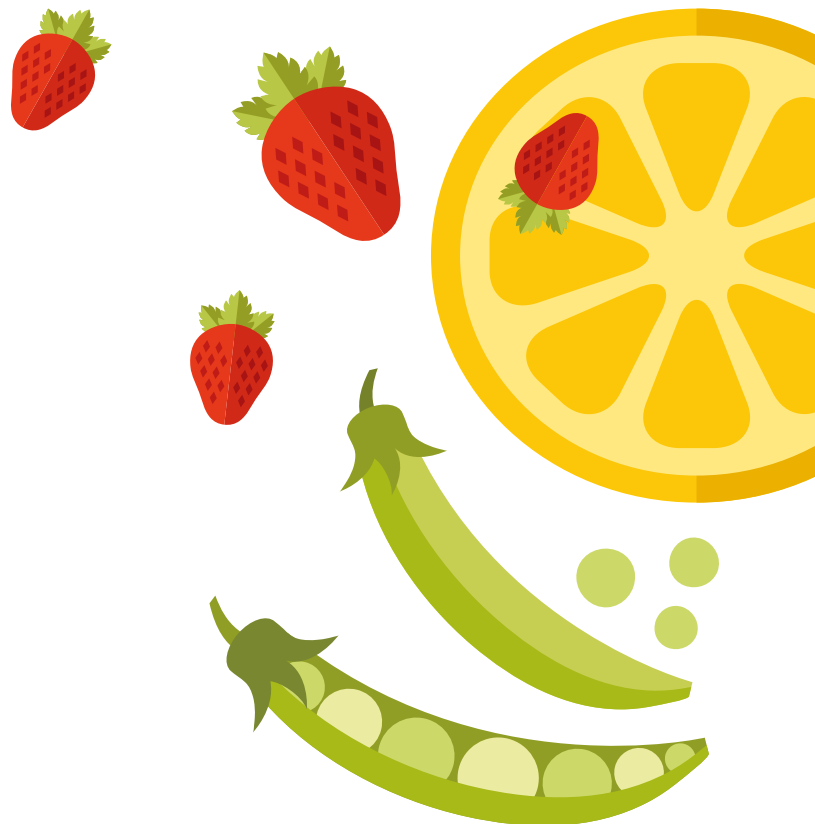
- Her diet likely did not include anything in packages, with added chemicals or colors, or anything altered from its original form
- Nothing unrecognizable or unpronounceable
- It would have included food from a farm or market that was fresh and simple
- She would have COOKED the food in the KITCHEN

If you have problems with arthritis or low back pain, try sitting in a chair while cooking, or cooking with a housemate/friend/partner/loved one. Make extra food so you can have leftovers for several days.

If you have troubles with finances, choose frozen fruits and vegetables more often. They tend to be more affordable and retain their nutritional value. Frozen is always better than canned. Grocery shopping will get you more food than restaurants in the long run.

If you do go out, opt for lean meat, extra veggies, hold the fried food and ask for dressing on the side. Eat until satiated, take leftovers home. Avoid the bread basket, finger foods and refills. Avoid dessert, you can have fruit at home!

Eat whole foods, and mostly (if not ALL) plants.



## General Guidelines:

Adopted from the American Heart Association's current recommendations of the Mediterranean diet and our proven gold standard, the PRIMARILY PLANT-BASED DIET.

1. **FRUITS AND VEGETABLES:** At least 5-7 servings (1/2 cup cooked, 1 cup raw) per day of the RAINBOW, all varieties and colors of plants. FRESH is best. Frozen is okay, too! Try to avoid canned foods because these can be full of SALT and preservatives.
2. **LEGUMES (ALL BEANS, PEAS, LENTILS, CHICKPEAS, SOY):** 2-4 servings (1/2 cup cooked) per day.
3. **WHOLE GRAINS (INTACT WHOLE GRAINS > CUT WHOLE > ROLLED > GROUND):** 3-5 servings per day. The fewer ingredients the better, avoid processed preserved foods that don't mold.
4. **NUTS AND SEEDS:** 1 serving (1 oz, fits in your palm) per day.
5. **HERBS AND SPICES:** with EVERY meal, a variety and from all over the world.
6. **IF EATING MEAT, CHOOSE FISH AND SHELLFISH RATHER THAN CHICKEN AND TURKEY.**
7. **SOME LEAN MEATS (CHICKEN, TURKEY) AND EGGS:** Seldom, limit to 2 or less servings per week. Avoid red meat, including beef, pork and lamb.
8. **SODIUM (SALT):** Don't add it at the table and AVOID processed foods. Beware of food from restaurants, packages or fast foods. They are full of salt. Don't forget cheese, crackers, chips and soups, which are LOADED with salt.
9. **OIL:** Minimize it. This is FAT. For cooking, we prefer moist cooking with water, steam or baking, but a few drops is okay. Use canola oil for cooking and olive oil for flavor.
10. **LIMITED DAIRY:** Try to avoid dairy in general. Avoid cheese. Watch your dressings, sprinkles of cheese on salad, creamed cheese. Best dairy option is plain yogurt.
11. **LIMITED ALCOHOL:** In moderation, 150mL wine or 12oz beer or 1.5oz liquor on rare occasions. If you have congestive heart failure, no alcohol.
12. **NO SUGAR-SWEETENED BEVERAGES:** Sweet tea, soda, juice, etc., we recommend NONE. DRINK WATER!
13. **NO PROCESSED MEATS:** ABSOLUTELY NONE! These include deli meats, hot dogs, fast foods, canned/ jarred/aged meat and anything that does not look like the animal from which it came.





# Nutrition *(continued)*

## *Examples of a plant-based whole foods diet:*

### **BREAKFAST:**

- Oatmeal, palmful of nuts, tablespoon chia seeds, mixed berries
- Whole grain bread with hummus and sprouts, banana on side
- Whole grain bread with RAW almond or peanut butter
- Smoothie with banana, water, kale, all-natural peanut butter, frozen berries, plain yogurt

DRINK: Water, coffee, tea; try almond or soy milk and ideally NO sweeteners, not even 0 calorie “fake” or artificial sugars/sweeteners



### **SNACK:**

- Banana and teaspoon of RAW peanut butter
- Carrots, celery, bell peppers and hummus
- Roasted or raw nuts
- Apple or other fresh fruit

DRINK: Water or tea

### **LUNCH:**

- Salad with tofu and tahini dressing
- Black beans, roasted veggies, quinoa
- Sandwich with hummus, greens, peppers
- Lentil soup, whole grain bread, apple
- Vegetable wrap

DRINK: Water with lemon, tea



**SNACK:** See previous snack, all good choices

### **DINNER:**

- Tempeh, beans, sweet potatoes (add sauerkraut), broccoli
- Tofu with noodles (try spaghetti squash or zucchini pasta)

DRINK two glasses of water, maximum 150mL red wine or 12oz beer

**DESSERT:** Fruit, dark chocolate, popcorn (fresh popped, no butter), chia seed pudding, frozen grapes or berries, herbal tea. Blending a frozen banana and raw nut butter can taste like ice cream!



# Nutrition (continued)

Food Category	Servings/Day	Examples of Foods	Serving Size	Comments
<b>FRUITS</b>	3-5	Strawberries, blueberries, raspberries, apple, banana, orange, grapefruit, grapes, tangerine, melon, watermelon, pineapple, mango, kiwi, papaya	1 medium fruit ½ cup fresh or frozen ¼ cup dried	The more <b>variety</b> and <b>colors</b> , the better. Fruits make great snacks, desserts and treats.
<b>VEGETABLES</b>	5-7	Lettuce, kale, spinach, broccoli, cauliflower, cabbage, carrots, cucumbers, celery, onions, zucchini, mushrooms, potatoes, sweet potatoes, squash	1 cup raw ½ cup cooked	The more <b>variety</b> and <b>colors</b> , the better. Eat a minimum of 5 servings per day.
<b>LEGUMES</b>	2-4	All beans, lentils, split peas, chickpeas, edamame, tofu, tempeh, hummus	½ cup cooked ¼ cup hummus, and other bean dip	Add to salads, soups, veggie burgers and other dishes.
<b>WHOLE GRAINS</b>	3-5	Barley, brown rice, quinoa, oatmeal, amaranth, corn, 100% whole wheat bread or sprouted bread, 100% whole wheat pasta	½ cup hot cereal or cooked whole grains 1 slice of bread	<b>Avoid refined grains</b> and choose whole grains instead. Eat at least 3 servings per day. You may need to eat more servings to adjust for energy needs.
<b>NUTS</b>	1-2	Walnuts, almonds, cashews, pecans, pistachios, peanuts	¼ cup nuts/peanuts 2 tablespoons nut/peanut butter	Choose <b>raw</b> nuts/peanuts and <b>natural</b> nut/peanut butters <b>without added sugars and oils</b> .
<b>SEEDS</b>	1-2	Flaxseeds, chia, hemp, sesame	1 tablespoon	Add to hot cereals, fruit bowls, smoothies, salads and other dishes.
<b>HERBS, SPICES, SAUCES &amp; DRESSINGS</b>	Optional	<b>Iodized</b> salt, turmeric, ginger, cinnamon, pepper, paprika, cloves, parsley, oregano, basil, nutritional yeast, soy sauce, tahini, mustard, salsa, hot sauce, vinegar, guacamole, garlic, cumin, cayenne pepper, chili powder, curry, citrus, sage, rosemary, thyme		Use them to flavor your dishes and increase their nutritional value.
<b>PLANT-BASED MILKS</b>	Optional	Soy, almond, cashew, oat, hemp, coconut	1 cup	Choose <b>unsweetened</b> to avoid added sugars.
<b>BEVERAGES</b>	8	Water, green tea, herbal tea	1 cup	Drink regularly throughout the day. Pay special attention during exercise and summer time. Check <b>urine color</b> to assess hydration status; urine should be <b>clear or pale yellow</b> . Drink more water as needed. <b>Avoid adding</b> sugars to beverages.

## Your To-Do List:

1. **Set a nutrition goal** *Get started by eating 3-5 fruits every day and half a plate of veggies for lunch and dinner.*
2. **Find someone to hold you accountable** *Helpers can include your dietitian, family member, friend.*
3. **Make a list of meals you would like to try based on our recommendations.**
4. **Make a shopping list and buy the ingredients.**
5. **Log all of the food you eat for 1 week and how you feel every day.**
6. **For more support, meet with a registered dietitian for nutrition counseling and coaching.**



## Exercise

### **MOVE MORE!**

The Guidelines for Americans recommend engaging in moderate leisure-time physical activity for  $\geq 150$  min/wk and muscle strengthening 2 times per week OR vigorous activity  $\geq 75$  min/wk AND muscle strengthening 2 times per week OR an equivalent combination. Start small — even 5-10 minutes of walking helps.

**Exercise can be many things, so get creative (please consult your physician prior to starting):**

#### **STAYING ACTIVE**

Standing up every hour, household chores, gardening, taking the stairs, playing with children, etc.

#### **ENDURANCE ACTIVITIES**

Walking (outside or on a treadmill), jogging, biking (outside or on a stationary bike), swimming, etc.

#### **MUSCLE STRENGTHENING**

Weights, wall squat, balance exercises, physical therapy, water aerobics, etc.

#### **RECREATIONAL SPORTS**

Tennis, soccer, golf, basketball, baseball, volleyball, pickle ball, etc.

#### **GYM/STUDIO SPORTS**

Weight lifting, circuit training, personal training, Zumba, aerobics, yoga, Pilates, etc.

#### **THE GREAT OUTDOORS**

Hiking, ocean sports, snow sports, etc.

**BOTTOM LINE: MOVE. ANYTHING IS BETTER THAN NOTHING.**



## Your To-Do List:

1. **Set an exercise goal** *Walk a mile, do a pull-up, do 20 sit-ups a night ... anything!*
2. **Find someone to hold you accountable** *A workout buddy, your spouse, your physician, coach, personal trainer, teammate ... anyone!*
3. **Make an exercise schedule.**
4. **Record your daily exercise.**
5. **Join a gym or exercise program.** Community can really help with enjoyment and accountability in exercise.
6. **There is no such thing as too little.** Start with getting to the mailbox or just 10 minutes of walking. But do it every day, no excuses.





# Sleep

Good sleep habits, aka “sleep hygiene,” can help you get a good night’s sleep. Poor sleep is associated with chronic disease, such as obesity, diabetes and heart disease.

Lack of sleep makes you feel more pain, crave unhealthy food and have poor concentration. **Good sleep is curative.**

## The guidelines:

- 7-9 hours per night
- The goal is to sleep at night but naps are okay
- Don’t nap more than 90 minutes (20-90 minutes is effective)
- Don’t nap within a few hours of bedtime

Let your physician know if you suffer from insomnia, snoring, frequent awakenings, periodic limb movements, nocturnal cramps, excessive pain, depression, anxiety, hormonal fluctuations or a urological condition, these can all affect your sleep and may be a sign of a more serious medical condition.

Sleep apnea is especially important because it is associated with cardiac arrhythmias and heart disease. Sleep apnea is when you temporarily stop breathing while sleeping, causing stress to your heart and brain from lack of oxygen. Snoring, daytime tiredness, obesity, high blood pressure, age greater than 50 and male gender puts you at risk. If you have any of these symptoms or risk factors, ask your doctor about a sleep study.

## Your To-Do List:

1. **Be consistent.** Go to bed at the same time and get up at the same time each day.
2. **Make a bedtime routine or ritual,** such as drinking herbal tea with a book or music.
3. **Make sure your bedroom is** quiet, dark, relaxing and at a comfortable temperature.
4. **Stop electronic devices** such as TVs, computers and smart phones 1-2 hours before bed.
5. **Avoid bright lights,** such as LED lights and electronics. Purchase screens or apps to block that blue light at night, or use candles. Bright light tricks your body into thinking it is daytime and delays your circadian rhythm (sleep cycle), causing insomnia.
6. **Avoid large meals, caffeine and alcohol in the hours leading up to bedtime.** This is unneeded fuel that will energize your body.
7. **Get some exercise and de-stress during the day.** This can help you fall asleep more easily at night. Don’t exercise at night, it will keep you awake.
8. **If you find yourself wide awake, don’t stress.** Get out of bed and leave your room, so that you continue to associate your room with sleep. Do something relaxing until you can doze off again — tea and reading for example. Rest is rest and you are still benefiting your body.

# Stress

Stress impacts the whole body and weakens the heart. It raises blood pressure and cortisol, which is a stress hormone that, when overproduced, damages the body in many ways. We cannot get rid of your stress, but we can teach you how to deal with it so that it does not affect you in a negative way. Just like we need to recharge our electronics, we need to recharge our body.

## Taking some time for yourself is essential and here are some tips:

- **Practice Mindfulness:** This is when you bring your wandering mind back to the task at hand, the present moment, the NOW. Mindfulness helps you to make rational decisions rather than emotional ones. It helps you to remain calm and level-headed in any situation.  
Take a moment, close your eyes and count down from 10. Concentrate on your breath. If a thought or feeling appears, acknowledge it and return to your breath.
- **Meditation or prayer:** This will help you calm your mind and body. There is no right or wrong time to meditate — some do it while waking, some do it before bed and others do it at their lunch break, walking to their car or even in the middle of a busy place. Meditation doesn't have to be fancy. Managing your thoughts is the goal, but it starts with acknowledging your thoughts. You can train your mind with breathing techniques. Try 4-7-8 breathing. Inhale for 4 seconds, hold your breath for 7 seconds, exhale for 8 seconds and think of a positive affirmation ("I am whole, I am strong, I am loved." for example) and do this as many times as you need. Start with 3 rounds, go to 10. Do it for 10 minutes. Find what works best for you.
- **Movement:** Exercise can help you to de-stress and release tension. Besides the aerobic and resistance training already mentioned, try yoga, Pilates and tai chi — as these forms are especially balancing for the mind-body connection.
- **Relax:** Relaxing therapies like massage, acupuncture and other forms of integrative medicine are personal preference and can be very helpful in stress reduction, pain reduction and wellness.
- **Relationships:** Find your people, care for your children and your pets; find a community or support group where you give support and feel supported. Humans are social creatures, and we need relationships to feel whole. Call your child. Tell someone I love you. Join a group of something you are passionate about — this can range from a church, a walking group, a book club, an addiction support group, volunteer groups, a gym — anything where you can build a foundation of support.

## Your To-Do List:

1. **Experiment with mindfulness techniques and breathing exercises** and find one to commit to starting with once a day. This can be as simple as one big deep breath before breakfast.
2. **Do at least one thing for yourself per week.** This can be anything from a bubble bath to a massage, a solitary nature walk to watching your favorite sports team.
3. **Reach out to your favorite people in any way** — phone call, letter, email, text or meet-up. It is important to stay connected.



# Tobacco, Alcohol and Drug Use

**Tobacco:** There is no place for any form of tobacco or nicotine use in your life (smoking, vaping, chewing tobacco/dip).

*Resources* – [tobaccofreeflorida.com](http://tobaccofreeflorida.com), 1.800.QUIT.NOW, nicotine patches and gum can be obtained over the counter or ask your primary care provider for medications to help you quit.

**Alcohol:** The national recommendations state no more than 1 drink per day for women and 2 drinks per day for men, but for a heart patient this is too much. We recommend no more than a couple of drinks per week, if any. Wine is better than beer, and beer is better than liquor. A serving is: 5oz wine, 12oz beer and 1.5oz liquor.

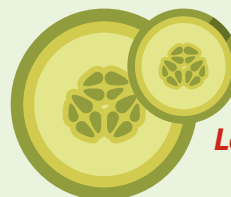
*Resources* – [aa.org](http://aa.org), Alcoholics Anonymous North Central Florida, 24-hour hotline 352.372.8091.



## Resources

### Organizations:

- American College of Cardiology: [acc.org](http://acc.org)
- American College of Lifestyle Medicine: [lifestylemedicine.org](http://lifestylemedicine.org)
- American College of Preventive Medicine: [acpm.org](http://acpm.org)
- American Academy of Sleep Medicine: [aasm.org](http://aasm.org)
- American Diabetes Association: [diabetes.org](http://diabetes.org)
- American Heart Association: [heart.org](http://heart.org)
- Centers for Disease Control: [cdc.gov](http://cdc.gov)
- Physicians Committee for Responsible Medicine: [pcrm.org](http://pcrm.org)



*Let us know what resources you like at your next visit!*



# Resources (continued)

## How to read labels:

### GOALS TO REMEMBER:

1. Less or no cholesterol.
2. Less fat. Zero trans fat.
3. Low sodium. Less than 1,500-2,000 mg per day (1 tsp = about 2,000 mg).
4. Carbohydrates — look for items with less sugar and more fiber.

56g bologna:

Nutrition Facts	
20 servings per container	
<b>Serving size</b>	<b>2oz (56g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 17g	22%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 600mg	26%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
<b>Protein</b> 7g	14%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.72mg	4%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories: 180

Fat: 17g

Saturated Fat: 6g

Cholesterol: 35mg

Sodium: 600mg

56g tuna:

Nutrition Facts	
2.5 servings per container	
<b>Serving size</b>	<b>2 oz (56g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 150mg	7%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 14g	28%

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories: 80

Fat: 2.5g

Saturated Fat: 1g

Cholesterol: 20mg

Sodium: 150mg

## BOLOGNA VERSUS TUNA

fast food large fries:

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>510</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 24g	31%
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 350mg	15%
<b>Total Carbohydrate</b> 66g	24%
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 7g	14%
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 0mg	0%
Vitamin C	20%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories: 510

Fat: 24g

Saturated Fat: 3.5g

Cholesterol: 0mg

Sodium: 350mg

30g spinach:

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 cup (30g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>5</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	2%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 0.72mg	4%
Potassium 0mg	0%
Vitamin A	60%
Vitamin C	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories: 5

Fat: 0g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 25mg

## FAST FOOD FRIES VERSUS SPINACH

Also be sure to read the ingredients!

When you look at the list of ingredients in bologna, you will see things you can't pronounce and have never heard of — beef, water, corn syrup, contains less than 2% of salt, ground mustard seed, potassium lactate, dextrose, hydrolyzed beef stock, sodium lactate, autolyzed yeast, sodium phosphates, sodium diacetate, sodium ascorbate, sodium nitrite, flavor, extractives of paprika, oleoresin celery seed.

The ingredients of tuna — tuna and water

The ingredients of spinach — spinach.

**BOTTOM LINE:** Eat what you can pronounce and eat fresh, not processed, packaged or preserved food, when possible.

# Recipes to get you started on your way to eating well ...



## Latin Black Beans and Rice

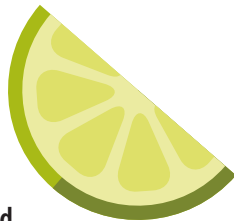
**Yields:** 4, 1 cup servings

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

### Ingredients:

- 2 tbsp olive oil
- 1 medium green pepper, minced
- 2 tsp garlic cloves, peeled and minced
- 1 medium yellow onion, chopped
- 20 oz black beans with liquid from can
- ¼ tsp dried oregano, crushed
- 2 tsp Knorr® low-sodium vegetable base



### Method:

1. In a medium sauce pan, heat olive oil and sauté garlic, onions and peppers until tender.
2. Add black beans, oregano and vegetable base and stir.
3. Bring to a boil, and then lower heat to simmer for 20 minutes.
4. Serve over yellow or brown rice.



## Lentil Bolognese Sauce

**Yields:** 6-8 1-cup servings

**Preparation Time:** 10 minutes

**Cooking Time:** 1 hour and 10 minutes

### Ingredients:

- 2 tbsp olive oil
- 1 cup sweet onion, chopped
- 2 cups fresh carrots, diced or shredded
- 2 tbsp peeled, fresh minced garlic cloves
- 2 tbsp Italian seasoning
- ¼ cup canned tomato paste
- 2-28 ounce cans tomato pureé
- 2 tsp salt
- ½ tsp black pepper
- 12 ounces cooked lentils
- 2 cups water
- 1 tbsp balsamic vinegar



### Method:

1. In a large pan, heat olive oil and sauté the onions and carrots until soft and onions are golden, about 10 minutes.
2. Add the garlic and Italian seasoning and cook a minute. Add the tomato paste and cook, stirring until the paste is caramelized, about 5 minutes.
3. Add the tomato pureé, cooked lentils and season with salt and black pepper. Cover and simmer for 1 hour until lentils are tender.
4. Serve over pasta or rice.

# Recipes to get you started on your way to eating well ...



## Potato Coconut Chickpea Curry

**Yields:** 8 servings

**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

### Ingredients:

- 3 pounds Yukon Gold potatoes, diced
- 2 tbsp olive oil
- 1 ½ cups sweet yellow onions, diced
- 3 cloves garlic, peeled and minced
- 1 tsp cumin
- ½ tsp cayenne pepper
- 4 tsp curry powder
- ¾ tsp garam masala
- 1 ounce ginger root, minced
- 1 tsp salt
- 15 ounces diced, canned tomatoes
- 15 ounces garbanzo beans, drained and rinsed
- 15 ounces frozen green peas
- 1 quart vegetable stock
- 14 oz coconut milk



### Method:

1. Boil potatoes until just tender. Drain and set aside.
2. Heat oil in a skillet. Stir in onions and garlic and sauté until translucent. Add cumin, cayenne, curry, garam masala, ginger and salt and cook for 2 minutes.
3. Add tomatoes, beans, peas and potatoes.
4. Pour in coconut milk and vegetable stock. Simmer for 10 minutes. Serve with brown rice.



## Sweet Potatoes with Kale

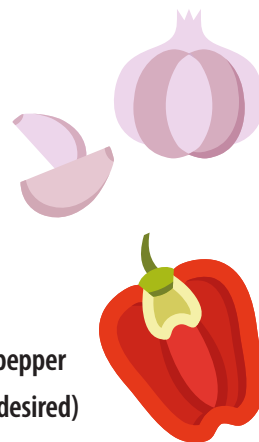
**Yields:** 8, 4 oz servings

**Preparation Time:** 20 minutes

**Cooking Time:** 35 minutes

### Ingredients:

- 2 ½ pounds sweet potatoes, peeled and diced into ¾ inch cubes
- 1 tbsp cumin
- 4 sprays cooking oil spray
- ½ tsp kosher salt
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- ½ tsp finely ground black pepper
- 3-6 cups chopped kale (as desired)
- 2 tbsp olive oil



### Method:

1. Toss the potatoes and cumin in a bowl. Spray a sheet pan with oil and spread sweet potatoes evenly. Bake in a 375-degree oven for 20 minutes, or until sweet potatoes are just tender. Set aside until ready to use.
2. In a large sauté pan, heat oil. Add onions and garlic and sauté until the onions start to get translucent. Add peppers and sauté for a few minutes. Add the roasted sweet potatoes. sauté the vegetables until everything gets nice and brown but not burnt. Season with salt and pepper.
3. Allow the mixture to cool slightly and then add the kale.







  
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