



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.



Interested in developing an eating plan that is right for you?

Our registered dietitians hold classes, have on the sales floor nutrition demonstrations, and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to Kris Lindsey, our staff Registered Dietitian, for free nutrition advice at hannaford.com/asknutritionist