



Blog of the month – February 2016

Is your kitchen a heart haven or hazard?

Take a look at your pantry and refrigerator. Are they filled with heart-healthy ingredients? Not sure? The American Heart Association offers a rundown of staples that should be kept on hand for busy people in search of delicious meals that are good for tickers too. With a few key items at the ready, you'll be ready to satisfy hungry appetites the heart-smart way. Here you go:

In the pantry

- Dinner builders like low salt canned beans, tuna, salmon, tomato sauce and marinara sauce
- Heart-healthy grains like barley, brown rice, quinoa, bulgur, millet, oats and whole-grain pastas
- Canned fruits and vegetables without added salt or sugar
- Healthy cooking oils like canola, olive, peanut, sesame, vegetable and nonstick vegetable spray
- Whole-grain flours made from whole wheat, barley, and spelt
- Healthy snacks like nuts, seeds and plain popcorn with no added butter, salt or sugar
- Seasonings like low salt soy sauce, balsamic vinegar, dried herbs and spices

In refrigerator

- Low or nonfat dairy beverages
- Low fat cheeses
- Low fat prepared salad dressings
- Fish (fresh or frozen) without breading or batter
- Poultry (skinless or remove skin after cooking and before serving)
- Fresh or frozen fruits and vegetables