

Dietitian's tips: for a healthy heart



Fruits & Vegetables

- Try to make ½ your plate fruits and veggies at most meals. Aim for 5 servings per day.
- These are low in saturated fats, and high in vitamins, minerals, water content, and heart-healthy fiber.
- Choose from fresh, frozen, or canned vegetables. When choosing canned vegetables, look for no-salt added or low-sodium. You can reduce sodium by up to 40% when you drain and rinse canned items for 3-4 minutes.
- Choose from fresh, frozen, or canned fruit. When choosing canned or frozen fruit, look for no-sugar added or 100% Juice.

Grains

- Look for a quarter of your plate to have grains. Try to make your daily intake at least 50% whole grains. Whole grains contain more heart-healthy fiber than more processed grains where the nutritious fiber is actually removed.
- Whole grains include whole wheat breads, tortillas, crackers, pasta, brown rice, quinoa, etc.

Protein

- Lean protein sources are lower in saturated fats. There are many sources of lean protein including skinless poultry, lean meats, fish, nuts and legumes, including nut and seed butters, and low-fat dairy products.
- Don't forget serving sizes: 3-4 ounces for meat, poultry, and fish, and 2 tablespoons for nuts, seeds, and nut butters.

Dairy

- Low-fat dairy products are low in saturated fat and are great sources of protein and calcium.
- Mix up your dairy routine and get a variety of dairy products including low-fat milk and cheese, as well as, light yogurt!
- Shoot for three servings per day: 1 cup of milk, 2 ounces of cheese, and ½-¾ cup of yogurt.

Information adapted from www.heart.org

Fats: the good, the bad, & the ugly

It seems the fear of fat has been instilled in our brains from an early age, for fear of clogging our arteries and making us gain weight. The truth of the matter is, not all fats are created equal.

The Good

- Incorporating mono- and polyunsaturated fats into your diet is a great way to improve satiety, provide you with healthy vitamins and minerals, and can help improve blood cholesterol when used in place of other fats.
- Monounsaturated fats include olive oil, canola oil, avocados, olives, and many nuts including almonds and peanuts. Polyunsaturated fats include fatty fish like salmon, mackerel, trout, and tuna. These fatty fish are also great sources of Omega-3 fatty acids that help with inflammation.

The Bad

- Saturated fats raise levels of cholesterol in the blood (not cholesterol in food). High LDL cholesterol levels increase risk of heart disease and stroke.
- Saturated fats include animal products such as beef, lamb, pork, poultry with skin, butter, cream, cheese made from whole or 2% milk, as well as, coconut, coconut oil, palm oil, and cocoa butter.

The Ugly

- Trans fats raises LDL ("bad") and lowers HDL ("good") cholesterol levels. This increases risk for heart disease.
- Trans fats are often found in ready-made baked goods, frostings, fried foods, refrigerator dough, etc. Look for "partially hydrogenated oil" on the ingredients list to help determine if a product has trans fats. By June 2018, all trans fats will be completely removed from food products.

Fiber & the benefits on heart health

- Fiber is a key nutrient for an overall heart healthy diet.
- Research has shown that fiber may reduce the risk of cardiovascular disease by improving blood cholesterol levels, lowering blood pressure and reducing inflammation in the body.
- Dietary fiber is the part of plants that our body is unable to digest.
- Fiber also helps keep you fuller long, therefore you may consume fewer calories, which may help with weight management among individuals.
- It's important to have a wide variety of fiber-rich food sources in the diet. Fiber can be found in fruits, vegetables, whole grains (including whole wheat, rye, brown rice, and oats) beans, and legumes).
- The 2015 Dietary Guidelines for Americans recommends 38 grams per day of fiber for men and 25 grams of fiber per day for females.

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Dietitian's Heart friendly foods shopping list

Here are some food items to add to your diet to make it more nutritious. This list includes items low in saturated fat, sources of lean protein, sources of heart healthy fats, low sodium foods, foods that offer a good source of fiber, those that have plant sterols, and foods that are whole grain.

SOUPS/BROTH

Health Valley No Salt Added Soups and Broths
Full Circle Low Sodium Chicken Broth
Campbell's Low Sodium Soups
(for sodium restricted diets)
Healthy Choice Soups
Healthy Request Soups
Swanson's No Salt Added Broth
Pacific Low Sodium Broths
Kitchen Basic
Imagine

PASTA SAUCE

Enrico's No Salt Added Pasta Sauce
Victoria Low Sodium Pasta Sauces
Green Mill Pasta Sauce

GRAINS

Quinoa
Lundberg's Short Grain Brown Rice
Whole Wheat Pasta Noodles
Whole Grain Couscous
Smart Taste Pasta Noodles with Added Fiber
Kashi Whole Grain Waffles
Boom Chica Popcorn
(or buy kernels to make at home using canola oil)

SEEDS

No Salted Added Sunflower Seeds
Chia Seeds
Ground Flax Seeds
Nots

CRACKERS

Triscuit Crackers-Hint of Salt
Kashi Whole Grain Crackers
Plain Wheat Thins-Hint of Salt
Back To Nature Whole Grain Crackers

CHIPS

Xochitl No Salt Added Tortilla Chips
Beanitos
Way Better Snacks
Food Should Taste Good Chips
Low Sodium Dutch Potato Chips
Lightly Salted Lays

FROZEN MEALS

Kashi Frozen Meals
Healthy Choice
Lean Cuisine
Smart Ones

LUNCHEON MEAT

Oscar Mayer Turkey or Chopped Ham Lunch Meat
(in round container with yellow on bottom of pkg.)
Kretchmar Master Cut at Deli

BUTTER

Land O'Lakes Light Butter with Olive or Canola Oil
Heart Wise Butter (plant sterols)
Smart Balance Butter with Omega 3s or Olive Oil

BARS

Fiber One Bars or Food Club Fiber Bars
Kashi Granola Bars
Belvita
KIND Bars

JUICE

Minute Maid Heart Wise Orange Juice *(plant sterols)*
Welch's 100 % Juice Plus Fiber
100% Apple Juice
Naked Juices

OILS

Canola Oil
Extra Virgin Olive Oil
Smude's Sunflower Oil

SEASONINGS

Mrs. Dash
Spike
Frontier-No Salt
Chef Paul's Seasonings
Rumford Baking Powder
Simply Organic Vegetable Seasoning
Garlic Powder
Onion Powder
Fresh, Dried, and Freeze Dried Herbs and Spices

CONDIMENTS/DRESSINGS

Mayo with Olive Oil
Salad Dressing-Olive Oil, Balsamic Vinegar and
Fresh Squeeze of Lemon with Dried Herbs
No Salt Added Ketchup
Mustard
Ken Davis *(Original)*
Guy Fieri BBQ Sauce *(Bourbon Brown Sugar)*
Mrs. Dash Marinades
Amino Acids instead of Soy Sauce
Marzetti Simply Dressed
Full Circle Ranch
Bolthouse Farms
Panera Bread Sugar Free Poppyseed
Opa Greek Yogurt Dressings
Lighthouse Dressings

BREAD

Ozery One Buns
Fiber One Bread
Ezekiel Bread – Low Sodium
100% Whole Grain Sandwich Rounds
Brownberry Breads
Pepperidge Farms Breads
Ancient Grains
Double Fiber
Extra Fiber
Sara Lee 45 Calories Whole Grain Bread

NUT BUTTERS

Smart Balance Peanut Butter
Food Club Peanut Butter No Salt Added
Almond Butter

PRODUCE

Avocados
Fruits and Vegetables *(lots of fresh produce items,
frozen unseasoned, no salt/sugar added and canned)*

CANNED FRUITS AND VEGETABLES

No Salt Added Canned Vegetables
100% Juice or No Sugar Added Fruits
(canned/packageged)
Unsweetened Applesauce

CEREAL

Fiber One Cereal
Shredded Wheat Cereal
Great Grains Cereal
Oatmeal
Cheerios
Bob's Red Mill Hot Cereals

PROTEIN

Tofu
Boca
Quorn
Very Low Sodium Canned Tuna
Canned Salmon
Hormel No Salt Added Canned Chicken
93-95% Lean Beef
Fresh Skinless, Boneless Chicken Breasts
Unseasoned Ground Turkey and Chicken
Grass Fed Beef
Unbreaded Fish
Wild Caught Fresh or Frozen Salmon
Eggs Including the Yolk
Raw Almonds
Raw Walnuts
Emerald Dark Chocolate Almonds
Variety of Beans - Black Beans, Kidney Beans,
Garbanzo Beans etc. *(make sure to buy reduced
sodium canned versions or no salt added versions
and rinse off excess sodium, or buy dried beans
and cook at home)*

DAIRY

Skim Milk
0% Fat Greek Yogurt- choose the one with the
highest NuVal score
Light Yogurt
Food Club Light String Cheese
Reduced Fat Swiss Cheese
Part Skim Mozzarella
Laughing Cow Cheese for Crackers

ICE CREAM

Kefir
Skinny Cow
Kemps Vanilla Frozen Yogurt, No Added Sugar,
Fat Free