

♠ Heart Healthy Living ♠

Presented by Hen House Markets

1. Exercise - any form of physical activity is a good thing
2. Appropriate weight
3. Combine protein and carbohydrate at every meal - add moderate fat when needed.

What should my grocery cart be filled with?

1. Produce! Provides antioxidants, fiber, Vitamins A and C, iron, folate
 - Brightly colored fruits and vegetables

Carrots	Oranges	Red/yellow bell peppers	
Broccoli	Berries	Cantaloupe	Watermelon
Honeydew	Asparagus	Purple cabbage	
Papaya	Mango	Kiwi	
Cauliflower	Tomatoes	Beets	
 - Green Leafy Vegetables

Spinach	Spring Mix
Mustard Greens	Kale
Romaine	
 - Honorable mention
 - Apples - contain soluble fiber
 - Pears - highest fiber fruit
 - Onions and mushrooms - contain compounds that help detoxify the body
 - Bananas - high in potassium
2. Grains - provide fiber, B vitamin, iron
 - Whole grains - bread, pitas, tortillas, crackers, cereals
3. Nuts - provide protein, vitamins and minerals
 - $\frac{1}{4}$ cup nuts per day lowers risk of heart disease - try almonds, pecans, or walnuts
4. Beans - provide iron, folate, and lots of fiber!
 - Can count as a meat serving or a vegetable serving
5. Milk - provides calcium, protein, vitamins A and D, riboflavin
 - Focus on lower fat milks
6. Meats - provide iron, protein, zinc
 - Cold-water fish such as mackerel, albacore tuna, salmon, sardines and lake trout contain high amounts of omega-3 fatty acids - try 2-3 five ounce servings a week.
 - Focus on lean cuts of beef - top sirloin, tenderloin, top loin, eye of round, round tip, flank, top round
7. Monounsaturated fats
 - Olive or Canola oil
 - Nuts
 - Avocado - Store-made guacamole

Typical high fat meals can be transformed into heart healthy!!

- Pizza - Tombstone™ Veggie - add turkey pepperoni
- Mexican food - use lots of beans, lean ground beef and low fat cheese
- Chili - use lean ground beef or soy crumbles and lots of veggies
- Pasta - moderate portion of noodles; use marinara or olive oil based sauce; top with grilled fish or chicken
- Sandwiches - use whole grain breads, lots of veggies, low fat deli meats or tuna/chicken salad made with lite mayonnaise

Lowering High Blood Pressure

- Potassium - bananas, potatoes, low fat milks, orange juice, tomatoes, bell pepper
- Calcium - low fat milks, yogurts, oranges, broccoli, fortified cereals, fortified orange juice, fortified Eggo™ Waffles....
- Magnesium - spinach, peanut butter, black-eyed peas, nuts, whole-wheat bread

