



For the Love of Chocolate, a gift for the heart

Most people would agree that eating chocolate is one of life's guilty pleasures. Luckily, current research shows that certain kinds of chocolate, eaten in moderation, can also be good for your heart!

How to eat chocolate responsibly

- moderation is key, chocolate is a high-calorie food
- dark is best, look for 65% cocoa content or higher
- remember that variety is the spice of life and fruits, veggies, tea, and red wine also contain heart-healthy flavonoids and antioxidants

Benefits of dark chocolate

- contains antioxidants and flavonoids that have been shown to decrease risk of heart disease by inhibiting blood clotting, to ensure regular blood flow to and from the heart
- contains serotonin, which may act as an antidepressant

Melt-away Chocolate Myths!

Myth: Chocolate causes acne.

That misconception has captured the attention of teens for years. However, hormonal changes during adolescence are the usual causes of acne, not chocolate.

Myth: Chocolate has a lot of caffeine.

While it is true that chocolate does contain caffeine, the amount is very small. An 8 ounce carton of chocolate milk contains about 5 milligrams of caffeine. In contrast, 5 ounces of regularly brewed coffee contains 115 milligrams of caffeine.

Myth: Some people are chocoholics.

Not true - although some people do have a stronger preference for chocolate than others. Popping chocolate candies may become a high-calorie habit with a pleasurable sensation, but eating chocolate itself cannot become truly addictive.

Source: American Dietetic Association www.eatright.org

Dark Chocolate- Dipped Strawberries



Ingredients:

- 1 large pkg. Strawberries (3 lbs.)
- 1 pkg. (8 oz.) bittersweet dark chocolate, chopped

Directions:

1. Sort strawberries, selecting the best-looking fruit with stems attached. Wash, pat completely dry, and set aside. Line a large baking sheet with parchment or waxed paper.
2. Place your favorite bittersweet chocolate, chopped, in the top of a double boiler set over barely simmering water. Stir chocolate until melted. Immediately remove from heat. (Alternately, melt chocolate in microwave. Heat up to 3 oz. at a time on high for 1 minute. Remove from microwave, stir, add more chocolate, and repeat process.)
3. Allow chocolate to cool for a few minutes before dipping fruit. To dip fruit, hold each strawberry by its stem and dip half to three-quarters in the warm, melted chocolate. Be careful not to dip stem.
4. Place dipped strawberries on lined sheet. Allow to cool at room temperature. If not serving within a few hours, place in refrigerator. (Note: If chocolate-dipped strawberries are refrigerated, the chocolate will lose its sheen.)

Courtesy of Taste for Life



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Heart-Healthy Weight Loss

When you eat more nutrient-rich foods, you are more likely to improve your heart health too. By increasing the amount of delicious, fresh, nutrient-rich foods, you will be less likely to want refined sugars and unhealthy fats.

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Breakfast

Studies show protein at breakfast helps with weight loss.

- Egg whites or one egg and whites for added protein
- Spinach for an easy way to add an extra serving or two of vegetables
- Kashi whole-grain cereal
- Whole-grain bread topped with a healthy spread such as Promise or I Can't Believe It's Not Butter
- Dannon fat-free or low-fat yogurt
- Chiquita baby banana and/or juice to make a smoothie
- Oatmeal for a creamy texture

Lunch/Dinner

- Fresh Express salad with grilled protein, grilled vegetables
- Baked sweet potato with low-fat Cabot cheese or reduced-fat Cabot sour cream or low-fat Dannon yogurt
- Vegetable-based soup and salad

Snack Ideas

- Fresh fruit
- Yogurt
- Vegetables
- Whole grains
- Nuts
- Motts® Applesauce
- Dole pineapple slices or mandarin orange slices packed in own juice



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Guiding Stars Guide to Easy DASH Meals

Reach for the Stars and avoid processed foods!
You can make a healthful, simple meal in 15 minutes.

Remember the look of a healthy plate:

Half the plate should be filled with heart-healthy fruits, vegetables, and whole grains. Only 3 ounces (no larger than a deck of cards) of lean meat or meat substitute.

Save time by cooking in larger quantities to have leftovers for other meals. With Fresh Express prepared salads, you can have a delicious meal ready in no time.

Remember the saying:

Eat breakfast like a king, lunch like a prince, and dinner like a pauper. Eating in this style can help you maintain a healthy weight by preventing overeating at dinner and snacking at night.



Breakfast

- Kashi cereal and low-fat milk or Dannon yogurt
- Oats made with low-fat milk or yogurt with Chiquita baby bananas, apples, nuts, or nut butters
- Leftover Kashi pilaf with milk and fruit
- Whole grain bread, bagel, or English muffin with low-fat yogurt or milk and fruit
- Whole-grain rollup with fresh fruit and low-fat Cabot cheese

Lunch/Dinner

- Frozen stir-fry vegetables with chicken, tofu, beans, or fish over leftover whole-grain rice, pasta, or pilaf, milk
- Bean and vegetable soup, low-fat yogurt, whole grain bread
- Fresh Express salad with beans, protein, and fruit, milk or Dannon yogurt, and baked white or sweet potato
- Lean protein or meat substitute, whole-grain rice, Kashi whole-grain pilaf, pasta, or baked white or sweet potato, steamed vegetables, and salad



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Healthy Living at Hannaford

All About Omegas

Also known as one of the “good” polyunsaturated fats, omega-3 fats are recognized for their protective effect on heart health. There are actually two main classes of omega-3 fats found in food.



Plant-based omega-3 fats are found in foods like canola, soybean, and flax oils, ground flaxseed, walnuts, and soft spreads like Promise® Buttery Spread. Some other popular foods have been enriched with omega-3 fats, like eggs, milk, bread, and soy beverages. ALA (alpha-linolenic acid) is the most common omega-3 found in plant-based foods. Because our bodies can't make this type of omega-3 fat, it's called an “essential fat” – meaning that it's essential we get this fat from the food we eat.



Fish-based omega-3 fats are found in some enriched eggs and milk but are most abundant in fatty fish like salmon, sardines, rainbow trout, herring, and anchovies. When it comes to heart health, DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) are the two most talked about fish-based omega-3s. It's wise to eat a balanced diet that includes a variety of foods containing different types of omega-3 fats. This will enable you to get a combination of ALA, DHA, and EPA. The American Heart Association recommends eating fish twice a week.



Omega-6 fats are another type of “good” polyunsaturated fat. They work a little differently from omega-3s, and are also thought to be beneficial for heart health when they replace saturated fat in the diet. Omega-6 fats are found in just about every type of vegetable oil, such as sunflower, cottonseed, peanut, and corn oils, and soft margarines made from these oils.



Omega-9 fats are a type of monounsaturated fat (another “good” fat), but they aren't considered “essential” because our bodies can produce them from the food we eat. Olive oil and avocados are rich in omega-9 fats.

Adapted from promisehealthyheart.com

General Tso's Chicken 'N Broccoli

Ingredients:

1 can (14-1/2 oz.) Fat-free, reduced-sodium chicken broth
4 Tbsp. Cornstarch, divided
2 Tbsp. Hot chili sauce
2 Tbsp. Brown sugar, firmly packed
1-1/2 Tbsp. Rice wine or white vinegar
3/4 lb. Boneless, skinless chicken breast halves, pounded 1/4" thick, and thinly sliced
2 tsp. Reduced-sodium soy sauce
3 Tbsp. Promise® Buttery Spread
2 cups Broccoli florets, cooked and drained

Directions:

Combine broth, 2 tablespoons cornstarch, hot chili sauce, sugar, and vinegar in small bowl with wire whisk; set aside. Combine chicken with soy sauce in medium bowl, then toss with remaining 2 tablespoons cornstarch until evenly coated. Melt Promise® Buttery Spread in 12" nonstick skillet over medium-high heat and cook chicken, stirring occasionally, 3 minutes or until chicken is thoroughly cooked. Remove chicken to serving platter; keep warm. Bring broth mixture to a boil over high heat in same skillet, stirring frequently. Reduce heat to low and simmer, stirring occasionally, 1 minute or until thickened. Add broccoli and toss to coat. Cook 1 minute or until heated through. Pour sauce over chicken.



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High Cholesterol? A Food Prescription for Your Heart

Lean meat, poultry, and low-fat dairy products:

- Why?** To minimize saturated fat and cholesterol, which can raise LDL (bad) cholesterol.
- In-Store:** Guiding Star symbols can help you find lower fat and leaner options.
- At Home:** Trim or remove excess visible fat and skin from meat and poultry. Minimize added fat by broiling, roasting, or baking, and discard rendered fat. To avoid eating too much cholesterol, replace egg yolks with egg whites. Missing cheese? Try Cabot's 50% and 75% reduced-fat cheese for lower saturated fat!
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Zero in on trans-fat:

- Why?** This fat punches a double whammy by not only raising LDL (bad) cholesterol but also decreasing HDL (good) cholesterol!
- In-Store:** Fortunately, manufacturers have removed a great deal of trans-fat from products! Including all Hannaford brand products, which are all trans-fat free! Look for margarine and commercial bakery products with zero grams of trans-fat.
- At Home:** Use trans-fat free margarine or liquid vegetable oils (see below). If you can't steer clear of all trans-fats, consume no more than 2 grams daily.
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Cook and bake with liquid vegetable oils (liquid at room temperature):

- Why?** They contain high proportions of mono- and polyunsaturated fats, which offer cholesterol-lowering benefits!
- In-Store:** Use Guiding Star symbols to identify oils like olive oil and canola oil. Look for trans-fat free margarine with liquid vegetable oil as the first listed ingredient, such as canola, corn, olive, peanut, safflower, sesame, soybean, and sunflower oils.
- At Home:** In place of butter, use the healthier oils and margarine!

Plant sterols/stanols have been added to some products such as Promise Active® Light Spread. Clinical studies have shown they can help lower LDL (bad) cholesterol if eaten as directed and as part of a heart-healthy diet.

Omega-3 fatty acids - get your daily dose:

- Why?** They are heart-healthy and our bodies cannot make them.
- In-Store:** Choose fatty, dark meat fish like salmon, ground flaxseed, nuts, polyunsaturated oils like vegetable oil made from soybeans, and leafy greens.
- At Home:** Use oil in your cooking, baking, and salad dressing. Try ground flaxseed on oatmeal, a handful of walnuts, a leafy green salad, or grilled salmon.

Current research points toward the types of fats on our plate being more important than the total amount of fat eaten. That being said, it is important to – on average – consume only the number of calories our body needs daily to maintain a healthy weight.



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White Bean Dip

Ingredients:

1/4 cup I Can't Believe It's Not Butter!® Mediterranean Blend spread
1 Medium yellow onion, finely chopped
1/2 tsp. Dried rosemary leaves, crushed
1 Clove Garlic, finely chopped
1 can (19 oz.) Cannellini or white kidney beans, rinsed and drained
1 Tbsp. Lemon juice
1 Tbsp. Fresh Parsley finely chopped or 1 tsp. dried parsley flakes, crushed
Salt and ground black pepper to taste

Directions:

1. Melt I Can't Believe It's Not Butter!® Mediterranean Blend spread in 10-inch nonstick skillet over medium heat. Add onion and rosemary, stirring occasionally, 5 minutes or until onion is tender.
 2. Add garlic and cook, stirring occasionally, 1 minute; cool slightly.
 3. Process onion mixture, beans, and lemon juice in food processor or blender until smooth.
 4. Stir in parsley and season to taste with salt and pepper.
 5. Serve chilled, if desired, with pita chips, cut-up vegetables, and/or toasted bread slices.
- TIP: Also terrific as a sandwich spread with grilled vegetables!



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