



Blog of the month – February 2017

Grocery shopping? Follow your heart

February is American Heart Month. So for this month's blog, we've put together a quick refresher on how to navigate your grocery store the heart-healthy way. The American Heart Association offers up these shopping tips:

Bulk up on these heart-smart foods

- Whole grain breads, cereals and pastas
- High fiber grains (Can you say barley?)
- High fiber legumes like beans, peas and lentils
- Soybeans
- Tofu
- Fruits and vegetables (Choose fresh, frozen or canned. If canned, be sure to go with those packed without added sugar or salt.)
- Fish high in omega fatty acids like salmon, tuna, sardines and mackerel
- Lean proteins like poultry
- Low or non-fat dairy products
- Nuts like walnuts, almonds, pecans and hazelnuts
- Healthful cooking oils that are high in monounsaturated and polyunsaturated fats (Good choices include canola, corn, olive, peanut, safflower, soybean and sunflower oil.)

Lighten up on these

- Foods high in saturated fats like fatty meats and full-fat dairy products.
- Refined grain products like white bread and white rice.

Best to avoid these

- Foods high in trans fats (Often referred to as "partially hydrogenated oils" on the ingredient label, trans fats are found in many fried and processed foods like doughnuts, cakes, piecrusts, biscuits, frozen pizza, cookies, crackers, stick margarines and other spreads.)