

# Heart-healthy eating

**High fat and high cholesterol diets have been shown to place an individual at increased risk for heart disease, obesity, and many forms of cancer.**

## The message of a heart healthy diet:

- **Low sodium**
- **Eating the right kind of fat, but not too much**
- **Low cholesterol**
- **LOTS of veggies and fruit**

## Want to reduce your cholesterol?

- **Eat whole-grain breads. The first ingredient should be “whole grain\_\_\_\_\_.”**
- **Eat whole grain cereals, crackers, and brown rice.**
- **Eat fruits and veggies... and leave the skin on!**
- **Reduce your fat intake**
- **Choose lean meats and do not super-size portions**
- **Use non-stick cookware**
- **Add herbs and spices instead of fat for flavoring**
- **Choose another cooking method besides frying**

### FAT

- Fat is important for our bodies but should be eaten in moderation.
- Fat is more energy-dense than protein and carbohydrate. That means that in the same amount of fat and carbohydrate, fat gives you more calories.
- Current recommendations for fat intake are 20-35% of your daily calories.
- Choose the right type of fat.

### CHOLESTEROL

- A waxy, fat-like substance that our bodies need to make our cells.
- Our bodies make enough cholesterol. We do not need it in our diet.
- Dietary cholesterol is found only in animal products.

### TYPES OF FAT

- **Saturated:** Increases cholesterol
  - Found in: Dairy products, meat, coconut and palm oil
- **Trans:** Increases cholesterol
  - Found in: Margarine, shortening, processed goods like cookies, crackers, donuts
- **Monounsaturated:** Decreases cholesterol
  - Found in: Olive, canola, and peanut oils
- **Polyunsaturated:** Decreases cholesterol
  - Found in: Corn, safflower, sunflower oils and some fish

### Food Item

### Substitute

Butter or margarine	Soft-spread margarine
Shortening	Oil in amount reduced by 1/3
	Use applesauce for 1/2 of fat in baked items
	Use pureed white beans instead
Salad dressing	Reduced-calorie or fat free dressing
	Lemon juice
Sour cream	Fat free or low fat sour cream
	Plain yogurt
Whipped cream	Chilled evaporated nonfat milk, whipped
Cottage cheese	Low fat cottage cheese
Cheese	Fat free or reduced-fat cheese
Milk	Fat free or low fat milk
Ice cream	Fat free or low fat ice cream or frozen yogurt
Bacon	Canadian bacon or turkey bacon
Beef, pork, or lamb	Chicken, turkey, or lean meat
Ground beef	Extra lean ground beef or ground turkey
Poultry	Skinned poultry
Tuna	Tuna packed in water
Egg, whole	2 egg whites or 1/4 cup egg substitute



sticky chicken

**[sweet and sour chicken]**

- 1 can (20 oz.) pineapple chunks
- 1/2 cup water
- 1/3 cup vinegar
- 1/4 cup brown sugar
- 1/4 teaspoon ginger
- 2 Tablespoons cornstarch
- 1 lb. chicken
- 1 green pepper, cut into thin strips
- 2 carrots, thinly sliced
- 2 stalks celery, thinly sliced
- 1 onion, chopped
- Salt and pepper to taste

Drain juice from pineapple into a bowl; reserve pineapple chunks. Add water, vinegar, brown sugar, ginger and cornstarch to juice; mix well. Cut chicken into thin strips. Coat a large skillet with cooking spray. Over medium-high heat sauté chicken until lightly browned. Add green pepper, carrots, celery and onion; sauté until tender-crisp. Add pineapple juice mixture and stir while sauce thickens. Mix in pineapple chunks. Season with salt and pepper. Serve over rice. Yield: 6 servings.

- 1 lb. boneless, skinless chicken breasts
- 1 cup apricot jam
- 1 cup fat-free Catalina salad dressing
- 1 pkg dry onion soup mix

Cut chicken into thin strips. Saute in a skillet coated with cooking spray until lightly browned. Combine remaining ingredients; mix well. Pour over chicken; bring to a boil. Reduce heat and simmer 15 to 20 minutes leaving lid slightly ajar. Serve over rice. Yield: 6 servings.

**[Potato sticks]**

- 2 potatoes
- Cooking spray
- 1/2 teaspoon Italian seasoning
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 3 Tablespoons Parmesan cheese

Scrub potatoes and cut each into eight length-wise spears. Coat potatoes with cooking spray. In a plastic bag combine Italian seasoning, paprika, garlic powder, and salt. Add potatoes and shake well. Coat a baking sheet with cooking spray and place potatoes 1- to 2-inches apart. Bake at 350°F for 30-40 minutes. Sprinkle with Parmesan cheese. Yield: 8 servings.

**[chicken creole]**

- 1 cup brown rice
- 2 boneless, skinless chicken breasts
- 1 (16 oz.) can diced tomatoes
- 1 cup tomato juice
- 1 medium onion, chopped
- 2 ribs celery, chopped
- 1 bell pepper, chopped
- 1 bay leaf
- 1/2 teaspoon thyme
- 1 clove garlic, minced
- 1 pinch hot pepper (optional)

Cook rice in 2 cups of water for 15 minutes (45 minutes for brown rice) and keep warm. Meanwhile, combine all other ingredients in a heavy pot. Bring contents of pot to a boil. Lower heat, cover pot with a lid and simmer for 1 hour or until chicken is tender. Remove chicken and cut into bite-size pieces. Add chicken back to pot and heat through. Serve Creole in bowls over rice. Yield: 4 servings.



**[philly-style wrap]**

- 1 lb. lean ground beef
- 1 Tablespoon water
- 1 onion, sliced
- 4 mushrooms, sliced
- 1 green pepper, sliced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 drops hot sauce
- 4 slices reduced-fat Swiss cheese
- 6 low-fat flour tortillas

Coat a large skillet with cooking spray. Over medium-high heat sauté ground beef until done; drain fat. Add water, onion, mushrooms, green pepper, salt, pepper and hot sauce; stir well. Cover, reduce heat and simmer until vegetables are tender. Lay slices of Swiss cheese over meat mixture; cover until cheese is melted. Spoon beef mixture down center of warm tortilla and roll up tightly. Yield: 6 servings.