

RESOURCES FOR HEALTHY LIVING



RECIPES & NUTRITION CENTER

At the heart of good health is good nutrition. Find healthy eating recommendations, cooking tips, secrets to heart-smart shopping and dining out, and much more. Search our recipe center and create a personalized recipe box to save and share your favorites.

heart.org/recipes & heart.org/nutrition



SIMPLE COOKING WITH HEART

Cooking at home can benefit your health and your budget. We offer hundreds of recipes and other resources to make cooking at home less daunting. Our recipes are simple, nutritious and budget-friendly, with easy-to-follow preparation videos.

heart.org/simplecooking



HEART-CHECK MARK

The Heart-Check mark makes it easy to spot healthier choices in the grocery store or when dining out. When you see the Heart-Check mark, you know the food meets specific program nutrition criteria. It's a good first step in creating an overall sensible eating plan.

heartcheck.org



COOKBOOKS

We have a wide variety of cookbooks available with everything from quick and easy recipes to special dietary needs such as lowering cholesterol or salt intake.

heart.org/deliciousdecisions & heart.org/cookbooks



SODIUM REDUCTION

The "I love you, Salt, but you're breaking my heart" campaign aims to raise awareness about excess sodium and motivate consumers to reduce their sodium intake and demand less sodium in the food supply. The website offers tips for reducing sodium intake, a pledge, infographics, articles and more.

heart.org/sodium



WORKPLACE HEALTH SOLUTIONS

The AHA offers a suite of evidence-based tools to help companies maximize their employee health programs. With our solutions you can assess your programs and environment, engage employees with tools and trackers to reach ideal cardiovascular health, monitor and report progress, and qualify for recognition from the AHA.

heart.org/workplacehealth



HEALTHY ENVIRONMENTS FOOD & BEVERAGE TOOLKIT

We provide tools to help you improve your organization's food environment and promote a culture of health, with practical suggestions and nutrition standards that are easy to understand and apply in any size organization. Meetings, Catered Meals, Snacks and Vending are addressed.

heart.org/foodwhereur



NATIONAL EATING HEALTHY DAY

On the first Wednesday in November and throughout the month, thousands of individuals, companies, schools and communities participate in efforts to promote and commit to healthy eating.

heart.org/nationaleatinghealthyday



WALKING & PHYSICAL ACTIVITY

Find tips and resources to add more physical activity to your life. Learn about opportunities for your workplace and community like walking clubs, walking paths, Heart Walk and National Walking Day.

heart.org/beactive & heart.org/walking



ASSESSMENT TOOLS

Our interactive online tools like My Life Check™ help people assess and track their heart health information and gain a better understanding of their risk of heart disease and stroke.

heart.org/mylifecheck



CONSUMER & PATIENT EDUCATION MATERIALS

Our line of consumer and patient education materials helps consumers, patients, caregivers and at-risk groups with prevention and disease management.

heart.org/brochures

heart.org/healthyliving