

## **Education Binder – PEACH – Cardiac Rehab.**

### **NUTRITION SECTION**

#### **Resources to be Included (in order):**

- 1) Welcome to the Mediterranean Diet
- 2) Mediterranean Diet Pyramid
- 3) Change Eating the Mediterranean Way
- 4) Focus on the Facts (2 pages)
- 5) Healthy Eating for Healthy Blood Pressure
- 6) Seasoning without salt
- 7) 10 Things to Do with Canned Pulses
- 8) Seasonal Recipes:
  - “Summer” - Fresh Mediterranean Salad with Orange, Spinach, and Tuna
  - “Fall” - Lentil, Barley, and Sweet Potato soup
  - “Winter” - Turkey Chili Recipe
  - “Spring” - Roasted Asparagus with Balsamic Vinegar and Feta Cheese