



Healthy Living at Hannaford

The Facts about Cholesterol

Why is it important to know your cholesterol numbers?

High blood cholesterol is one of the major risk factors for heart disease. When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time, this buildup causes “hardening of the arteries” so that arteries become narrowed and blood flow to the heart is slowed down or blocked. This may result in a heart attack or stroke. It is important to find out what your cholesterol numbers are. By lowering LDL (bad) cholesterol and raising HDL (good) cholesterol levels, you may lessen the risk for developing heart disease and reduces the chance of a heart attack or stroke.

What affects cholesterol levels?

A variety of factors can affect cholesterol levels, including genetics. But the following are those you can do something about:

Diet

Too much saturated fat and cholesterol in the food you eat can cause your LDL (bad) cholesterol level go up. Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and cholesterol in your diet helps lower your LDL (bad) cholesterol level.

Weight

Being overweight is a risk factor for heart disease. It also tends to increase your cholesterol. Losing weight can help lower your LDL (“bad” cholesterol) and total cholesterol levels, as well as raise your HDL (so called “healthy” cholesterol) and lower your triglyceride levels.

Physical activity

Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL cholesterol and raise HDL cholesterol levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most, if not all, days.



Interested in learning more?

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Losing Weight to Protect Your Heart

4 simple steps to a healthier heart

1

Fill up on fruits and vegetables.

They are naturally high in fiber which fills you up and may help lower cholesterol.



2

Limit refined sugars.

These greatly increase the calorie density of foods and make you want to eat more calories to feel full.



3

Make it whole grains.

Cooked whole grains, which include oatmeal, brown rice, barley and corn, are very filling. Look for foods that have at least 3 grams of fiber per serving.

Choosing cereals and other Kashi® products are good choices because they use whole grains (naturally high in fiber) instead of refined carbohydrates.



4

Choose lean proteins.

Consume fewer animal products that are high in saturated fat. Chicken breast, lean ground turkey, or legumes, such as black beans, pinto beans, split peas or white beans are great lean proteins. For heart healthy fats, fish is always a great idea, too. Some great choices are coldwater fatty fish, such as salmon, tuna, trout, mackerel or herring.



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Omega-3 Fatty Acids

Omega-3s are fatty acids found in foods. Your body needs omega-3s but cannot make them. For that reason, they are called essential fatty acids, meaning you must get them in your diet. Omega-3s are used by the body in many ways, such as to help control blood clotting and during pregnancy for brain and eye development and function. It appears that they also are involved in the body's inflammatory processes.

Foods with Omega-3 Fatty Acids:

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Nuts & Seeds:

- Flaxseed oil
- Ground Flaxseeds
- Walnuts



Some green vegetables:

- Brussels sprouts
- Kale
- Spinach



Fish:

- Tuna
- Salmon
- Mackerel
- Sardines
- Herring



Other Heart-Healthy Fats:

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Monounsaturated Fatty Acids:

- Olive oil
- Canola oil
- Peanut oil
- Avocado
- Nuts and seeds
- Safflower oil



Polyunsaturated Fatty Acids:

- Safflower oil
- Sunflower oil
- Corn oil
- Soybean oil
- Soft (tub) margarine, such as Promise® and I Can't Believe It's Not Butter!®
- Nuts and seeds



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Power your heart

Some foods do more than just fill you up - they're packed with nutrients that can boost your immune system, ward off disease and turbocharge your day - and by combining heart-healthy foods, you can double up on nutrients and stay energized all day long, too.

heart healthy

power breakfast



Kashi
Heart to Heart
Oatmeal



1/2 cup
fresh or frozen
blueberries



1 cup
my essentials
Skim Milk



Packed with whole grains, oatmeal is a great source of cholesterol-lowering fiber and vitamins. Fresh blueberries? They're bursting with heart-healthy antioxidants, fiber and vitamin C (plus, they're low-calorie).

heart healthy

power snack



Dannon
Oikos Vanilla
Greek Yogurt



1 whole
banana



1 Tbsp.
ground flaxseed



Greek yogurt & bananas are an excellent snack idea to keep you energized and satisfied while getting plenty of calcium, protein and potassium. Add ground flaxseed for heart-healthy omega-3 fatty acids and added fiber.

heart healthy

power lunch



my essentials
Chunk Tuna
Packed in Water



2 Tbsp. Hellmann's
Canola Cholesterol
Free Mayonnaise



Nature's Place
Whole
Wheat Bread



With no saturated fat or trans-fat, Hellmann's Canola Mayo is perfect for just about any sandwich. Choose breads with at least 3 grams of fiber per serving for a good source of dietary fiber.

heart healthy

power snack



Cabot
75% Reduced Fat
Cheddar Cheese



Del Monte
Apple Slices



Kashi
Heart to Heart
Woven
Wheat Crackers



Snack smarter! Stack fresh apple slices with Cabot 75% Reduced Fat Cheese and Kashi crackers for a hefty helping of calcium and the essential antioxidants, vitamins C and E, that your heart craves.

heart healthy

power dinner



Fresh
salmon fillet



1 Tbsp.
I Can't Believe
It's Not Butter



McCormick
Spices



The American Heart Association recommends at least two servings of seafood per week. Visit our seafood department for fresh, heart-healthy selections like omega-3-rich salmon - and opt for healthier cooking methods.



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Quick & Easy Chicken Cacciatore

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

1 lb. boneless, skinless chicken thighs

2 Tbsp. I Can't Believe It's Not Butter!® spread

2 medium green and/or red bell peppers, cut into 1-inch pieces

1 package (10 oz.) white mushrooms, quartered

1 medium onion, sliced

2 cups Ragu® Old World Style® Pasta Sauce

1/2 tsp. McCormick® Oregano Leaves or Thyme Leaves, crushed

Directions:

1. Season chicken, if desired, with salt and black pepper. Melt I Can't Believe It's Not Butter! in a 12-inch nonstick skillet over medium-high heat and brown chicken, turning once. Remove chicken and set aside.
2. Add green peppers, mushrooms and onion to same skillet and cook over medium-high heat, stirring occasionally, 5 minutes or until mushrooms are golden.
3. Stir in pasta sauce and oregano (or thyme) and bring to a boil. Reduce heat to low and return chicken to skillet. Cover and simmer 5 minutes or until chicken is thoroughly cooked.

Adapted from ragu.com



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Savory Herb Spread

Prep Time: 15 minutes

Makes: 1 cup

Ingredients:

- 1/4 cup chopped flat-leaf parsley
- 6 gherkins or 1 regular-size pickle, chopped
- 1 Tbsp. small capers, rinsed and drained
- 1 clove garlic, chopped, or 1/4 tsp. McCormick® Garlic Powder
- 1 Tbsp. Dijon mustard
- 1 Tbsp. whole-grain Dijon mustard
- 1 tsp. red wine vinegar
- 1/2 cup I Can't Believe It's Not Butter!® spread

Directions:

1. Combine all but the last ingredient in medium bowl.
2. Add I Can't Believe It's Not Butter! to mixture and fold in until well-blended.

Serving Tips:

Can be made a day ahead and refrigerated. Bring to room temperature and serve, if desired, with grilled bread. Or use as a dressing on any sandwich, or try a spoonful on top of grilled fish, roasted chicken or a bowl of pasta.



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Cinnamon-Curry Tuna Salad

Prep Time: 10 minutes

Servings: 4

Ingredients:

2 (6 oz.) cans tuna packed in water, drained and flaked
2 tsp. Hellmann's® Canola Cholesterol Free Mayonnaise
1 tsp. Dijon mustard
1 Tbsp. sweet pickle relish
2 tsp. lemon juice
1 1/2 tsp. McCormick® Ground Cinnamon
1 tsp. Curry Powder
1 tsp. Ground Black Pepper
Salt to taste

Directions:

In a bowl, mix together all ingredients. Cover and refrigerate until ready to serve.

Serving Tip:

Excellent used for hors d'oeuvres. Or serve as a tasty twist on the classic tuna salad sandwich.

Adapted from Allrecipes.com



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