

Heart  Healthy
Foods for Hospitals

TOOLKIT



Introduction: Heart-Healthy Foods for Hospitals

Hospitalization can be a “teachable moment” for patients who are ready to embrace nutrition as part of the healing process. It is important that the hospital food service be ready, too, with food offerings that support a healthful prescription. Healthful foods are also important for staff and visitors and reinforce the ‘culture of health’ recognized as vital in the workplace today.

Many nutrition plans have been developed to improve cardiovascular health and reduce risk factors, including the Dietary Approaches to Stop Hypertension (DASH) diet, vegetarian and vegan diets, modified “Mediterranean” diets, macrobiotic diets, and others. What they have in common is an emphasis on vegetables, fruits, grains, and legumes, and reduced consumption of animal fats. Unprocessed plant-derived foods are also typically low in sodium. Observational and intervention studies have shown that, to the extent that plant-based foods play a bigger role in the diets of populations and individuals, health benefits follow.

Following you will find:

1. A list of meal examples from contractors that meets Heart-Healthy Foods for Hospitals guidelines (p. 4).
2. Recipes for good-tasting, low-sodium, plant-based foods (p. 5).
3. Tips from professionals (p. 8) for how to successfully implement Heart-Healthy Foods for Hospitals.
4. Handouts for inpatients (p. 13) on the value of heart-healthy foods and a menu insert explaining the program.
5. Cafeteria signage (p. 14) highlighting the health benefits of plant-based meals.
6. Examples of materials that may be downloaded for printing (p. 9-13).



If you contract with Sodexo, here is a sampling of options:



Breakfast:

- Oatmeal
- Fresh fruit cup
- Cold cereal with plant-based milk

Entrees:

- Quinoa and kale stuffed sweet potato
- Black beans and corn sauce over brown rice
- Black bean lettuce cups

Grill:

- Portobello rustico without mozzarella cheese
- Spicy black bean burger without mozzarella

Soup:

- Tuscan kale and bean soup without cheese
- Autumn vegetable soup

If you contract with Aramark, here is a sampling of options:



Breakfast:

- Oatmeal
- Cream of wheat
- Cold cereal with soy milk
- Fresh fruit

Entrees:

- Vegetarian chili
- Pasta marinara without the cheese
- Bean burrito

Soup:

- Vegetable

***Many more options can be made vegan upon request*

If you contract with Morrison, here is a sampling of options:



Breakfast:

- Steel cut oatmeal
- Grits
- Cream of wheat
- Breakfast potatoes
- Fresh fruit salad

Buffet:

- Spanish rice
- Sautéed vegetable medley over rice
- New Orleans red beans over rice
- Tomato basil summer squash over linguine
- Roasted vegetables

Soup:

- Cuban black bean and rice soup
- SR black bean soup

Salad:

- Southwestern corn and black bean salad

If you do not contract with a food service company, here is a sampling of options (recipes are included on a separate page):

Breakfast:

- Apple sweet potato breakfast bake
- Cheezy potato and veggie breakfast casserole

Lunch/Dinner Entrees:

- Spanish chickpea stew
- Mexican lasagna
- Black bean fiesta wrap
- Tomatoes with garbanzos and rosemary over rotini pasta
- Harvest delight

**EAT FOR
NUTRITION**

SAMPLE RECIPES

Breakfast:

Apple Sweet Potato Breakfast Bake

Makes 50 servings

Medium sweet potatoes, 37.5 (~12.50#)
chopped into large, uniform chunks
Silken tofu, 100 ounces (6.25#)
Cinnamon, 6¼ teaspoons (~0.52 oz)
Nutmeg, 3 teaspoons (~0.29 oz)
Orange juice, 100 fl. oz.
Maple syrup, 1.5 cups (~1#)
Apples, 25 (~8 ½#), diced
Water, 25 fl. oz.
Rolled/quick oats, 12.5 cups (~2.34#)
Raisins, 3 cups (~1#)
Salt, 1.5 tsp (0.33 oz)

Preheat oven to 350 degrees. Steam the sweet potatoes until done. Puree the sweet potatoes (skin on!) with the tofu, maple syrup, cinnamon, nutmeg, and orange juice until soft. Mix in the diced apple. Pour the sweet potato mixture into an oven-safe baking dish. In a food processor, pulse the raisins, oats, water, cinnamon, and salt until mixed, about 1 minute. Sprinkle the oat crumble mixture on top of the sweet potatoes. Bake for 15-20 minutes, or until the crumble is golden and crispy, the sweet potato layer is warm, and the apples are tender.

Per serving: 407 calories; 10 grams protein; 86 grams carbohydrate; 11 grams fiber; 4 grams fat; 9% calories from fat; 120 milligrams sodium

By **LIGHTER**

Cheezy Potato and Veggie Breakfast Casserole

Makes 50 servings

Small Yukon gold potatoes, 50 (~16.5#), sliced into thin circles
Baby spinach, 50 loosely packed cups (~12.5 Qts), diced
Broccoli florets, 50 cups (~12.5#), diced
Kidney beans (canned, no salt added), 12.5 cups (~6.48#)
Silken tofu, 100 oz. (6.25#)
Nutritional yeast, 2⅓ cups
Cumin, ⅓ cup (~1.33 oz.)
Chili powder, ⅓ cup (~1.33 oz.)
Onion, 6 cups (~2#), peeled and diced
Bragg's Liquid Aminos, (18.5 fl oz.)
Ground mustard powder, 2 tbsp. (~0.4 oz.)
Turmeric powder, 2 tbsp. (~0.5 oz.)
Garlic cloves, 25 small (~1.4 oz.)
Water, 25 fl. oz.

Preheat oven to 350 degrees. Arrange potato circles on a parchment lined baking sheet and broil for 8 minutes, flipping halfway through, until browned. Dice the broccoli and spinach. Blend the kidney beans, tofu, nutritional yeast, cumin, chili powder, onion, Bragg's, mustard powder, water, turmeric and garlic in a blender or food processor until completely smooth. Lightly spray the bottom of a baking dish with vegetable oil cooking spray. Lay the potatoes down. Add the spinach on top. Pour some of the sauce over the spinach. Next, layer the broccoli, and top with the remainder of the sauce. Cover with aluminum foil and bake for 30 minutes. Uncover and bake for about 10 more minutes, or until golden.

Per serving: 264 calories; 14 g protein; 49 grams carbohydrate; 10 grams fiber; 3 grams fat; 10% calories from fat; 417 mg sodium

By **LIGHTER**

Black Bean Fiesta Wrap

Makes 100 servings

1½ gallons (2 #10 cans) black beans, rinsed and drained
1½ gallons rice, cooked and cooled
3 quarts carrots, shredded
3 quarts lettuce, shredded
3 quarts red cabbage, shredded
1½ quarts low-fat Italian salad dressing
4 teaspoons salt
2 teaspoons black pepper
100 flour tortillas (8-inch)
100 tomato slices

Combine beans, rice, carrots, lettuce, and cabbage in large bowl. Toss with dressing. Season with salt and pepper. Place 1 cup bean and vegetable mixture on each tortilla; top with a tomato slice and roll up.

Per serving (1 wrap): 288 calories; 8 grams protein; 47 grams carbohydrate; 5 grams fiber; 3.6 grams fat; 11% calories from fat; 852 milligrams sodium



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Lunch/Dinner Entrees:

Spanish Chickpea Stew

Makes 100 servings



- 5 cups vegetable broth
- ½ cup + 3 tablespoons fresh garlic, minced
- 2 gallons onions, diced
- ½ cup + 3 tablespoons sweet paprika
- 2 tablespoons ground cumin
- 3 gallons frozen spinach, chopped
- 2 gallons + 2 quarts (4 # cans) canned low sodium garbanzo beans, drained, rinsed
- 3 quarts + 3 cups golden seedless raisins
- 2 quarts + 2 cups (1 # 10 can) canned low-sodium diced tomatoes
- 1 gallon + 2-¼ quarts low-sodium vegetable broth
- 1 cup red wine vinegar
- 1 tablespoon + 1 teaspoon salt
- 1 tablespoon + 1 teaspoon ground black pepper

Heat 5 cups of vegetable broth. Add onions and garlic and sauté for 5-7 minutes until onions are translucent. Add more broth or water as necessary to keep onion from sticking. Mix in paprika and cumin. Add spinach and sauté for 15 minutes. Mix in garbanzo beans, raisins, tomatoes, and low-sodium vegetable broth. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 minutes or until raisins are plump. Add vinegar, salt, and pepper. Mix well.

Per serving (8 fl ounces ladle (1 cup)): 172 calories; 8.6 grams protein; 31 grams carbohydrate; 8.2 grams fiber; 2.8 grams fat; 13.8% calories from fat; 236 milligrams sodium

Mexican Lasagna



Makes 100 servings



- ¼ cups vegetable broth
- 2 pounds onion, diced
- 1 pound green pepper, frozen, diced
- 2 #10 cans black beans
- 1 #10 can refried beans
- 2 #10 cans tomatoes, diced
- 2 pounds corn, frozen
- 3 tablespoons each: oregano, cumin, garlic powder, chili powder, paprika
- 1½ tablespoons salt
- 4½ quarts picante sauce
- 5½ pounds lasagna noodles, dry

Preheat steam kettle and oven to 350 degrees. Add vegetable broth, onions, and peppers to braising pan. Cook until tender, adding more vegetable broth or water if onions start to stick. Add black beans, refried beans, tomatoes, corn, and spices. Bring to a simmer and cook for 5 minutes. Spray each 20- x 12- x 2-inch pan with pan coating spray. In each pan, layer lasagna as follows: Layer 1: Pour 2 cups of picante sauce in each pan. Layer 2: Cover with a layer of 8 uncooked lasagna noodles, laid lengthwise in pan. Layer 3: Spread 5 cups of bean mixture over noodles. Repeat layers two more times. Cover with foil and bake at 350 degrees for 1 hour or until product reaches an internal temperature of 165 degrees for 15 seconds. Cut into 25 servings per pan.

Per serving: 228 calories; 10.7 grams protein; 44.7 grams carbohydrate; 9 grams fiber; 1.4 grams fat; 5% calories from fat; 559 milligrams sodium

Recipe used with permission and adapted from Greenville County Public Schools, S.C.



Tomatoes with Garbanzos and Rosemary over Rotini Pasta

Makes 100 servings

- 1 cup vegetable broth
- 2/3 cup garlic, minced
- 3 tablespoons basil, dried
- 2 teaspoons red pepper flakes, crushed
- 4 teaspoons salt
- 4 #10 cans tomatoes, diced, undrained
- 15 pounds garbanzo beans, cooked and rinsed
- 1/2 cup parsley, dried leaves
- 18 pounds enriched rotini (or other) pasta or whole-wheat pasta
- 25 cups green beans, frozen, thawed, drained

Heat water to cook pasta. The amount of water should be in a 4:1 ratio (water to pasta). Add pasta and cook to al dente. Place cooked pasta in sprayed hotel pans, cover tightly with wrap and hold until service in 200 degree oven. In a large skillet, heat vegetable broth over medium heat. Add minced garlic and dried basil to broth. Cook approximately 2 minutes; do not brown garlic. Add crushed red pepper flakes and chopped tomatoes with juice and salt. Increase heat to medium high and simmer sauce until it begins to thicken, approximately 8-10 minutes. Add garbanzo beans and dried parsley to sauce and heat thoroughly. Add green beans to sauce. Heat thoroughly. The beans should be firm. Place sauce in hotel pans and hold in 200 degree oven until ready to serve. Serve 1 cup cooked pasta topped with 1 cup (8 ounces) sauce.

Per serving: 420 calories; 19.4 grams protein; 85.1 grams carbohydrate; 13.5 grams fiber; 3.2 grams fat; 6.4% calories from fat; 281 milligrams sodium

Recipe courtesy of *Fruit and Veggie Quantity Cookbook* – Revised Edition, Oct 2011 NH Obesity Prevention Program, DHHS, DPHS 603-271-4628

Harvest Delight

Makes 50 servings

- 2 quarts + 2 cups fresh carrots, 1/4 inch slices
- 1 quart + 2 cups fresh sweet potatoes, peeled, cubed 1 inch
- 1 quart + 2-3/4 cups fresh butternut squash, peeled, cubed 1/2 inch
- 2 cups + 2 tablespoons fresh red onions, diced
- 1/3 cup balsamic vinegar
- 1/3 cup vegetable broth
- 2 teaspoons sea salt
- 2 pounds cooked white beans
- 2 pounds steamed Brussels sprouts
- 3 tablespoons fresh thyme, finely chopped
- 3 tablespoons fresh oregano, finely chopped
- 3 tablespoons fresh sage, finely chopped
- 2 tablespoons fresh rosemary, finely chopped
- 2 tablespoons + 1 teaspoon minced garlic
- 1/4 cup + 1 tablespoon maple syrup
- 1 quart + 2 cups fresh spinach coarsely chopped

Place carrots and Brussels sprouts in a perforated steam table pan. Cover and steam for 10 minutes, or until tender. Toss carrots, sweet potatoes,

squash and onions with balsamic vinegar, vegetable broth, maple syrup and salt. Line sheet pan with parchment paper and spray with pan release spray. Spread vegetables evenly on sheet pan. Roast uncovered until tender and slightly browned. Turn vegetables midway through cooking: Conventional oven: 425 degrees for 25 minutes. Convection oven: 425 degrees for 18 minutes. Combine beans, thyme, oregano, sage, rosemary, and garlic. Remove vegetables from oven. Lower heat to 400 degrees. Add cooked white beans and steamed Brussels sprouts. Spread evenly. Roast uncovered until slightly tender: Conventional oven: 400 degrees for 15 minutes. Convection oven: 400 degrees for 10 minutes. Remove vegetable/bean mixture from oven. Transfer to a steam table pan lightly coated with pan release spray. Drizzle with maple syrup and toss to coat. Roast until tender: Conventional oven: 400 degrees for 8 minutes. Convection oven: 400 degrees for 5 minutes. Remove vegetable/bean mixture from oven and gently toss in spinach.

Per serving: 74 calories; 3.1 grams protein; 15.8 grams carbohydrate; 3.6 grams fiber; 0.3 grams fat; 3.2% calories from fat; 135 milligrams sodium



Tips From Food Service Professionals for Successfully Implementing Heart-Healthy Foods for Hospitals:

Champion



1. Identify a physician and/or administrator champion of the guidelines to support the efforts of the food service department and encourage patients and staff to try the new, delicious, plant-based options. **Work as a team!**



Test

2. Develop several new recipes for the cafeteria that meet the guidelines and conduct taste tests with staff and guests. Have testers rate their samples and give feedback.

Set Goal



3. Set realistic goals for implementing the guidelines. For example, in year one, begin by adding one plant-based meal option for patients and in the cafeteria at all meals. In year two, consider increasing your offerings or replacing some of your standard meals with a plant-based option.

Educate Healthy Living

4. Recruit your hospital's wellness committee to help educate staff about the new guidelines and create excitement about the new program aimed to help employees maintain good health.



Share Success

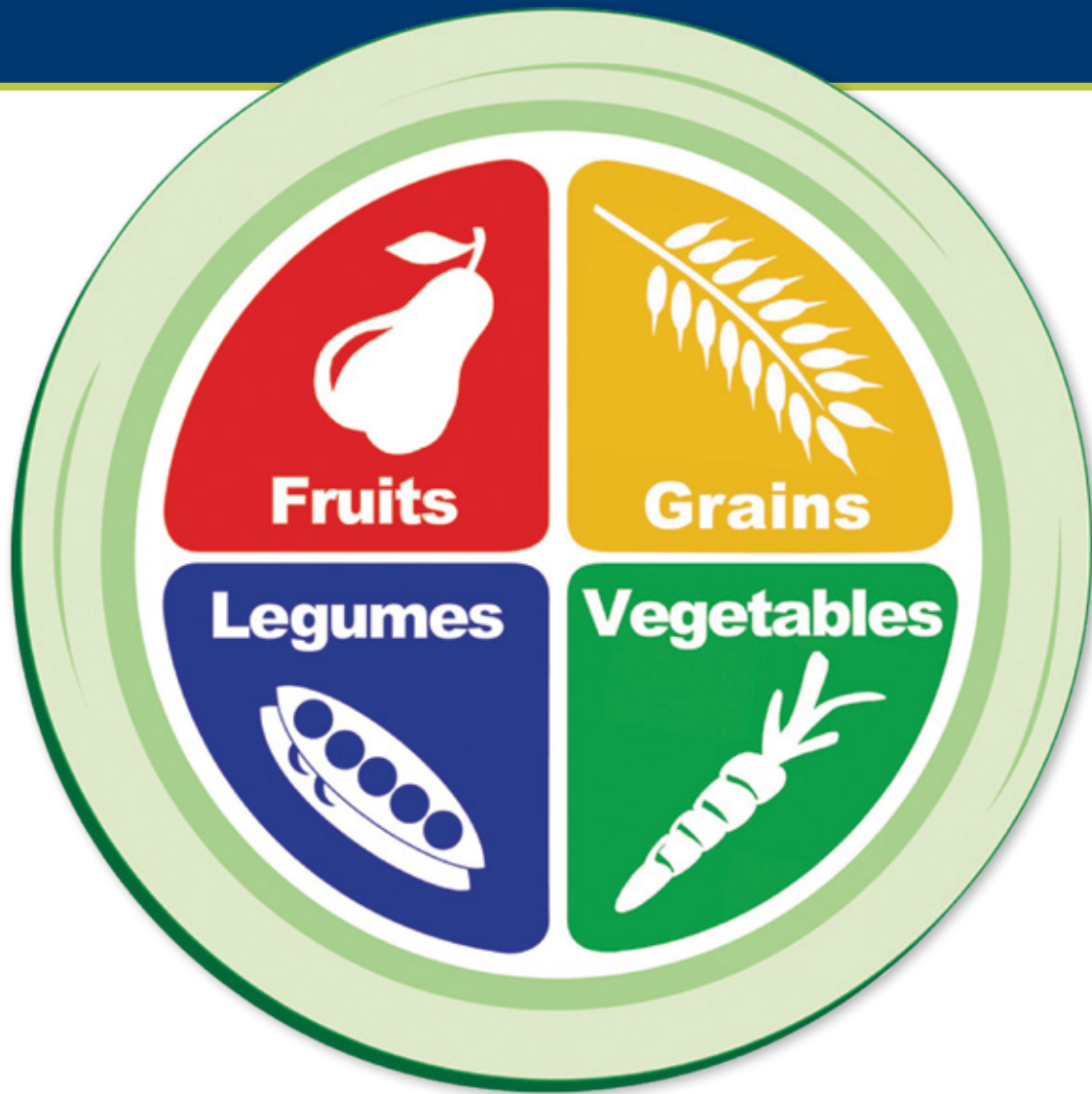
5. Share your success! Use your experience to help another hospital implement the Heart-Healthy Foods for Hospitals guidelines.

Heart-Healthy Foods for Hospitals Checklist

	Patient Meals	Cafeteria Food	Onsite Restaurants
Plant-based option that is low in fat, sodium, and added sugars offered at every meal	✓	✓	✓
A variety of fruits and vegetables offered	✓	✓	✓
No trans fats used	✓	✓	✓
At least 3 fruits/vegetables will be offered at each meal	✓		
Processed meats are not used	✓		
At least one dessert will emphasize fruit	✓		

Following are three inserts (10 Easy Steps and two sample letters) to help get started.

The Power Plate



Powerful for...

- Heart Disease
- Diabetes
- Weight Control
- Cancer Prevention & Survival

Focus on filling your plate with a variety of colorful fruits, vegetables, whole grains, and legumes, rather than on serving sizes or calorie counting.

Try the Power Plate and discover a healthier way to live!

www.ThePowerPlate.org

The Power Plate *featuring*



Fruits

Fruits are rich in fiber, vitamin C, and beta-carotene. Include fruits that are high in vitamin C—citrus fruits, melons, and strawberries are all good choices. Choose whole fruit over fruit juices, which do not contain very much fiber.



Legumes

Legumes, which is another name for beans, peas, and lentils, are all good sources of fiber, protein, iron, calcium, zinc, and B vitamins. This group also includes chickpeas, baked and refried beans, soy milk, tempeh, and tofu.

The plant kingdom provides excellent sources of the nutrients once only associated with meat and dairy products—namely, protein and calcium.

The Power Plate is a no-cholesterol, low-fat plan that supplies all of an average adult's daily nutritional requirements, including substantial amounts of fiber. By eating a variety of foods from each of the four groups, it is easy to get an ample amount of protein. Fueling up on plant-based protein is especially beneficial when considering the serious health risks associated with animal-based protein like that found in meat and dairy. Even in lower quantities, these foods are associated with higher rates of chronic disease.

The major killers of Americans—heart disease, cancer, and stroke—have a dramatically lower incidence among people consuming primarily plant-based diets. Weight problems, a contributor to a host of health concerns, including diabetes, can also be brought under control by following the Power Plate recommendations.

Protein

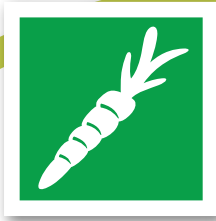
To consume a diet that contains enough, but not too much, protein, simply replace animal products with grains, vegetables, legumes (peas, beans, and lentils), and fruits.

As long as one is eating a variety of plant foods in sufficient quantity to maintain a healthy weight, the body gets plenty of protein.

Calcium

The most healthful calcium sources are green leafy vegetables and legumes, or "greens and beans" for short. If you are looking for a very concentrated calcium source, calcium-fortified plant milks and juices contain 300 milligrams or more of calcium per cup.

The New Four Food Groups



Vegetables

Vegetables are packed with nutrients; they provide vitamin C, beta-carotene, riboflavin, iron, calcium, fiber, and other nutrients. Dark green leafy vegetables such as broccoli, collards, kale, mustard and turnip greens, endive, or bok choy are especially good sources of these important nutrients. Dark yellow and orange vegetables such as carrots, winter squash, sweet potatoes, and pumpkin provide extra beta-carotene. Include generous portions of a variety of vegetables in your diet.



Whole Grains

This group includes bread, rice, pasta, hot or cold cereal, corn, millet, barley, bulgur, buckwheat groats, and tortillas. Build each of your meals around a hearty grain dish—grains are rich in fiber and other complex carbohydrates, as well as protein, B vitamins, and zinc.



Vitamin D

The natural source of vitamin D is sunlight. In colder climates during the winter months, the sun may not be able to provide adequate vitamin D. Fortified cereals, grains, bread, orange juice, and soy or rice milk are healthful foods that provide vitamin D. All common multiple vitamins also provide vitamin D

B12

Be sure to include a reliable source of vitamin B12, including fortified foods, such as breakfast cereals and plant milks, or a supplement.

Iron

Iron is abundant in plant-based diets. Beans, dark green vegetables, dried fruits, blackstrap molasses, nuts and seeds, and whole grain or fortified breads and cereals all contain plenty of iron.

Omega-3 Fatty Acids

Whether you are interested in promoting cardiovascular health, ensuring the proper growth and development of your child, or relieving pain, a vegetarian diet rich in fruits, vegetables, nuts, seeds, and legumes can help you achieve adequate intake of the essential fatty acids.

Nuts & Seeds?

A low-fat diet is not a no-fat diet. There are traces of natural oils in plants, and these fats are important for health. Some people add additional sources of healthful omega-3 ("good") fats, such as walnuts, flaxseeds or flax oil, or soy products. Some research has shown the health benefits in having a small serving of nuts each day, despite the fact that nuts are high in fat.

Make Every Meal a Power Plate Meal



Berry-Berry Smoothie

Makes 3 cups

Get double the berry taste in this delicious morning beverage.

- 2 cups fortified vanilla soy or rice milk
- 1 large banana, broken into chunks
- 1/2 cup unsweetened frozen raspberries or blueberries
- 1/4 cup unsweetened frozen raspberry juice concentrate

Combine all ingredients in blender and process until very smooth and creamy.

Serve immediately.

Per 1-cup serving:
CALORIES: 203, FAT: 3.2 G, CHOLESTEROL:
0 MG, PROTEIN: 7 G, CARBOHYDRATES:
39.2 G, SODIUM: 97 MG

Source: *Breaking the Food Seduction*
by Neal Barnard, M.D.; recipe by Jo Stepaniak;
© Jo Stepaniak 2005, published by
permission.



Banana French Toast

Makes 4 slices

- 2 medium bananas
- 2/3 cup soy milk
- 2 tablespoons maple syrup
- 1/8 teaspoon cinnamon
- 4 slices whole-wheat bread
- Vegetable oil spray

Blend bananas, soy milk, syrup, and cinnamon until smooth. Pour into a flat, shallow dish and soak bread slices 1 minute on each side. Transfer carefully to a skillet sprayed with vegetable oil. Cook first side until lightly browned, about 3 minutes, then turn and cook second side until browned.

Per slice:
CALORIES: 173, FAT: 2.2 G, CHOLESTEROL:
0 MG, PROTEIN: 4.8 G, CARBOHYDRATES:
36.5 G, SODIUM: 174 MG

Source: *Food for Life* by Neal Barnard, M.D.;
recipe by Jennifer Raymond, M.S., R.D.



Easy Veggie Fajitas

Makes 6 servings

- 1/4 cup vegetable broth or water
- 1 onion, sliced into strips
- 1 teaspoon ground cumin
- 3 bell peppers (red, yellow, green, or a combination), seeded and sliced into strips
- 2 15-ounce cans black beans, drained and rinsed
- 6 whole-wheat tortillas
- 1 cup salsa

Heat broth or water in a non-stick skillet. Add onion and cook until translucent. Add cumin and bell peppers. Cook over medium heat until peppers are tender.

Heat beans in microwave for 1 minute.

Place tortilla in a large skillet over medium-low heat. Add 1/2 cup of the onion and pepper mixture. Fold tortilla in half, over the beans and vegetables, and cook for 3 minutes. Remove from heat and garnish with salsa. Repeat this procedure with the remaining 5 tortillas.

Per serving (1/6 of recipe):
CALORIES: 257, FAT: 2 G, CHOLESTEROL:
0 MG, PROTEIN: 12.9 G, CARBOHYDRATES:
50.3 G, SODIUM: 408 MG

Source: Jennifer Reilly, R.D.



Aztec Salad

Makes 8 1-cup servings

This delicious salad is also a visual feast. It may be made in advance and keeps well for several days.

- 2 15-ounce cans black beans, drained and rinsed
- 1/2 cup finely chopped red onion
- 1 green bell pepper, seeded and diced
- 1 red or yellow bell pepper, seeded and diced
- 1 15-ounce can corn, drained, or 1 10-ounce bag frozen corn, thawed
- 2 tomatoes, diced
- 3/4 cup chopped fresh cilantro (optional)
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons distilled or cider vinegar
- 1 juice of 1 lemon or lime
- 2 garlic cloves, pressed or minced
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon crushed red pepper or 1 pinch cayenne pepper

In a large bowl, combine beans, onion, bell peppers, corn, tomatoes, and cilantro, if using. In a small bowl, whisk together vinegars, lemon or lime juice, garlic, cumin, coriander, and crushed red pepper or cayenne. Pour over salad and toss gently to mix.

Per 1-cup serving:
CALORIES: 158, FAT: 1.1 G, CHOLESTEROL:
0 G, PROTEIN: 7.7 G, CARBOHYDRATES:
31.6 G, SODIUM: 420 MG

Source: *Healthy Eating for Life to Prevent and Treat Diabetes* by Patricia Bertron, R.D.;
recipe by Jennifer Raymond, M.S., R.D.

Shopping List

Getting Started with the Basics

Grains:

- Rolled oats
- Loaf of bread (high fiber or pumpernickel)
- Brown rice
- Quinoa
- Whole wheat pasta

Beans:

- Black beans – canned or dried
- Garbanzo beans – canned or dried
- Dried red lentils
- Frozen edamame

Fruits:

- Bananas
- Apples
- Berries (fresh or frozen)
- Raisins

Vegetables:

- Broccoli (fresh or frozen)
- Spinach (fresh or frozen)
- Sweet potatoes
- Kale
- Lettuce
- Carrots
- Cucumbers
- Canned tomatoes

Other:

- Soy, rice, almond, or plant milk of choice
- Apple butter
- Balsamic vinegar
- Cinnamon
- Marinara sauce
- Mustard
- Soy sauce



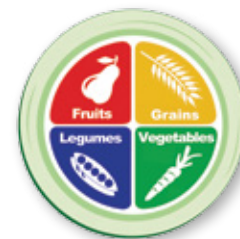
Cut out this shopping list and bring it along on your next trip to the grocery store!

Resources:

■ Learn more at ThePowerPlate.org.

■ Test out a plant-based diet for 21 days at 21DayKickstart.org.

■ To download nutrition factsheets, order literature, or purchase books and DVDs, visit PhysiciansCommittee.org/lit.



*B*eing in the hospital means more than getting medical care. It also can mean starting on a new path toward health—quitting smoking or taking a fresh look at your eating habits.

*W*e have begun a program to help you explore new, healthful tastes. If you'd like to have more vegetables and fruits in your diet or sample a healthful plant-based dish, they are here for you. And all our inpatient food items avoid trans fats and processed meats.

Did you know?

Plant-Based Meals Help You

- 1. Lose weight**
- 2. Lower cholesterol**
- 3. Lower blood pressure**
- 4. Take control of
your diabetes**



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Get the evidence-based facts! Visit ThePowerPlate.org

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