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simple *cooking* with heart™



Host Guide

[heart.org/simplecooking](http://heart.org/simplecooking)

Funded nationally by  
**Walmart** 



**Hello! Thanks for participating as a *Simple Cooking with Heart* party host. This host kit will provide you with all the tools you need to create a fun and lively cooking event in your own home. Everyone wants a good excuse to get together and enjoy some delicious food, so you are sure to have an enthusiastic group ready to cook up a storm.**

*Simple Cooking with Heart* began with a commitment between the American Heart Association and Walmart to encourage people to cook more at home by giving them all the tools, skills and techniques to get them started and inspired – and have fun! *Simple Cooking with Heart* host kits help you create fun in-home events for four to eight of your friends and neighbors to go through one recipe (or all 23) together. Doing things in groups helps reinforce new skills and is always more fun – think of this as your cooking “book club”!

*Simple Cooking with Heart* offers a selection of 23 online cooking demonstration videos that correspond to 23 great-tasting and heart-healthy recipes. The recipes are easy, quick and affordable to make and can please even the pickiest eaters. You can find the videos at [heart.org/simplecooking](http://heart.org/simplecooking). Go ahead and choose your favorite, and share that with your friends. But we’ve provided you with two sample recipes in this kit, to get you started.

#### *Why It's Important*

The obesity crisis in America has no one single cause, but usually it comes down to the fact that we eat more food than our bodies need. Why? There are many reasons, including the fact that we’ve become an extremely inactive society. We spend long hours sitting at computers and in cars. We eat nearly half of our meals in restaurants or from packages – food that generally has more calories, fat and sodium and fewer fruits, vegetables, fiber and whole grains. All those things suggest that we’re not shopping for healthy foods and cooking in our own kitchens, or eating at home. As a nation, we simply no longer have the time or skills to cook healthy meals.

It’s such a crisis that the American Heart Association, with the help of Walmart, is prioritizing a return to the kitchen as a part of our most pressing national goal: to improve the cardiovascular health of all Americans by 20 percent, and to reduce deaths from cardiovascular diseases and stroke by 20 percent by the year 2020.

Simple Cooking with Heart

**This kit includes**

- The American Heart Association's Dietary Recommendations
- An invitation template for your party
- Party set-up instructions
- Two recipes
- Shopping lists
- Supply lists
- A copy of the *Simple Cooking with Heart at Home* booklet for each of your guests
- Fun party ideas

*When we cook at home we tend to eat healthier – consuming more fruits, vegetables and whole grains and less fat, sugar and calories.*



### **The American Heart Association's Heart-Healthy Diet Recommendations**

*As a reminder, at the heart of heart-healthy meals are our Healthy Diet Recommendations. All of our recipes and cooking demonstrations are designed with these, and your health, in mind. The Recommendations, based on a 2,000-calorie diet, include:*

- Balance the number of calories you eat and physical activity to maintain a healthy body weight (this means not eating more calories than you need).
- Make your diet rich in fruits and vegetables. A typical adult should try for 9-10 servings (4.5 cups) of fruits and vegetables every day.
- Choose whole grains and high-fiber foods (three 1 oz. servings per day). A diet rich in fiber can help manage your weight because fiber keeps you feeling fuller longer, so you eat less.
- Eat fish, especially oily fish like salmon or albacore tuna, twice a week to get omega-3 fatty acids.
- Limit saturated and trans fat and cholesterol by choosing lean meats, selecting fat-free (skim), 1 percent and low-fat dairy products and avoiding hydrogenated fats (margarine, shortening, cooking oils and the foods made from them).



- A person needing 2,000 calories each day should consume less than 16 grams (g) saturated fat, less than 2 g trans fat and between 50 and 70 g of total fat and limit cholesterol to no more than 300 milligrams (mg) each day.
- Limit the amount of added sugars you consume to no more than half of your daily discretionary calorie allowance. For most American women, this is no more than 100 calories per day and no more than 150 calories per day for men (or approximately 6 teaspoons/day for women and 9 teaspoons/day for men).
- Limit sugar-sweetened beverages to no more than 450 calories (36 oz.) per week.
- Choose and prepare foods with little or no salt (sodium) to maintain a healthy blood pressure. Keep sodium intake to 1,500 mg per day or less.
- Limit processed meat (such as sandwich meat, sausage and hot dogs) to fewer than two servings per week.
- Try to eat four servings per week of nuts, seeds or legumes (beans).
- If you choose to consume alcohol, do so in moderation. This means an average of one to two drinks per day for men and one drink per day for women.
- If you eat out, pay attention to portion size and the number of calories in your meal.

Eleven more pages at  
[www.heart.org](http://www.heart.org)



American Heart Association