

The Sacramento Chapter of The Links, Inc.

UC DAVIS-LINKS CARDIOVASCULAR DISEASE PREVENTION GRANT

Internet Resources - Heart Nutrition

DASH Eating Plan for the Treatment of Hypertension
<http://www.nhlbi.nih.gov/health/public/heart/hbp/dash>

Free Online Diet Plan & Healthy Living Community
<http://www.sparkpeople.com>

Following a Healthy Eating Plan
<http://www.americanheart.org/presenter.jhtml?identifier=1088>

Grape juice: Same heart benefits as wine?
www.mayoclinic.com/health/foodand-nutrition/AN00576

“Healthy Down Home Cookin” Recipes and Healthy Cooking Tips
http://www.modep.buffalo.edu/assets/docs/healthy_down_home_cookin.pdf

Heart-healthy eating to help prevent cardiovascular disease
www.mayoclinic.com/health/hearthealthy-diet/NU00196

Heart-Healthy Home Cooking African American Style
<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf>

Heart Healthy Recipes
<http://hp2010.nhlbihin.net/cholmonth/Recipes.htm>

How Do I Read Food Labels?
<http://www.americanheart.org/presenter.jhtml?identifier=3007450>

Know Your Fats
<http://www.americanheart.org/presenter.jhtml?identifier=532>

Make Healthy Food Choices
<http://www.americanheart.org/presenter.jhtml?identifier=537>

AHA – No Fad Diet
<http://www.americanheart.org/presenter.jhtml?identifier=1200010>

Nutrition – Search Your Heart American Heart Association
http://www.americanheart.org/downloadable/heart/1156966377994SYH_Nutrition_Repros.pdf

Search for Heart Healthy Restaurants

www.healthydiningfinder.com

Soul Food for the Heart& Soul

<http://www.meatlessmonday.com/site/DocServer/MM.48.RecipeBook.pdf?docID=281>

Tips for Eating Out

<http://www.americanheart.org/presenter.jhtml?identifier=531>

Traditional Cookbooks American Heart Association

<http://www.americanheart.org/presenter.jhtml?identifier=3040179>