



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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