

Fall Winter 2021/22 Menu (Healthy Heart Menu)

What is the Healthy Heart Diet and how is it beneficial?

We introduced a vegan diet at Haldimand War Memorial Hospital (HWMH) in 2012, because we observed that this diet provided significant clinical benefits for both patients with diabetes and peripheral vascular disease.

The diet was based on landmark clinical studies by Ornish (1998) and Jenkins (2003), which showed that plant-rich diets improved vascular function and the lipid profile, and reduced inflammation. After a trial period, we recognized that not all patients were happy with these restricted dietary choices. We therefore adapted our approach to create a Healthy Heart diet which offered plant-rich choices as well as whole food unprocessed meat offerings.

Although patients may have a short stay in hospital, there is an education component to offering the health benefits of diet which includes plant-rich foods. Such changes may be more impactful for those living in long-term care facilities.

The Healthy Heart Diet conforms to national dietary guidelines and follows Canada's Food guide while reducing the carbon footprint of our facility!

Below is a sample 2-week menu.

For more information, please contact:

Melissa Mather, RD
mmather@hwmh.ca
Phone: 289-260-8009

OR

Reza Kazemi, MD
rbkazemi@rogers.com
Phone: 905-512-9779

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Choice of Juice Hot Oatmeal Cinnamon Raisin Toast Choice of Fresh Fruit Alternate Choice Assorted Cold Cereal Peanut Butter, Low Fat Yogurt Whole Wheat Toast	Choice of Juice Hot Oatmeal Apple Oatmeal Muffin Choice of Fresh Fruit Alternate Choice Assorted Cold Cereal Peanut Butter, Low Fat Yogurt Whole Wheat Toast	Choice of Juice Cream of Wheat English Muffin Choice of Fresh Fruit Alternate Choice Assorted Cold Cereal Peanut Butter, Low Fat Yogurt Whole Wheat Toast	Choice of Juice Hot Oatmeal Banana Muffin Choice of Fresh Fruit Alternate Choice Assorted Cold Cereal Peanut Butter, Low Fat Yogurt Whole Wheat Toast	Choice of Juice Hot Oatmeal Cinnamon Raisin Toast Choice of Fresh Fruit Alternate Choice Assorted Cold Cereal Peanut Butter, Low Fat Yogurt Whole Wheat Toast	Choice of Juice Cream of Wheat English Muffin Choice of Fresh Fruit Alternate Choice Assorted Cold Cereal Peanut Butter, Low Fat Yogurt Whole Wheat Toast	Choice of Juice Hot Oatmeal Waffle with Syrup Choice of Fresh Fruit Alternate Choice Assorted Cold Cereal Peanut Butter, Low Fat Yogurt Whole Wheat Toast
LUNCH	Split Pea Soup Turkey Sandwich on WW Greek Salad Alternate Choice Baked Beans with WW Roll Steamed Carrot Slices Watermelon	Chicken and Brown Rice Soup Tuna Salad Sandwich on WW Romaine Salad with Vinaigrette Dressing Alternate Choice Plain Chicken Herb Tea Biscuit Italian Vegetable Mix Mango	Cream of Mushroom Soup Hummus & Vegetable Sandwich Gazpacho Salad Alternate Choice Red Pepper and Basil Crustless Quiche Whole Wheat Roll Steamed Turnip Diced Peaches	Butternut Squash Soup Chicken Salad Sandwich on WW Broccoli Salad Alternate Choice Hummus & Crackers Cucumber Slices Mixed Berries	Cabbage Soup Egg Salad Plate (Egg Salad, Coleslaw, Macaroni Salad, WW Roll) Alternate Choice BlackBean Tortilla Casserole Steamed Diced Carrots Fruit Cocktail	Ham, Potato, Navy Bean Soup Chicken & Vegetable Tart Steamed Cauliflower Alternate Choice Tuna Salad Sandwich on WW Spinach and Mushroom Salad Diced Pears	Sweet Potato & Onion Soup Macaroni and Soya Cheese Harvard Beets Alternate Choice Egg Salad Sandwich on Rye Garden Salad with Vinaigrette Tropical Fruit Salad
DINNER	Chicken Noodle Soup Plain Baked Fish with Lemon Baked Potato Green Beans Alternate Choice Baked Tofu with BBQ Sauce Brown Rice Corn Niblets Diced Pears	Vegetable Florentine Soup Plain Baked Fish with Lemon Boiled Potato Roasted Garlic Zucchini Alternate Choice Veggie & Cheese Lasagna Green and Yellow Beans Tropical Fruit Salad	Turkey Rice Soup Roasted Chicken Thigh with Maple Mustard Gravy Mashed Potatoes Green Peas Alternate Choice Plain Baked Fish with Lemon Boiled Potato Harvard Beets Apricot Halves	Cream of Cauliflower Soup Veggie Patty Rice Peas and Carrots Alternate Choice Cheese Tortellini with Marinara Sauce Steamed Cauliflower Pineapple Tidbits	Garden Vegetable Soup Oven Baked Salmon Mushroom Risotto Yellow Beans Alternate Choice Plain Chicken Boiled Potatoes Corn Niblets Peach Applesauce	Tomato Soup Vegetarian Shepherd's Pie Diced Turnip Alternate Choice Three Cheese Quiche Baked Potato Italian Vegetable Mix Stewed Rhubarb	Beef Barley Soup Plain Baked Fish with Lemon Baked Beans Seasoned Kale Alternate Choice Roasted Turkey Low-Sodium Gravy Mashed Potatoes Julienne Carrots Fruit Cocktail

WEEK 2								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
BREAKFAST	Choice of Juice Hot Oatmeal Carrot Muffin Choice of Fresh Fruit Alternate Choice Assorted Cold Cereal Peanut Butter, Low Fat Yogurt Whole Wheat Toast	Choice of Juice Cream of Wheat Cinnamon Raisin Toast Choice of Fresh Fruit Alternate Choice Assorted Cold Cereal Peanut Butter, Low Fat Yogurt Whole Wheat Toast	Choice of Juice Hot Oatmeal Raisin Bran Muffin Choice of Fresh Fruit Alternate Choice Assorted Cold Cereal Peanut Butter, Low Fat Yogurt Whole Wheat Toast	Choice of Juice Hot Oatmeal English Muffin Choice of Fresh Fruit Alternate Choice Assorted Cold Cereal Peanut Butter, Low Fat Yogurt Whole Wheat Toast	Choice of Juice Cream of Wheat Cinnamon Raisin Toast Choice of Fresh Fruit Alternate Choice Assorted Cold Cereal Peanut Butter, Low Fat Yogurt Whole Wheat Toast	Choice of Juice Hot Oatmeal English Muffin Choice of Fresh Fruit Alternate Choice Assorted Cold Cereal Peanut Butter, Low Fat Yogurt Whole Wheat Toast	Choice of Juice Hot Oatmeal French Toast with Syrup Choice of Fresh Fruit Alternate Choice Assorted Cold Cereal Peanut Butter, Low Fat Yogurt Whole Wheat Toast	
	LUNCH	Minestrone Soup Plain Baked Fish with Lemon Mashed Potatoes Steamed Carrots Alternate Choice Soya Cheese Sandwich on WW Garden Salad with Vinaigrette Honeydew Melon	Cream of Cauliflower Soup Mozzarella & Tomato Sandwich on WW Tossed Salad with Vinaigrette Alternate Choice Veggie Patty Brown Rice Peas Assorted Fresh Fruit	Beef and Barley Soup Mini Vegetable Quiche WW Roll Romaine Salad with Vinaigrette Alternate Choice Tuna Salad Plate (Tuna Salad, Potato Salad, Coleslaw) Sliced Pears	Classic Tomato Soup Vegetarian Chili WW Roll Alternate Choice Salmon Salad on WW Cucumber Salad Diced Peaches	Italian Wedding Soup Plain Chicken Boiled Potato Mixed Vegetables Alternate Choice Grilled Soya Cheese Sandwich on Whole Wheat Fresh Spinach & Carrot Salad Apricot Halves	Cream of Broccoli Soup Plain Baked Fish Mashed Potatoes Peas and Carrots Alternate Choice Cottage Cheese Fruit Plate (Cottage Cheese, WW Roll, Pear Slices, Honeydew) Diced Cantaloupe	Chicken Noodle Soup Egg Salad Sandwich on WW Carrot Slaw Alternate Choice Baked Beans with WW Roll Cauliflower Fruit Cocktail
		DINNER	Pasta Faggioli Soup Tofu Bourguignon Mashed Potatoes Green Beans Alternate Choice Plain Baked Chicken Steamed Potatoes Roasted Garlic Zucchini Strawberry Applesauce	Vegetable Soup Baked Fish with Lemon Boiled Potato Winter Mix Vegetables Alternate Choice White Bean, Mushroom & Spinach Rotini Harvard Beets Blueberry Cinnamon Compote	Chicken Noodle Soup Grilled Basa with Pineapple Curry Sauce Mashed Potatoes Brussel Sprouts Alternate Choice Vegetarian Shepherd's Pie Corn Niblets Cinnamon Baked Apple Slices	Turkey & Rice Soup Plain Baked Chicken Roasted Potatoes Steamed Broccoli Alternate Choice Lentil Loaf Egg Noodles Mixed Vegetables Tropical Fruit	Cream of Cauliflower Soup Plain Baked Fish with Lemon Mashed Potatoes Turnip Alternate Choice Chef's Salad Whole Wheat Roll Diced Pears	Cream of Asparagus Soup Tuscan Baked Chicken Breast Red Mini Potatoes Butternut Squash Alternate Choice Soya Cheese Pasta Steamed Mixed Vegetables Sliced Peaches