

EAT HEART HEALTHY

IN 53 EASY & DELICIOUS WAYS

5-DAY FLAVORFUL
HEART-SMART
MEAL PLAN

Pullout!

PLUS:

- ▶ 7 Easy Ways to Eat Heart Smart
- ▶ 6 Heart-Healthy Snack Hacks
- ▶ Eat This, Ditch That





WELCOME!

We LOVE healthy food and we're here to help YOU and your HEART love it, too!

Eating heart-smart, brain-healthy, body-friendly foods doesn't have to be boring, bland, expensive, or difficult to prep. This guide is loaded with tips, swaps, and simple tweaks that make choosing, cooking, and eating heart-smart foods easy and delicious!

Kick off your eating adventure with our 5-Day Meal Plan. From a savory sunrise scramble to zesty lemon garlic shrimp zoodles, this is the most flavorful way to eat for a healthy and happy heart (and body!).

Enjoy ♥ !
The Livongo Team

SNEAK PEEK

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7 TASTY UPGRADES FOR A HEALTHY HEART

DELICIOUS DIET TWEAKS

Feasting on foods that keep your ticker — and your overall health — in tip-top shape takes just a few (tasty!) changes. Follow these tips to eat more whole foods and veggies, less sodium and processed foods, and more potassium and good fats to help your heart beat healthier and happier.



STRIKE THE SALT

Too much sodium in your bloodstream pulls water into your blood vessels, increasing blood pressure. High blood pressure forces your heart to work harder, and can damage blood vessel walls. Instead, try a squeeze of citrus for flavor and a shake of salt-free seasoning.



FILL UP ON WHOLE GRAINS

They're a great source of fiber, which helps lower hypertensive blood pressure. Instead of white rice or bread, switch it up with more exciting heart-healthy whole grains like quinoa, millet, and farro to fill you up, and also help with weight loss.



AVOID PROCESSED FOODS

More than 70% of the sodium in our diets comes from processed and restaurant foods. To cut sodium — and unnecessary calories from added sugar — eat minimally processed foods. For example, sautéed tomatoes with garlic, onion, and basil is a delicious heart-smart option to jarred sauce.



BE A BLENDISTA!

Store-bought, salt-free herb and spice blends are good alternatives to the saltshaker — but you don't have to stop there. Blend your own favorite flavors into no-sodium sprinkles. Try smoked paprika and garlic powder, or oregano, mint, and parsley. Play around with different combos and savor the flavors you love!



PUMP UP POTASSIUM

The yin to sodium's yang, potassium halts sodium in its tracks by escorting it out of the body through urine and relaxing the blood vessel walls. Bananas, Greek yogurt, and broccoli are solid sources of this heart-smart mineral.



FOCUS ON FATS

Replace saturated and trans fats with mono- and polyunsaturated fats. While most foods contain a combo of different types of fats, plant-based foods like avocados, olives, nuts, and seeds are great sources of the heart-healthiest fats.



EAT A VEGGIE RAINBOW

Fill up on colorful, non-starchy veggies like tomatoes, bell peppers, and spinach. For very few calories and carbs, you get loads of fiber, vitamins, and potassium. Swap non-starchy veggies for high-calorie carbs (think zucchini “noodles” and jicama “fries”) to help with weight loss, which can also help lower blood pressure.

EAT THIS | DITCH THAT

Traditional foods we frequently eat are often the unhealthiest for our heart, impacting blood sugar, blood pressure, and cholesterol. Here's how to switch to easy, delicious, heart-healthy dishes!

BREAKFAST

The morning meals that we love to reach for can be loaded with refined carbs and salty, saturated fats. To start your day on the right foot, ditch the white flour foods and processed meats. Instead, look for ways to include veggies, fruit, whole grains, and protein.

♥ EAT THIS



Omelet with spinach, tomato, and avocado with whole-grain toast



Banana oat pancakes:
Blend a ripe banana with 1 egg and $\frac{1}{4}$ cup rolled oats. Cook over a medium flame and top with berries.



Melon slice topped with cottage cheese and a dusting of cinnamon

♥ DITCH THAT

Bacon, egg, and cheese sandwich on a buttery biscuit

Pancakes and sausage

Cinnamon bagel and cream cheese

EATTHIS | DITCHTHAT

LUNCH

Sandwiches are easy when you need to grab something fast. But if you put salty or sugary fillings between two slices of white bread, your midday meal could be harming your heart. Instead, base your lunch around veggies, fruit, no-sugar-added dairy, whole grains, and low- or no-salt toppings.

♥ EATTHIS



Low-sodium turkey breast with mashed avocado, lettuce, and tomato slices on thin-sliced whole-grain bread

♥ DITCHTHAT

Ham, cheese, and mayo on white buttered bread



Bun-less turkey burger over a large salad with olive oil, herbs, and a squeeze of lemon

Cheeseburger and fries with ranch dressing



Two unsalted brown rice cakes with no-salt almond butter, sliced strawberries, and a cup of plain Greek yogurt sprinkled with cinnamon

Peanut butter and jelly on white bread with a cup of strawberry yogurt

EATTHIS | DITCHTHAT

DINNER

Standard supper fare that relies on frozen prepared foods, packaged sauces, and takeout can be super salty. Build a better dinner. Use fresh, naturally low-in-sodium ingredients like fish, chicken, and veggies (including convenient frozen ones!). Season with salt-free toppings like garlic, herbs, and lemon for fabulous flavor.

♥ EATTHIS



Frozen veggies and sliced chicken breast stir-fried with low-sodium broth served with ½ cup cooked quinoa

♥ DITCHTHAT

Chinese takeout chicken fried rice with soy sauce



Grilled salmon and asparagus seasoned with lemon, garlic, and herbs

Baked and breaded chicken breast casserole with frozen creamed spinach



Zucchini noodles (zoodles) with sautéed chopped tomatoes, garlic, and homemade Italian herb-and-turkey meatballs

Spaghetti with frozen meatballs and jarred tomato sauce

6 HEARTSMART SNACK HACKS

Salty, carb-loaded snacks can raise your blood pressure as well as weigh you down with extra pounds — a big factor for heart issues. Follow these tasty tips and tricks your heart will love to satisfy your between-meal munchies.



SEE HEALTHY, EAT HEALTHY

Research proves that people who keep a fruit bowl in plain view instead of candy and salty snacks tend to be at a heart-healthier weight. Load up on oranges, apples, and bananas, and keep grab bags of cut-up veggies like red bell peppers and carrots front and center in your fridge.



SNEAK IN MORE VEG

Only 10% of U.S. adults get the daily recommended 2-3 servings of vegetables per day, and 12% percent the 1½ to 2 cups of fruit. Snacks are the perfect time for fitting in fiber-full produce. Pair a fruit or veggie with a serving of protein — plain yogurt with berries, a small apple with peanut butter, or cucumber sticks and hummus.



STAY FOOD FOCUSED

Distracted eating leads to overeating and, as a result, weight gain. Avoid munching while multitasking. If possible, give yourself a short break to savor a healthy snack before getting back to your busy day.



PACK IN SOME PROTEIN

Protein keeps you satisfied longer between meals than carb-only snacks. So, nix chips and pretzels and grab some unsalted almonds, a hard-boiled egg, hummus, unflavored yogurt with fruit, or a reduced-sodium string cheese — all snack-worthy foods that are great sources of protein.



PREP SNACK PORTIONS

Snacking out of multi-serving bags or tubs makes it hard to know how much you're actually eating. The result? Mindless munching! Stick with no-salt-added snacks like raw almonds, plain popcorn, and unsalted tortilla chips. When you unpack your groceries, take the time to portion single servings into zip baggies.



BE A PRO ON THE GO

Packaged restaurant foods are the biggest contributors of sodium to our diet. Instead of winging what's available while out and about, plan and pack heart-heavenly snacks from home. Steamed edamame, unsalted nuts, packets of no-salt peanut butter, and portable fruit are all great options.

YOUR HAND-Y PORTION GUIDE

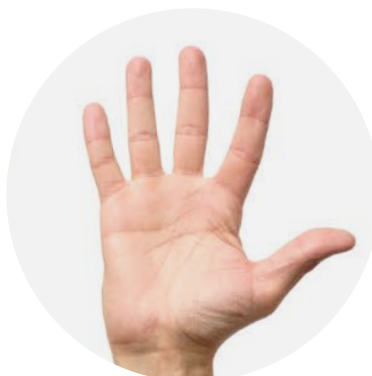
Understanding *how much* as well as what you're eating is key to maintaining your weight for a healthy heart and body. The great news? We're born with a mobile measuring device. Using your hand is an easy way to measure what's on your plate, especially when eating out.



FIST

About 1 cup

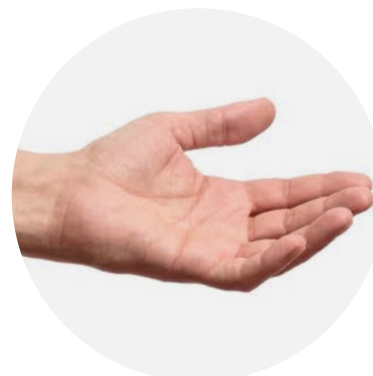
Whole grains, non-starchy vegetables, whole fruits



PALM

About 3 oz.

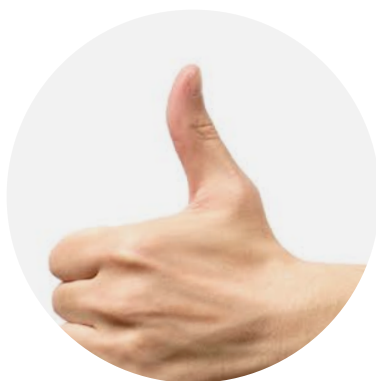
Meat, fish, poultry



CUPPED PALM

About ½ cup

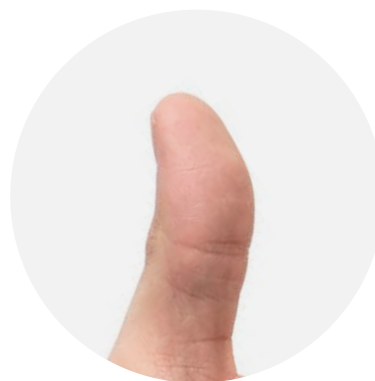
Starchy vegetables, beans



WHOLE THUMB

About 2 oz.

Hard cheeses and nut butters



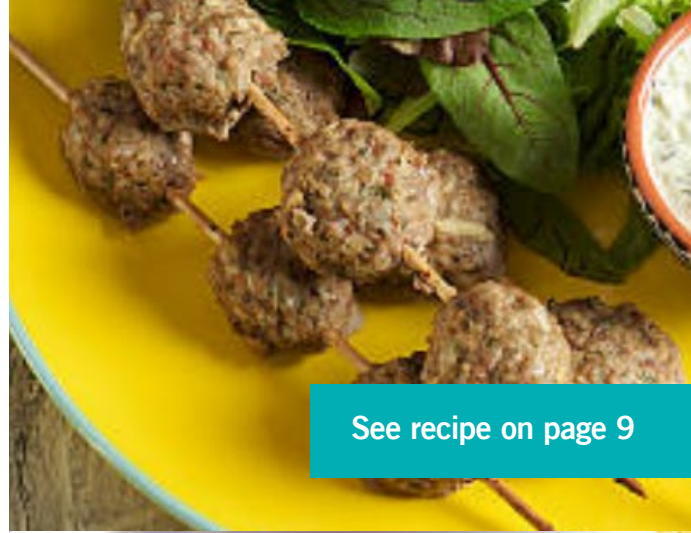
THUMB TIP

About 1 tsp

Dressings, oils, and mayonnaise



YOUR 5-DAY HEART-SMART MEAL PLAN



See recipe on page 9

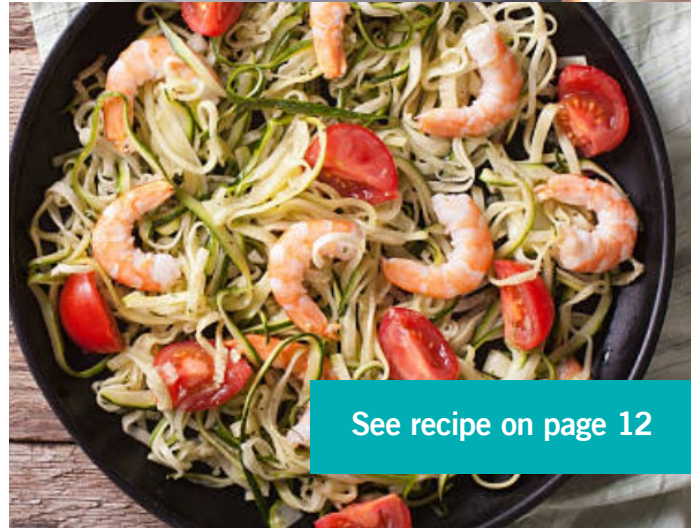
Eating better doesn't mean you have to dwell on dietary "don'ts." Focus on what you have to look forward to! Wholesome food can give you more energy, more confidence, and more freedom to live your life. Follow our 5-Day Heart-Smart Meal Plan to make healthy choices easy, so all you have to focus on is flavorful, satisfying food.

Each meal is portioned with the Balanced Plate in mind (see page 17). Breakfast and lunch recipes are each 1 serving, and dinner recipes are 4 servings — but you can adjust serving sizes based on your needs and the size of your family.

We think you'll find these recipes delicious and satisfying as well as healthy, and you'll enjoy eating heart smart!



See recipe on page 10



See recipe on page 12



See recipe on page 13

PLUS!
SHOPPING LIST

We've made it even easier with our cutout list for buying everything you need to succeed!



½ cup old-fashioned rolled oats
 ¼ cup slivered almonds
 ½ cup blueberries
 ⅛ tsp of cinnamon

Prepare oatmeal and top with almonds, blueberries, and cinnamon.

| Nutrition per serving: | Calories | Fat | Sodium | Carbohydrates | Fiber | Protein |
|------------------------|----------|-------|--------|---------------|-------|---------|
| | 337 | 14.3g | 115mg | 43g | 10g | 12g |

MASON JAR SALAD *Makes 1 Serving*

Day 1 Lunch


Salad:

¼ cup each: fresh spinach, chopped
 beets, shredded
 carrots, and
 reduced-sodium
 garbanzo beans
 (drained and rinsed)

Dressing:

½ cup each: extra-virgin
 olive oil and apple cider
 vinegar

 1 tsp Dijon mustard

 ¼ tsp each: honey, salt,
 and pepper

Combine dressing ingredients.
 Mix well. Layer jar starting with
 dressing, then garbanzo beans,
 beets, carrots, and spinach
 (keeping greens on top will keep
 them crisp). To serve: Empty
 contents into a bowl or shake and
 eat right from the jar.

| Nutrition per serving: | Calories | Fat | Sodium | Carbohydrates | Fiber | Protein |
|------------------------|----------|-------|--------|---------------|-------|---------|
| | 243 | 14.8g | 325mg | 20g | 5g | 5g |

GREEK BEEF KABOBS WITH TZATZIKI SAUCE & VEGETABLES *Makes 4 Servings*

Day 1 Dinner


Kabobs:

1 lb extra-lean ground beef
 ½ yellow onion, chopped

 1 clove garlic, minced

 1 Tbsp extra-virgin olive oil

 ½ tsp each: oregano,
 cumin, rosemary, salt, and
 pepper

 12 (6-inch) skewers

 4 cups mixed veggies
 (broccoli, peas, etc.)

Sauce:

1 cup plain Greek
 yogurt

 ½ medium
 cucumber
 (peeled, cut into
 large chunks)

 1 Tbsp chopped,
 fresh mint

 1 Tbsp fresh
 lemon juice

Prep the tzatziki sauce in advance:

With a blender or food processor,
 blend sauce ingredients until smooth.
 Cover and refrigerate for up to 3 hours.

Prep kabobs:

Mix beef, chopped onions, garlic, and
 spices. Divide meat mixture into 12
 oblong-shaped patties on 6-inch
 skewers. Grill until the beef is no
 longer pink. Steam vegetables for 3
 minutes and toss with olive oil, ½ tsp
 salt and pepper to taste. Serve 3
 skewers each, with tzatziki dipping
 sauce and a cup of veggies.

| Nutrition per serving: | Calories | Fat | Sodium | Carbohydrates | Fiber | Protein |
|------------------------|----------|------|--------|---------------|-------|---------|
| | 226 | 9.5g | 329mg | 6g | 2g | 30g |



6 oz nonfat plain Greek yogurt
 1 cup berries
 1 tsp chia seeds OR ¼ cup walnuts
 ⅛ tsp cinnamon

Top yogurt with berries, chia seeds or walnuts, and cinnamon.

| Nutrition per serving: | Calories | Fat | Sodium | Carbohydrates | Fiber | Protein |
|------------------------|----------|-----|--------|---------------|-------|---------|
| | 284 | 10g | 65mg | 35g | 13g | 22g |

COLORFUL BEAN & VEGGIE AVOCADO PITA *Makes 1 Serving*

Day 2 Lunch

**Pita:**

½ cup shredded cabbage
 ¼ cup shredded carrots
 3 grape tomatoes, quartered
 ¼ ripe avocado
 15 oz can reduced-sodium white beans (drained and rinsed)
 1 whole-wheat pita bread

Dressing:

1 Tbsp vinegar (red wine, white, or apple cider)
 1 tsp extra-virgin olive oil
 ¼ tsp honey
 ⅛ tsp pepper

Combine dressing ingredients. Mix well. Add cabbage, carrots, and tomatoes to the dressing. Toss gently. In a separate bowl, combine the white beans and avocado. Mash with a fork and mix until blended. Spread 2 Tbsp of bean mixture on each pita. Place 2 Tbsp of the veggie mix on top of the bean/avocado mixture.

| Nutrition per serving: | Calories | Fat | Sodium | Carbohydrates | Fiber | Protein |
|------------------------|----------|-----|--------|---------------|-------|---------|
| | 386 | 11g | 471mg | 66g | 17g | 12g |

SLOW COOKER SOUTHWEST CHICKEN TACOS *Makes 4 Servings*

Day 2 Dinner



1 lb chicken breasts
 14.5 oz can no-salt-added diced tomatoes
 1-3 oz canned green chilies
 1 cup low-sodium chicken broth
 1½ cups each: shredded lettuce
 2 Roma tomatoes, chopped
 4 whole-grain tortillas (6-inch)
 2 tsp chili powder
 1 tsp each: cumin, paprika, and black pepper
 ¼ tsp oregano

Mix together chili powder, cumin, paprika, pepper, and oregano.

Place chicken in slow cooker and sprinkle with seasoning mixture.

Add tomatoes, chilies, and chicken broth.

Cover and cook on low for 8-10 hours, or on high for 3-4 hours. Shred chicken with fork.

Serve on tortillas, topped with shredded lettuce and chopped tomatoes.

| Nutrition per serving: | Calories | Fat | Sodium | Carbohydrates | Fiber | Protein |
|------------------------|----------|-----|--------|---------------|-------|---------|
| | 330 | 15g | 596mg | 30g | 8g | 40g |



2 eggs, beaten
¼ cup chopped onions and tomatoes
½ cup broccoli
¼ cup mozzarella cheese

¼ tsp salt
¼ tsp pepper
1 Tbsp extra-virgin olive oil
1 cup melon

Beat eggs, salt, and pepper. Heat olive oil in skillet over medium heat. Add broccoli, onions, and tomatoes and cook until softened. Add eggs. As eggs begin to set, gently pull the eggs across the pan with a spatula, forming large, soft curds. Add mozzarella cheese. Continue cooking — pulling, lifting, and folding eggs — until thickened, cheese is melted and no visible liquid egg remains. Serve with a cup of melon.

| Nutrition per serving: | Calories | Fat | Sodium | Carbohydrates | Fiber | Protein |
|------------------------|----------|-----|--------|---------------|-------|---------|
| | 397 | 25g | 213mg | 27.7g | 5.4g | 17g |

TEX-MEX SALAD WITH FRESH SALSA *Makes 1 Serving*

Day 3 Lunch



¼ lime (juiced)
1 tsp fresh cilantro
½ tsp chili powder
1 tsp extra-virgin olive oil
½ cup frozen corn kernels, defrosted
2 cups mixed salad greens

¼ cup fresh salsa (low sodium)
½ cup canned reduced-sodium black beans (drained and rinsed)
⅓ medium avocado, diced

Add lime juice, cilantro, and chili powder to olive oil and whisk together.
Toss mixture with corn kernels.
Top mixed greens with salsa, beans, corn mixture, and avocado.
Enjoy!

| Nutrition per serving: | Calories | Fat | Sodium | Carbohydrates | Fiber | Protein |
|------------------------|----------|-------|--------|---------------|--------|---------|
| | 326 | 13.4g | 217mg | 50.3g | 10.77g | 12.3g |

BRAZILIAN SALMON WITH QUINOA AND ZUCCHINI *Makes 4 Servings*

Day 3 Dinner



4 (4 oz) salmon fillets

Brazilian vinaigrette:
1 onion, chopped
4 Roma tomatoes, chopped
⅓ cup chopped parsley
¼ cup white wine vinegar
½ cup extra-virgin olive oil
¼ tsp salt and pepper

2 large zucchini (sliced into ¼-inch rounds)
2 cups prepared quinoa
Aluminum foil

Combine vinaigrette ingredients. Preheat oven to 350° F and cut foil into 4 large squares. Prepare quinoa per package instructions. Place 4 oz of salmon, zucchini, and 1-2 Tbsp of the vinaigrette in center of each piece of the foil and close foil tightly. Bake at 350° F until cooked through, about 15-20 minutes. One serving is 4 oz of salmon, ½ cup quinoa, and 1 cup vegetables.

| Nutrition per serving: | Calories | Fat | Sodium | Carbohydrates | Fiber | Protein |
|------------------------|----------|-----|--------|---------------|-------|---------|
| | 381 | 19g | 339mg | 29.5g | 5g | 22g |



½ cup old-fashioned rolled oats
½ Tbsp chia seeds
½ cup unsweetened almond milk
¼ cup plain Greek yogurt

¼ cup fresh blueberries
Stevia and cinnamon (to taste)
1 (½ pint) jar or bowl (reuse your Mason jar from Day 1)

Place the oats, chia seeds, milk, yogurt, and stevia (to taste) in a large bowl.
Stir together until combined and add to jar or bowl.
Cover and store in the fridge overnight.
In the morning, stir in ¼ cup blueberries and add a sprinkle of cinnamon for taste.

| Nutrition per serving: | Calories | Fat | Sodium | Carbohydrates | Fiber | Protein |
|------------------------|----------|-----|--------|---------------|-------|---------|
| | 236 | 6g | 114mg | 40g | 7g | 7g |

STUFFED HUMMUS & VEGGIE PITA POCKETS WITH APPLES *Makes 1 Serving*



Hummus (10 oz store-bought)
½ cup romaine lettuce
1½ cups chopped veggies of your choice (cucumber, bell pepper, tomato, onion)

1 whole-wheat pita bread
1 cup cubed apples
¼ tsp cinnamon

Cut pita bread, spread with hummus, and fill with veggies.
In a side dish, serve apples with a pinch of cinnamon.

| Nutrition per serving: | Calories | Fat | Sodium | Carbohydrates | Fiber | Protein |
|------------------------|----------|------|--------|---------------|-------|---------|
| | 354 | 5.5g | 362mg | 67g | 11g | 12g |

SPICY LEMON GARLIC SHRIMP ZOODLES *Makes 4 Servings*



16 oz shrimp, peeled
1 cup grape tomatoes
1 lemon (juiced)
4 medium zucchinis, spiralized, or 2 (12 oz) packages
8 cloves of garlic, sliced thin and divided
½ tsp red pepper flakes
1 tsp salt and fresh black pepper
2 Tbsp extra-virgin olive oil

Heat 4 tsp oil in a skillet over medium-high heat. Add red pepper, ½ of the garlic, shrimp, salt, and pepper. Cook 2-3 minutes.
Cook until shrimp is opaque. Set aside.
Add remaining oil and garlic, cook 30 seconds. Add zucchini noodles and cook 1½ minutes.
Toss in shrimp and tomatoes and a squeeze of lemon. Remove from heat and serve.

| Nutrition per serving: | Calories | Fat | Sodium | Carbohydrates | Fiber | Protein |
|------------------------|----------|-----|--------|---------------|-------|---------|
| | 235.5 | 14g | 179mg | 14.5g | 4g | 25g |



- | | |
|-----------------------------|---|
| 1 multigrain English muffin | Toast the English muffin. |
| 1 egg | Spray pan with cooking spray. Cook egg as desired. Remove from pan and set aside. |
| 1 cup spinach | |
| 2 tomato slices | Spritz pan with cooking spray. Add spinach and onion, sauté for 2 minutes. |
| 2 red onion slices | |
| Salt and pepper to taste | Layer muffin with spinach, tomato, and onion; top with egg and a sprinkle of salt and pepper. |

| Nutrition per serving: | Calories | Fat | Sodium | Carbohydrates | Fiber | Protein |
|------------------------|----------|-----|--------|---------------|-------|---------|
| | 286 | 11g | 175mg | 36g | 8g | 13g |

MEDITERRANEAN TUNA SALAD *Makes 1 Serving*

Day 5 Lunch



- 10 oz can water-packed albacore tuna (drained)
- 2 cups packed baby spinach, chopped
- ¼ cup each: chopped tomatoes and chopped red onion
- 1 Tbsp crumbled Feta cheese
- Lettuce, any variety

Dressing:

- ½ Tbsp apple cider vinegar
- ¼ Tbsp lemon juice
- ½ Tbsp extra-virgin olive oil
- ¼ tsp dried oregano

Whisk together dressing ingredients.
Combine tuna, spinach, tomatoes, onion, and Feta.
Toss dressing and tuna mixture and serve on a bed of lettuce.

| Nutrition per serving: | Calories | Fat | Sodium | Carbohydrates | Fiber | Protein |
|------------------------|----------|------|--------|---------------|-------|---------|
| | 226 | 9.5g | 392mg | 6g | 2g | 30g |

BALSAMIC GLAZED CHICKEN *Makes 4 Servings*

Day 5 Dinner



- | | |
|----------------------------------|-------------------------------|
| 1 lb. chicken breasts | 1 tsp salt |
| 2 roma tomatoes, sliced | ¼ tsp pepper |
| 1 cup shredded mozzarella cheese | ½ cup balsamic vinegar |
| 4 cups mixed greens | 1 Tbsp extra virgin olive oil |
| 3 Tbsp fresh basil, sliced thin | |

Pound chicken breasts thin and trim fat. Add 1 Tbsp of olive oil to skillet and heat over medium-high heat. Season chicken with salt and pepper on both sides and cook 4-6 minutes per side. When chicken is cooked through, drizzle with balsamic vinegar and top with mozzarella and tomato. Turn off heat, put on lid, and let cheese melt for a minute or two. Top with basil and serve with mixed greens. Enjoy!

| Nutrition per serving: | Calories | Fat | Sodium | Carbohydrates | Fiber | Protein |
|------------------------|----------|-----|--------|---------------|-------|---------|
| | 497 | 24g | 443mg | 28g | 9g | 40g |

SHOPPING LIST

Produce, Meat & Seafood, Dairy & Eggs

PRODUCE

- ☐ Blueberries, 1 pint
- ☐ Berries (of choice), 1 pint
- ☐ Carrots, 3
- ☐ Yellow onion, 2 (medium)
- ☐ Red onion, 1
- ☐ Garlic, 2 heads
- ☐ Mixed veggies of choice, 2 (10 oz) packages
- ☐ Mixed salad greens, 2 (10 oz) packages
- ☐ Broccoli, 1 head
- ☐ Fresh spinach, 1 (10 oz) package
- ☐ Lettuce of choice, 2 (10 oz) packages
- ☐ Cucumber, 1 (medium)
- ☐ Mint, fresh, ½ bunch
- ☐ Lemon/lime, 2-3
- ☐ Avocado, 1
- ☐ Cabbage (any color), 1 lb
- ☐ Tomatoes, grape, 1 pint
- ☐ Tomatoes, 8 (Roma)
- ☐ Cilantro, fresh, ½ bunch
- ☐ Parsley, fresh, ½ bunch
- ☐ Basil, fresh, ½ bunch
- ☐ Melon (of choice), 1 small
- ☐ Zucchini, 6 medium
- ☐ Apple, 1-2
- ☐ Corn, frozen, (10 oz) package

MEAT & SEAFOOD

- ☐ Extra-lean ground beef, 1 lb
- ☐ Chicken breasts, 2 lbs
- ☐ Salmon fillets, 4 (4 oz)
- ☐ Shrimp, 1 lb

DAIRY & EGGS

- ☐ Greek yogurt, 16 oz
- ☐ Eggs, 3
- ☐ Mozzarella cheese, 2 cups
- ☐ Almond milk, 1 pint
- ☐ Crumbled Feta cheese, ¼ cup



SHOPPING LIST

Canned & Packaged, Condiments,
Spices, Miscellaneous

CANNED & PACKAGED

- ☐ Garbanzo beans, 1 (15 oz) reduced-sodium canned
- ☐ Beets, 1 (15 oz) canned, or frozen, fresh
- ☐ White beans, 1 (15 oz) reduced-sodium canned
- ☐ Black beans, 1 (15 oz) reduced-sodium canned
- ☐ Tomatoes, 1 (14.5 oz) canned, diced (no salt added)
- ☐ Green chilies, 1 (3 oz) canned
- ☐ Tuna, 1 (10 oz) canned water-packed albacore
- ☐ Chicken broth, 1 (8 oz) low-sodium can
- ☐ Quinoa, 2 cups
- ☐ Tortillas, whole grain, 8 (6 inch)
- ☐ Pita bread, whole wheat, 4 (8 inch)
- ☐ Walnuts, ½ cup (optional)
- ☐ Slivered almonds, ¼ cup
- ☐ Chia seeds, ¼ cup
- ☐ Salsa, low salt (8 oz)
- ☐ Hummus (10 oz)
- ☐ Oats, 1 cup old-fashioned rolled
- ☐ English muffin, multigrain, 1

CONDIMENTS

- ☐ Extra-virgin olive oil
- ☐ Vinegar, apple cider
- ☐ Vinegar, white
- ☐ Balsamic vinegar
- ☐ Dijon mustard
- ☐ Honey
- ☐ Stevia

SPICES

- ☐ Oregano
- ☐ Cumin, ground
- ☐ Rosemary, dried
- ☐ Chili powder
- ☐ Paprika
- ☐ Red pepper flakes
- ☐ Cinnamon
- ☐ Salt
- ☐ Pepper

MISCELLANEOUS

- ☐ Skewers, 12 (6-inch)
- ☐ Aluminum foil
- ☐ Mason jars, 2 (½ pint)



GOOD-FOR-YOU FATS

Dietary fats are essential for a healthy heart, brain, and body. They help your body absorb vitamins and minerals, give structure to your cells, help blood to clot, and keep organs like the heart and brain healthy. But not all fats are created equal.

Choosing the fats that are best for your heart is not clear-cut. Research is still evolving and the jury remains out on just how good or how bad different fats are for us. What many experts do agree on: The less processed and higher quality, the better when it comes to food — and fats are no exception.

FAVOR THESE FATS



AVOCADO



NUT BUTTER
peanut, almond, etc.



CANOLA OIL



OLIVE OIL



FISH
especially fatty fishes like
salmon and mackerel



OLIVES



**GRASS-FED OR LEAN
CUTS OF MEATS**



SEEDS
sesame, pumpkin,
sunflower, hemp, chia, flax



NUTS
walnuts, almonds,
peanuts, cashews, etc.



SEED BUTTER
tahini, sunflower

Talk with a Livongo coach about which fat-containing foods are best for your heart-healthy diet, and in the meantime, use this list for guidance.

PICTURE-PERFECT PLATE PORTIONS

A balanced plate has 50% non-starchy vegetables, 25% protein, 25% complex carbohydrates, and 1-2 tablespoons of healthy fats (see pg. 16). This guide will help you picture a healthy plate.

NON-STARCHY VEGGIES

Contain powerful nutrients that reduce inflammation, lower blood pressure and cholesterol, and prevent heart attack and stroke.

EXAMPLES:

Spinach, kale, cabbage, broccoli, cauliflower, asparagus

HEALTHY FATS

Lower bad cholesterol (LDL), increase good cholesterol (HDL), improve brain function, and keep you feeling satisfied.

EXAMPLES:

Nuts, nut butters, seeds, olives, avocados, olive oil

COMPLEX CARBS

Contain nutrients and fiber, which help improve cholesterol levels and lower the risk of heart disease and stroke.

EXAMPLES:

Whole-grain bread, brown rice, oats, quinoa, squash, sweet potatoes, turnips, beets

PROTEIN

Helps maintain and lose weight, balance blood sugar levels, boost energy levels, and support strong muscles and bones.

EXAMPLES:

Lean red meat, poultry, seafood, tofu, tempeh





WE'RE HERE TO SUPPORT **YOUR SUCCESS!**

If you have any questions about how to eat healthy and delicious food, we're here to help. Reach out anytime to schedule a free session with one of our coaches. Other questions? Our Member Support team is always available to help. You can reach them at **(800) 945-4355**.

