



# Nutrition

## Learning plan: Cardiac Rehab

UHN CARDIOVASCULAR PREVENTION AND REHABILITATION PROGRAM

### Topic Summary: Nutrition

Following a heart healthy eating pattern can help you prevent and manage heart disease. It can be hard to know which foods to choose. Learn how to balance your plate and choose food you enjoy that will also help you feel better and live longer.

### Learning goals

Explore the learning resources to learn:

- What foods to include in a heart healthy eating pattern
- How to include more fresh, whole foods and less processed foods
- How to read food labels

### Learning Resources

- THRiVE: [Eat the Mediterranean Way](#)
- THRiVE: [Nutrition for Women](#)
- Website: [Eat Healthy](#)
- Videos: [Making Healthy Food Choices](#)
- Webinar: [Heart Healthy Ways of Eating](#)
- Guide: [Eating Well for a Healthy Heart](#)

### Tools for Self-Management

- [Create your action plan](#)
- [Reflect on your week](#)
- [Are you eating the Mediterranean Way?](#)
- [Tools for Healthy Eating](#)

### Key points:

- ◆ All foods can fit in a heart healthy way of eating.
- ◆ Knowing how to [read food labels](#) can help you choose foods with more good fats and fibre, and less sodium and sugar.
- ◆ Create an action plan — start with one small change and build on your success.