

Visit the NHLBI's

healthy eating web site

keep  beat™

<http://hin.nhlbi.nih.gov/healthyeating>

- Become a member of the healthy eating community:
 - Save recipes to your personalized recipe box
 - Participate in future features, such as rating the recipes, and sharing your favorites on Facebook and Twitter
- Enjoy these recipe features:
 - Satisfying portions
 - Family-friendly
 - Relatively quick and easy, budget friendly, multicultural, and vegetarian options
- **Coming Soon**—Symbols to identify recipes as:
 - Leftover friendly
 - Healthier classic
 - Chefs in training (kids involved in the kitchen)
 - Two-way meals (picky eater serving suggestions)



U.S. Department of Health and Human Services
National Institutes of Health



National Heart
Lung and Blood Institute

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- Watch Healthy Eating Videos
More videos coming soon!
- Browse food categories
- Find and print recipes
- Read Frequently Asked Questions (FAQs)
- Learn about healthy cooking ingredients
- Follow safe cooking rules

Healthy Eating Videos

NYC Union Square Greenmarket

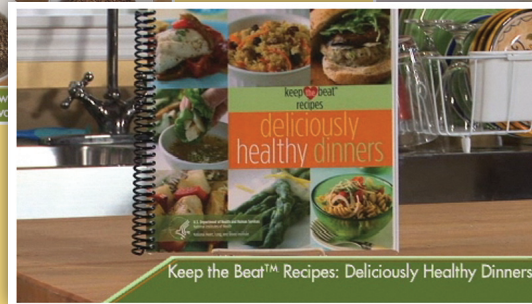
Cooking With Herbs, Spices,
and Other Seasonings



Simple and Delicious Vegetable
Side Dishes



Easy Ways to Add Whole
Grains to Your Plate



Basic Food Preparation
Techniques

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Tagline here – line 2