

HEART- HEALTHY RECIPES

Delicious Dishes

FOR A

**HAPPY
HEART**



HeartWell



Kami ulit ang **HeartWell**, at gusto kong i-share sa inyo ang aking journey sa paghahanap ng masarap pero heart-healthy na pagkain.

Alam mo ba, noong una, akala ko rin na ang pagkain ay simpleng bagay lang. Kumakain lang ng kung ano ang available at masarap, walang pakialam.

Pero nang magkaroon ng problema sa puso, doon ko napagtanto kung gaano ka-importante ang ating mga kinakain.

Kaya nga siguro umorder ka ng **HeartWell Supplement**, 'di ba? Alam mong makakatulong sayo ang natural at **FDA-approved ingredients** nito para lumakas ang puso mo.



Pero alam mo, mas lalakas pa ang effect ng **HeartWell** kung sasamahan mo ng tamang pagkain!

Bakit importante ang heart-healthy na pagkain?

Una sa lahat, may dalawang klase ng cholesterol sa ating katawan:

1. **LDL** o "**bad**" cholesterol
2. **HDL** o "**good**" cholesterol

Kapag sobra ang **LDL**, naiipon ito sa ating mga ugat at arterya. Ito ang tinatawag nating "clogged arteries" na maaaring magdulot ng heart attack o stroke.

TYPES OF CHOLESTEROL



Low-density lipoprotein

"Bad" cholesterol ●



High-density lipoprotein

"Good" cholesterol ●



ANO ANG DAPAT NATING KAININ?

Ang isang heart-healthy diet ay mayaman sa:

- Mga sariwang prutas at gulay
- Whole grains tulad ng brown rice at whole wheat bread
- Lean proteins tulad ng isda, manok, beans, at tofu
- Healthy fats mula sa nuts, seeds, avocado, at olive oil
- Low-fat o non-fat na gatas at dairy products

At dapat nating bawasan o iwasan ang:

- Saturated fats mula sa karne at full-fat dairy
- Trans fats mula sa mga processed at fast foods
- Mga pagkaing mataas sa asin at added sugars
- Mga inuming may alcohol





HEART- HEALTHY FILIPINO RECIPES



AGA HAN



DAING NA BANGUS **(PAN-FRIED MARINATED MILKFISH)**



PREPARATION TIME: 15 minutes + 8 hours
marinating time

SERVING SIZE: 4 people

INGREDIENTS: (*Daing na Bangus*)

- 8 cloves garlic, crushed
- ½ cup (120 g) white vinegar
- ½ teaspoon black peppercorns, crushed
- 1[⁄]₃ teaspoon sea salt
- 4 frozen deboned and butterflied baby milkfish, thawed, about 1 lb (500 g) total
- 2 tablespoons vegetable oil



INGREDIENTS: (Tomato- Cucumber Salad)

- 1 teaspoon minced red onion
- 1½ tablespoons calamansi or lime juice
- 1½ teaspoons patis (fish sauce)
- 1 teaspoon minced jalapeno, optional
- Freshly ground pepper to taste
- ½ cup (75 g) grape tomatoes
- ½ cup (65 g) cucumber, diced



INSTRUCTIONS:

- 1.** Mix the garlic, vinegar, pepper and salt in a bowl to make the marinade. Place the milkfish in a ziplock bag. Pour the marinade into the bag and ensure all the fish is in contact with the marinade. Let the air out of the bag and seal.
- 2.** Refrigerate and leave to marinate for at least 8 hours or overnight.



3. Prepare the Tomato-Cucumber Salad. Mix the onion, juice, patis, jalapeno (if using) and pepper together in a bowl. Add the tomatoes and stir. Let it sit for at least 15 minutes. Toss the cucumber with this mixture just a few minutes before serving to retain its crunch.

4. Heat the oil over medium-high heat until it shimmers. Shake off excess liquid from the marinated fish.

5. Pan-fry the fish skin side first until crisp and golden, about 1–2 minutes. Flip the fish over and cook until golden brown, about 1–2 minutes. Drain in paper towels. Keep warm until ready to serve.

PER SERVING OF DAING NA BANGUS AND SILOG:
CALORIES: 417KCAL | FATS: 23.98G SATURATED:
FAT 4.5G | PROTEIN: 27.7G | CARBOHYDRATES:
22.17G | FIBER: 3G | SODIUM: 564MG | SUGARS:
6.94G



MEATLESS TORTANG GINILING (LENTIL AND SHRIMP OMELET)

PREPARATION TIME: 30 minutes + 10 minutes
baking time

SERVING SIZE: 6 people

INGREDIENTS:

- 2 tablespoons olive oil
- 8 Guisa Ice Cubes, thawed
- 1 red bell pepper, seeded and diced small
- 8 oz (250 g) peeled, deveined raw shrimp, finely chopped
- 6 chestnut mushrooms, diced small
- 14-oz (400 g) can or 2 cups cooked lentils (rinsed well and drained)
- 6-oz (200 g) bag baby spinach
- 6 large eggs
- 1[⁄]3 teaspoon fine salt
- 1[⁄]3 teaspoon freshly ground pepper





INSTRUCTIONS:

- 1.** Preheat the oven to 390°F (200°C). Lightly grease a 2-quart (1.9 L) baking dish (11 x 7 inches [28 x 18 cm]).
- 2.** Heat a skillet over medium heat. Add the oil. When the oil shimmers, add the Guiso Ice Cubes and stir until completely melted.
- 3.** Turn up the heat to high. Add the bell pepper. Cook, stirring occasionally for 2 minutes, until it starts to caramelize.
- 4.** Add the shrimp and stir until slightly orange in color. Add the mushrooms and stir occasionally for 2 minutes or until they are browned. Add the lentils and stir for about 3 minutes until well combined. Add the spinach. Switch the heat off and stir until well combined. Transfer the contents of the skillet to the greased baking dish and spread evenly.
- 5.** Crack the eggs into a bowl. Season with the salt and pepper. Beat thoroughly until blended.
- 6.** Pour the eggs all over the mixture in the baking dish. Tilt the dish to ensure the egg is evenly spread. Place in the oven for about 10 minutes, until the egg has set. Remove from the oven and leave to cool. Cut into 6 equal portions.



PER SERVING CALORIES: 286KCAL | FATS: 12.6G | |
SATURATED FAT: 2.3G | PROTEIN: 20.4G |
CARBOHYDRATES: 27.4G | FIBER: 8.8G | SODIUM:
309MG | SUGARS: 3.01G

HEART- HEALTHY FILIPINO RECIPES



TANGHALIAN



VEGETABLE KARE-KARE (PEANUT STEW)

PREPARATION TIME: 30 minutes - 1 hour

INGREDIENTS:

- 1 $\frac{1}{4}$ cup gluten or seitan, cubes
- 2 tablespoons corn oil
- 2 cloves garlic, crushed
- 1 onion, medium, sliced
- $\frac{1}{2}$ cup ground peanuts
- $\frac{1}{4}$ cup ground toasted rice
- $\frac{1}{4}$ teaspoon salt
- 1 cup eggplant, sliced
- $\frac{1}{2}$ cup string beans, sliced
- $\frac{2}{3}$ cup banana heart or bud
- $\frac{1}{2}$ cup bok choy (pechay), sliced





INSTRUCTIONS:

- 1.** Prepare the vegetables.
- 2.** Slice the eggplant into 2-inch lengths.
- 3.** Cut the string beans into 2-inch pieces.
- 4.** If using fresh banana heart, slice it thinly and soak in salted water to prevent discoloration.
- 5.** Wash and slice the bok choy.
- 6.** Heat the corn oil in a large pot or work over medium heat.
- 7.** Add the crushed garlic and sliced onion. Sauté until the onion is translucent and fragrant, about 2-3 minutes.
- 8.** Add the cubed gluten or seitan to the pot. Stir-fry for about 3-4 minutes until it starts to brown slightly.
- 9.** Pour in 4 cups of water and bring to a boil. Reduce heat and let it simmer for about 10 minutes.
- 10.** Add the ground peanuts and ground toasted rice to the pot. Stir well to combine and let it simmer for another 5 minutes. The sauce should start to thicken.
- 11.** Season with salt. Taste and adjust seasoning if needed.



12. Add the sliced eggplant and string beans to the pot. Cook for about 5 minutes or until they start to soften.

13. Add the banana heart or bud. Cook for another 3-4 minutes.

14. Finally, add the bok choy and cook for 1-2 minutes until just wilted but still crisp.

15. Remove from heat and let it stand for a few minutes before serving.

16. Serve hot with steamed rice and bagoong alamang (shrimp paste) on the side, if desired.

Note: To make ground toasted rice, dry-roast raw rice in a pan until golden brown, then grind in a food processor or blender until fine.

EACH SERVING PROVIDES: CALORIES: 300 |
TOTAL FAT: 12G | SATURATED FAT: 1.5G |
CHOLESTEROL: 0MG | SODIUM: 125MG | TOTAL
FIBER: 4G | PROTEIN: 36G | CARBOHYDRATES:
20G | POTASSIUM: 320MG



LUMPIANG SARIWA

(FRESH LUMPIA)

PREPARATION TIME: 30 - 45 minutes

SERVING SIZE: 1 lumpia (makes 8 servings)

INGREDIENTS: (*Lumpiang Sariwa*)

- ½ cup ground chicken or lean pork
- ½ cup shrimp, cleaned and deveined
- 1 tablespoon olive oil
- 2 cloves chopped garlic
- ½ cup cabbage, julienned
- ½ cup green beans, julienned
- ½ cup carrots, julienned
- ¼ cup celery, julienned
- ¼ cup jicama, julienned (may substitute chestnuts)
- ½ cup chicken broth
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 8 Vietnamese spring-roll wrappers or lumpia wrappers
- 8 pieces red leaf lettuce
- ½ cup peanuts, dry, roasted, and chopped



INSTRUCTIONS:

- 1.** Heat oil, and sauté ground meat with the shrimp and garlic.
- 2.** Add vegetables until slightly crisp. Pour in the chicken broth until cooked.
- 3.** Season with salt and pepper.
- 4.** Set aside and drain in a colander.
- 5.** Save the broth for the lumpia sauce.
- 6.** Soak the Vietnamese spring roll wrappers one at a time in water until soft and transparent. Dry immediately with a paper towel.
- 7.** Lay the lettuce on the wrapper.
- 8.** Place 2 tablespoons of the vegetable mixture on the wrapper.
- 9.** Fold in one side of the wrapper and roll tightly.
- 10.** Serve with lumpia sauce on top. Sprinkle with chopped peanuts.



INGREDIENTS: (*Lumpia Sauce*)

- 1 cup broth from the sautéed vegetables
- 1 tablespoon light soy sauce
- 1 tablespoon brown sugar
- 3 cloves garlic, minced
- 1 teaspoon cornstarch
- 2 tablespoons cold water for mixing cornstarch

INSTRUCTIONS:

1. Mix together vegetable broth, soy sauce, brown sugar, and garlic, and bring to a boil.
2. Mix the cornstarch in 2 tablespoons of cold water.
3. Slowly add the cornstarch mixture to the broth. Stir until sauce thickens.

EACH SERVING PROVIDES: CALORIES: 160 | TOTAL FAT: 4G | SATURATED FAT: 0.5G | CHOLESTEROL: 55MG | SODIUM: 150MG | TOTAL FIBER: 2G | PROTEIN: 10G | CARBOHYDRATES: 21G | POTASSIUM: 170 MG

HEART- HEALTHY FILIPINO RECIPES



HAPUNAN



FISH CARDILLO



PREPARATION TIME: 30 minutes - 1 hour

SERVING SIZE: 6 servings (1-3 people)

INGREDIENTS:

- 1 pound ($\frac{1}{2}$ kg) red snapper
- 4 teaspoons corn oil for sauté
- $\frac{1}{4}$ cup flour
- 1 large onion, sliced
- 3 or 4 medium-sized tomatoes, chopped
- $\frac{1}{2}$ cup egg whites, beaten
- $\frac{1}{2}$ cup water
- A dash ground pepper
- 15 stalks green onions, chopped



INSTRUCTIONS:

1. Thoroughly clean fish. Remove scale and gills, and wash thoroughly. Drain and set aside.
2. Slice the raw fish into six pieces.
3. Heat corn oil in frying pan.
4. Place the flour into a bowl or plastic bag.
5. Place the raw fish in the flour and cover the outside of each fish with flow .
6. Sauté fish until golden brown. Set aside on top of a paper towel.
7. Sauté onion and tomatoes. Add ½ cup of water.
8. Add the beaten egg whites and fish.
9. Cover and let it simmer for 5–10 minutes.
10. Season with ground pepper.
11. Sprinkle with chopped green onions.

EACH SERVING PROVIDES: CALORIES: 170 | TOTAL FAT: 4G | SATURATED FAT: 1G | CHOLESTEROL: 45MG | SODIUM: 115 MG | TOTAL FIBER: 3G | PROTEIN: 20G | CARBOHYDRATES: 13G | POTASSIUM: 600MG



MUNGGO GUISADO **(SAUTÉED MUNG BEANS)**

PREPARATION TIME: 45 minutes - 1 hour

SERVING SIZE: 8 servings (per 1 cup)

INGREDIENTS:

- 1 tablespoon corn oil
- 2 cloves fresh garlic, crushed (or 1 tablespoon, minced)
- 1 cup white onions, chopped
- 1 cup ripe tomatoes, chopped
- 1 cup (4 ounces) lean pork, thinly sliced
- 4 cups water
- 3½ cups pre-cooked mung beans (from 1¾ cups dry beans)
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 1 cup (4 ounces) shrimp, peeled and deveined
- 1 cup (about ⅔ of a 10-ounce package) leaf spinach, frozen

* To cook dry, uncooked mung beans: Wash and boil the uncooked mung beans in a large saucepan, using 6 cups of water. Cook until tender, about 1½ to 2 hours. Drain.



INSTRUCTIONS:

1. In a skillet, heat oil, and sauté crushed garlic until lightly brown.
2. Add onion and tomatoes. Sauté until skin begins to curl.
3. Add pork, and sauté until lightly brown.
4. Add water, and simmer pork for about 15 minutes.
5. Add the sautéed mix to mung beans, and continue to simmer 15 minutes.
6. Season with salt and ground pepper.
7. Add peeled shrimp.
8. Add frozen leaf spinach, and cook 4 minutes until done.



EACH SERVING PROVIDES: CALORIES: 160 | TOTAL FAT: 3.5G | SATURATED FAT: 1G | CHOLESTEROL: 35MG | SODIUM: 350 MG | TOTAL FIBER: 8G | PROTEIN: 13 G | CARBOHYDRATES: 19G | POTASSIUM: 370 MG



CONCLUSION

Nabusog na ba ang lahat? Sana ay na-enjoy mo ang mga recipes na ito!

Tandaan, ang cookbook na ito ay tumutulong upang mas mapalakas ang effect ng HeartWell. Isa itong panghabambuhay na pangako sa iyong kalusugan.

Excited na ako makita ang journey mo bilang isang masaya, masigla, at may malakas na puso. Hindi ito basta kondisyon lang. Ito ay reminder na alagaan natin ang kalusugan sa pamamagitan ng pagkain ng tama — hindi lang tama, masarap pa!

Hanggang sa muli, ka-P.U.S.O.!



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