

## **Credible Information for a Healthy Heart:**

### **About Heart Disease:**

Heart & Stroke Foundation: <https://www.heartandstroke.ca/>

American Heart Association: <https://www.heart.org/>

### **About Healthy Eating:**

Mediterranean Lifestyle: <https://oldwayspt.org/>

Nutrition Resources (Alberta Health Services):  
<https://www.albertahealthservices.ca/nutrition/Page11115.aspx>

Unlock Food: <https://www.unlockfood.ca/en/default.aspx>

### **Recipe Ideas:**

<https://pulses.org/nap/pulse-recipes/>

<http://ontariobbeans.on.ca/recipe-library/>

<https://www.lentils.org/recipes-cooking/>

<https://oldwayspt.org/>

