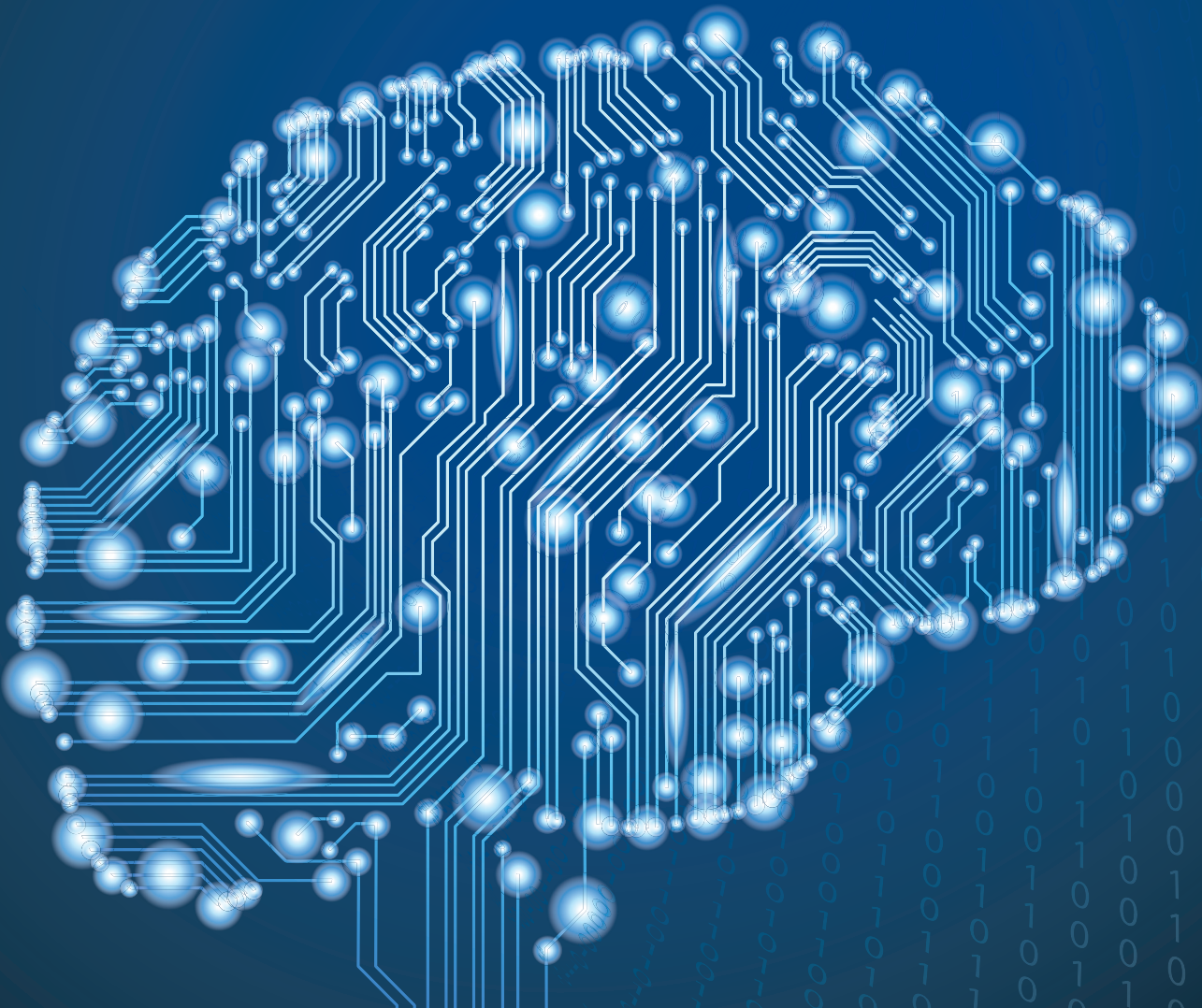


BAPTIST HEALTH CARE STROKE PROGRAM

HEALTHY RECIPES





STROKE IS AN EMERGENCY

CALL 911

Any one of these signs could mean a stroke:

B  **BALANCE**
Sudden loss of balance or coordination.

E  **EYES**
Sudden trouble seeing out of one or both eyes.

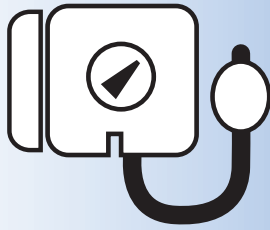
F  **FACE**
Sudden drooping on one side of the face.

A  **ARM**
Sudden weakness in one arm or leg.

S  **SPEECH**
Sudden trouble with speech or understanding.

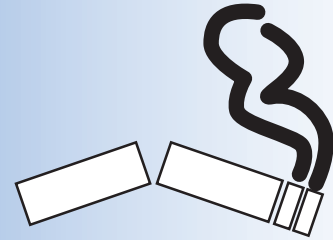
T  **TIME**
Time to call 911.

TIME IS BRAIN. DON'T WAIT. CALL 911 IMMEDIATELY.



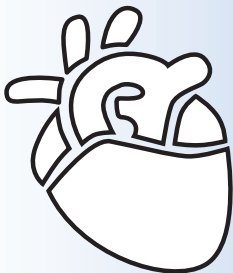
HIGH BLOOD PRESSURE IS THE NO. 1 RISK FACTOR FOR STROKE.

Get tested. Reduce your sodium intake. Stay active. Maintain a healthy weight.



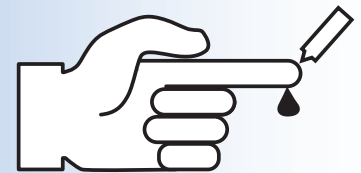
SMOKING DOUBLES YOUR RISK OF HAVING A STROKE.

Don't smoke. If you do, quit.
1.800.QuitNow
www.nicotineanonymous.org
www.anti-smoking.org



TOO MUCH CHOLESTEROL IN YOUR BLOOD INCREASES YOUR RISK.

Get tested. Learn your total cholesterol, good (HDL) and bad (LDL) cholesterol, and triglycerides.



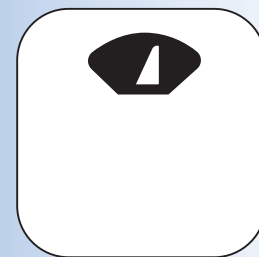
DIABETES PUTS YOU AT RISK FOR A STROKE.

Lower your risk by keeping your blood glucose to the recommended target numbers.



EXERCISE

Aim for 2.5 hours of moderate-intensity aerobic activity per week. Physical inactivity increases your risk even if you have no other risk factors.



HEALTHY EATING

Eat right! Plenty of fruits and veggies. Choose food low in saturated fat, trans fat and sodium.

THE AMERICAN HEART ASSOCIATION'S DIET AND LIFESTYLE RECOMMENDATIONS

A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. Make the simple steps below part of your life for long-term benefits to your health and your heart.

Use up at least as many calories as you take in.

- Start by knowing how many calories you should be eating and drinking to maintain your weight. Nutrition and calorie information on food labels is typically based on a 2,000 calorie per day diet. You may need fewer or more calories depending on several factors including age, gender and level of physical activity.
- If you are trying not to gain weight, don't eat more calories than you know you can burn up every day.
- Increase the amount and intensity of your physical activity to burn more calories.
- Aim for at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity (or an equal combination of both) each week.

Regular physical activity can help you maintain your weight, keep off weight that you lose and help you reach physical and cardiovascular fitness. If it's hard to schedule regular exercise sessions, look for ways to build short bursts of activity into your daily routine, like parking farther away and taking the stairs instead of the elevator. Ideally, your activity should be spread throughout the week.

Eat a variety of nutritious foods from all the food groups.

You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have minerals, protein, whole grains and other nutrients but are lower in calories. They may help you control your weight, cholesterol and blood pressure.

Limit saturated fat, trans fat, sodium, red meat, sweets and sugar-sweetened beverages. If you choose to eat red meat, compare labels and select the leanest cuts available.

Eat an overall healthy dietary pattern that emphasizes:

- A variety of fruits and vegetables
- Whole grains
- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils

One of the diets that fits this pattern is the DASH (dietary approaches to stop hypertension) eating plan. Most healthy eating patterns can be adapted based on calorie requirements and personal and cultural food preferences.

Eat less of the nutrient-poor foods.

The right number of calories to eat each day is based on your age and physical activity level and whether you're trying to gain, lose or maintain your weight. You could use your daily allotment of calories on a few high-calorie foods and beverages, but you probably wouldn't get the nutrients your body needs to be healthy. Limit foods and beverages high in calories but low in nutrients. Also limit the amount of saturated fat, trans fat and sodium you eat. Read Nutrition Facts labels carefully — the Nutrition Facts panel tells you the amount of healthy and unhealthy nutrients in a food or beverage.

As you make daily food choices, base your eating pattern on these recommendations:

- Eat a variety of fresh, frozen and canned vegetables and fruits without high-calorie sauces or added salt and sugars. Replace high-calorie foods with fruits and vegetables.
- Choose fiber-rich whole grains for most grain servings.
- Choose poultry and fish without skin and prepare them in healthy ways without added saturated and trans fat. If you choose to eat meat, look for the leanest cuts available and prepare them in healthy and delicious ways.
- Eat a variety of fish at least twice a week, especially fish containing omega-3 fatty acids (for example, salmon, trout and herring).
- Select fat-free (skim) and low-fat (1%) dairy products.
- Avoid foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Limit saturated fat and trans fat and replace them with the better fats, monounsaturated and polyunsaturated. If you need to lower your blood cholesterol, reduce saturated fat to no more than 5 to 6 percent of total calories. For someone eating 2,000 calories a day, that's about 13 grams of saturated fat.
- Cut back on beverages and foods with added sugars.
- Choose foods with less sodium and prepare foods with little or no salt. To lower blood pressure, aim to eat no more than 2,300 milligrams of sodium per day. Reducing daily intake to 1,500 milligrams is desirable because it can lower blood pressure even further. If you can't meet these goals right now, even reducing sodium intake by 1,000 milligrams per day can benefit blood pressure.
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and no more than two drinks per day if you're a man.
- Follow the American Heart Association recommendations when you eat out, and keep an eye on your portion sizes.

Live Tobacco Free

Don't smoke, vape or use tobacco or nicotine products — and avoid secondhand smoke or vapor.
Information obtained from the American Heart Association.



Hummus and Avocado Wraps

Ingredients

- 2 tablespoons low sodium hummus
 - Sliced avocado
 - Sliced tomato
 - Chopped lettuce
 - Whole grain or multi grain tortilla wraps
- Optional — Add slices of fresh bell pepper for a crunchier texture

Make your own hummus

- One 15.5-ounce canned, no salt added or low sodium chickpeas (drained, rinsed)
- 3 tablespoons water
- 1 tablespoon lemon juice
- ¼ teaspoon paprika
- ¼ teaspoon ground pepper

Directions

For the hummus:

Drain and rinse the chickpeas; add into the bowl of a food processor along with remaining ingredients. Puree until the mixture is smooth, about 1 minute.

For the wraps:

Slice all the vegetables: tomato, cucumber, bell pepper and avocado.

Spread about ⅓ cup white bean hummus over each wrap, leaving about a ½-inch border around the edges. Divide vegetables onto each wrap, placing over the hummus. Not all the vegetables will be used.

Fold each side of the wrap and then roll. Cut in half, if desired. Serve wraps with any extra vegetables and dip that is left over.

This recipe is a simple way to add fiber and healthy fats to your diet.

Recipe adapted from:

<https://recipes.heart.org/en/recipes/white-bean-hummus-wraps-with-avocado-and-bell-pepper>



Bean Salad

Ingredients

- One 15.5-ounce can of low sodium or no salt added black beans, rinsed and drained
- One 15.5-ounce can of low sodium or no salt added kidney beans, rinsed and drained
- One 15.5-ounce can of low sodium or no salt added garbanzo beans, rinsed and drained
- One 10 ounce pack of frozen corn kernels (Defrost before adding to recipe.)
- 1 cup of diced red onions
- 1 medium tomato, diced
- ½ cup of olive oil
- ¼ cup lime juice
- 3 tablespoons chopped cilantro
- ¼ tablespoon vinegar
- 1 teaspoons minced garlic

Directions

Mix all together and refrigerate. This versatile recipe is high in fiber and vegetable protein. Consider adding it to soups, chili, wraps, tacos, sandwiches or enjoy with some whole wheat toast as a hearty snack.

Recipe adapted from: <https://recipes.heart.org/en/recipes/black-bean-salad-or-salsa>

Turn into a turkey chili by adding bean salad to:

- 2 pounds of ground turkey (Look for high lean percentages of 90% or more.)
- 2 cans of no salt added tomato sauce
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 2 teaspoons oregano
- 2 teaspoons ground coriander
- 1 teaspoon garlic powder
- ½ teaspoon crushed red pepper flakes

Place ingredients in slow cooker and cook covered on low heat for two to four hours or until the turkey is no longer pink.

Recipe adapted from:

<https://recipes.heart.org/en/recipes/slow-cooker-turkey-and-black-bean-chili-or-vegetarian-3-bean-chili>



Guacamole Deviled Eggs (Demonstration Recipe)

Ingredients

- 9 large eggs
- 1 medium avocado, halved and pitted
- 1 ½ teaspoons lime juice
- ⅓ cup finely chopped Roma tomato (1 to 2 Roma tomatoes)
- ¼ cup finely chopped scallions
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 1 to 2 teaspoons of finely chopped jalapeño (optional)
- Dried or fresh cilantro, to garnish (optional)

Directions

Fill a large pot with water, add all the eggs and bring mixture to a boil over high heat. As soon as the water begins to boil, cover with a lid, remove pot from the heat and let eggs sit for 10 minutes. Drain water and transfer eggs to a bowl of cold water to cool. When the eggs are cool enough to handle, remove the shells. Slice each egg in half lengthwise.

Remove the yolks and place into a medium bowl. Place the egg white halves onto a platter. Slice the avocado in half and remove the pit. Use a spoon to scoop the avocado's flesh into a bowl. Use a fork to mash the egg yolks and the avocado together.

Stir in the lime juice. Add both to the mashed avocado along with salt, pepper and optional jalapeno. Stir together to combine.

Spoon the guacamole into each egg white half, dividing the mixture between all 18.

Garnish with a sprinkle of dried or fresh chopped cilantro if desired. Serve.

This is a healthy fat, high protein recipe to get your day started.

Recipe obtained from: <https://recipes.heart.org/en/recipes/guacamole-deviled-eggs>



Sweet Potato Nachos

Ingredients

- 3 medium sweet potatoes (about 2 pounds), makes about 6 cups of rounds
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 ½ teaspoons paprika
- ⅓ cup black beans, drained and rinsed
- ⅓ cup reduced-fat, shredded cheddar cheese
- ⅓ cup chopped tomato (1 plum tomato)
- ⅓ cup chopped avocado

Directions

Preheat the oven to 425°F. Cover two baking pans with foil and coat with nonstick cooking spray.

Peel and thinly slice the sweet potatoes into quarter-inch rounds. In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pans.

Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5 to 10 minutes or until crisp.

Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado. Serve.

This recipe is rich in fiber, minerals and heart healthy fats.

Recipe obtained from: <https://recipes.heart.org/en/recipes/sweet-potato-nachos>

Herbs and Spices

Herbs and spices can add the right amount of flavor to any dish. Here are a few tips to help you spice up your meals.



Basil

- **Flavor:** Sweet and fresh
- **Prep:** Basil leaves are delicate, so a sharp knife is necessary. Roll them up tightly and slowly slice or chop.
- **Tips:** Add to a dish right before serving. Basil can be substituted for mint in most recipes.
- **Pair with:** Tomato sauce (no added salt), pastas, salads, low-sodium salad dressings, low-sodium pizza, low-sodium soups, summer vegetables, eggs, chicken and fish dishes
- **Simple dish:** Layer slices of tomato, low-fat, low-sodium mozzarella and basil leaves. Drizzle with olive oil and a few shakes of black pepper.



Cilantro

- **Flavor:** Refreshing
- **Prep:** Also delicate, cilantro needs to be gently chopped.
- **Tips:** Do not cook fresh cilantro. Instead, add to a dish just before serving.
- **Pair with:** Beans, tomatoes, corn, peppers, avocados, rice, salads, low-sodium salad dressings and low-sodium, low-fat yogurt sauce
- **Simple dish:** Mix together black beans, corn, chopped red bell pepper, chopped jalapeño pepper, cilantro and a squeeze of lime juice.



Mint

- **Flavor:** Sweet and cool
- **Prep:** Mint leaves are delicate, so a sharp knife is necessary. Roll them up tightly and slowly slice or chop.
- **Tips:** There's a reason gum and toothpaste is mint flavored; you can chew it to get a clean tasting mouth!
- **Pair with:** Fruit cups, carrots, cucumbers, salads, peas, lamb, beans, desserts, unsweetened iced tea, water and low-fat yogurt with no added sugar
- **Simple dish:** Chop up watermelon and cantaloupe. Drizzle the fruit with a mixture of mint and low-fat vanilla yogurt.



Oregano

- **Flavor:** Earthy
- **Prep:** Strip the leaves from the stem. Discard stem and firmly chop leaves right before using.
- **Tips:** A common combination in Greek dishes is oregano, mint and lemon.
- **Pair with:** Tomatoes, no-added-salt tomato sauce, zucchini, potatoes, peppers, beans, mushrooms, eggs, low-sodium soups, salad, low-sodium pizza, pastas, oily fish and poultry
- **Simple dish:** Whisk lemon juice, olive oil, vinegar, oregano and mint. Pour over cooked red potatoes.



Parsley

- **Flavor:** Light and fresh (Italian flat leaf). Slightly peppery (curly)
- **Prep:** Gently chop both stems and leaves. Add to a dish during the final minutes of cooking or right before serving.
- **Tips:** Italian flat-leaf parsley looks a bit like cilantro and is the most versatile in dishes because of its light and fresh flavor. Curly leaf parsley has small, curly leaves.
- **Pair with:** Chicken, egg dishes, fish, seafood, low-sodium soups, salads, potatoes, pasta, tomatoes, no-salt-added tomato sauce, carrots and eggplant
- **Simple dish:** Whisk together olive oil, lemon juice, parsley, mint, garlic and chives. Serve over broiled white fish like cod or flounder.



Rosemary

- **Flavor:** Woodsy and lemony
- **Prep:** Pinch your finger and thumb at top of stem and firmly pull down length of branch to remove leaves. Discard stem and firmly chop leaves.
- **Tips:** Because rosemary is such a strong tasting herb, use in small amounts.
- **Pair with:** Roasted root vegetables, potatoes, tomatoes, beans, cabbage, oily fish, shrimp, pears, apples, fiber-rich whole grain breads and low-sodium soups
- **Simple dish:** Use sprigs of rosemary as skewers to grill shrimp.



Thyme

- **Flavor:** Lemony and light
- **Prep:** Remove leaves similar to how you prepare rosemary but more gently, as thyme is delicate. Since the leaves are so small, you don't need to chop them.
- **Tips:** Add at the beginning of cooking process for the best flavor.
- **Pair with:** Chicken, carrots, corn, mushrooms, potatoes, tomatoes, green beans and low-sodium soups, chowders and stews
- **Simple dish:** Add chopped tomatoes, onion, olive oil and thyme to a roasting pan. Slow roast for one hour at 300 degrees for a delicious chunky tomato topping for whole grain pasta.

Spices and Dried Herbs

- Avoid using prepackaged seasoning mixes because they often contain excess salt. Be sure to check the nutrition facts label for sodium content.
- Dried herbs and spices don't have an indefinite shelf life. Check your dried herbs and spices now, and toss anything that no longer smells the way it should. Store in a dark, dry place away from heat sources, such as stoves or appliances. Avoid keeping a spice rack above or too close to the stove.

More Ways to Add Flavor

- Use vinegar or citrus juice to perk up flavors, but add them at the last moment. Vinegar is great on hot and cold greens. Lemon and lime juice compliment papaya and mango, which pair well with fish.
- Feelin' hot, hot, hot? To add a real kick to your dishes, add some fresh hot peppers. Remove the stems, skin and seeds and then finely chop them. A little goes a long way. You can grind up dried hot peppers in a blender or coffee grinder to make fresh chili powder. Or try canned chilies like smoky chipotles. After you use one or two in a recipe, freeze the rest. Lay them on a plate and freeze them separately. Then put the frozen chilies in a bag for storage.
- Some vegetables and fruits, such as mushrooms, tomatoes, cherries, cranberries and currants, have a more intense flavor when dried than when fresh. Add them for a burst of flavor. Read the ingredients list to select dried fruits without added sugars.



Boost Flavor Without Unhealthy Fats and Salt

Look for recipes that use herbs and spices for flavor instead of salt, butter, lard or other unhealthy fats. Try these tricks to season your food:

- Squeeze fresh lemon juice or lime juice on steamed vegetables, broiled fish, rice, salads or pasta.
- Try salt-free lemon pepper or mesquite seasoning on chicken.
- Try salt-free herbs and spices. Fresh herbs are also a great choice.
- Use onion and garlic to liven up meats and vegetables.
- Try marinating and grilling chicken or pork with barbecue sauce or with a homemade marinade.

Trim the Fat When Possible

Cut away visible fat from meat and poultry. Roast food on a rack to let the fat drip off. Make soups a day ahead so you can chill them and then remove the fat that has risen to the top.

Substitute Healthier Ingredients in Your Favorite Recipes

Instead of Try Why?	regular ground beef... 90% lean ground beef or, better yet, try lean ground turkey breast. Fewer calories, less saturated fat and less cholesterol
Instead of Try Why?	sour cream on tacos or in dips... non-fat plain yogurt (regular or Greek). Fewer calories and less saturated fat
Instead of Try Why?	butter or margarine when cooking vegetables or protein foods... trans-fat-free margarine and oils like olive oil or vegetable oil. No trans fat, less saturated fat and more heart-healthy unsaturated fats
Instead of Try Why?	butter or margarine when baking... substituting half with applesauce. Fewer calories and less saturated fat
Instead of Try Why?	cream, whole milk or 2% milk... 1% milk or skim milk. Fewer calories and less saturated fat
Instead of Try Why?	regular cheese... reduced-fat cheese or use less. Fewer calories, less saturated fat and less cholesterol
Instead of Try Why?	snack foods with hydrogenated oil, palm oil or coconut oil (crackers, chips, candy or baked goods)... fruit with plain yogurt, fresh vegetables and hummus, a slice of whole wheat toast and natural peanut butter, or nuts and dried fruit. Less sodium, less saturated fat and zero trans fat

Instead of Try	regular mayonnaise... light mayonnaise or mustard on sandwiches. Try non-fat plain yogurt or a combination of non-fat plain yogurt and light mayonnaise if used in dressing, sauces and dips.
Why?	Fewer calories
Instead of Try	bologna, salami or pastrami... sliced low-sodium turkey or roast beef, or better yet, cook fresh chicken or turkey on the weekend and use throughout the week for meals.
Why?	Less total fat, less saturated fat and less sodium

Sources: **American Diabetes Association and American Heart Association**
diabetes.org/food-and-fitness/food/planning-meals/cook-with-heart-healthy-foods.html
heart.org/HEARTORG/HealthyLiving/HealthyEating/HealthyCooking/Common-Spices-How-to-Use-Them-Deliciously_UCM_459351_Article.jsp#.XHxXBy3MyqB
heart.org/en/healthy-living/healthy-eating/cooking-skills/preparing/tis-the-seasonings

Six Seasoning Blends for Baked Chicken

Spice up your baked or grilled chicken with these seasoning blends.

Source: Lord Byron's Kitchen

ITALIAN

Ingredients

- 2 teaspoons oregano
- 3 teaspoons parsley
- 2 teaspoons thyme
- 1 teaspoon basil
- 1 teaspoon sage
- 1 teaspoon black pepper

SOUTHWEST

Ingredients

- 1 tablespoon garlic powder
- 1 tablespoon chili powder
- 1 tablespoon onion powder
- 1 tablespoon paprika
- 2 teaspoons cumin
- 1 teaspoon chipotle powder

BBQ

Ingredients

- 1 tablespoon ground pepper
- 2 tablespoons chili powder
- 1 tablespoon garlic powder
- 2 tablespoons paprika
- 1 tablespoon onion powder

CURRY

Ingredients

- 2 tablespoons turmeric
- 4 teaspoons coriander
- 2 teaspoons cumin
- 2 teaspoons ground mustard
- 1 teaspoon cardamom
- 1 teaspoon ground cloves
- 1 teaspoon nutmeg
- 1/2 teaspoon cayenne



