



## Healthy Living at Hannaford

### Spread the Love for a Healthy Heart

One key to a heart-healthy diet is replacing bad fats with good fats—and completely avoiding trans-fats. The “good” fats—monounsaturated and polyunsaturated fats—lower disease risk and can be found in oils that earn three Guiding Stars, such as olive and canola oils, nuts (almonds, pistachios, walnuts), avocados, flaxseed (and flaxseed oil), and fatty fish, such as salmon and tuna.

#### “Bad” fats—saturated and trans-fats—increase the risk for heart and other diseases:

- Limit saturated fat, which can be found in animal products, including meat and full-fat dairy products (especially cheese), to less than 7% of your daily calorie intake.
- Avoid trans-fat, which may be found in fried foods, margarine and highly processed foods, like crackers and baked desserts.

Saturated fat	•	ground beef, whole milk, regular cheese, croissant,
	•	regular ice cream, fried chicken, butter and lard
Polyunsaturated fatty acids	•	canola oil, mayonnaise, walnuts, and flaxseed;
	•	certain fish like salmon, trout, and herring
Monounsaturated fatty acids	•	canola oil, and mayonnaise made with canola oil, olive oil and nuts
Cholesterol	•	butter, egg yolks, meat, liver and poultry
Trans fatty acids	•	potato and corn chips, cookies, crackers, pies, fried potatoes

#### Try these heart-healthy tips to keep foods flavorful while limiting “bad” fats:

- Replace butter with heart-healthy buttery spreads, such as I Can’t Believe It’s Not Butter!® or Promise®. Not only can you cook with these healthy spreads but they are trans-fat free!
- For baking purposes where butter is necessary, substitute half of the amount stated in the recipe with I Can’t Believe It’s Not Butter! and half with applesauce, such as Mott’s®, to keep saturated fat low.
- Olive oil, high in monounsaturated fat, makes a great substitute for butter, but use it sparingly to keep calories low. One tablespoon of olive oil has 120 calories—a spray can or a measuring spoon will help with portion control. If cooking at high temperatures, like a stir-fry, choose canola oil, another heart-healthy oil.
- Switch to low-fat cheese: Award-winning Cabot® 50% Reduced Fat Cheddar Cheese is our favorite!
- Use mayonnaise that contains heart-healthy oils, like Hellmann’s® Cholesterol Free Canola Mayonnaise, which has no trans-fat or saturated fat and contains omega-6 fatty acids.



#### Interested in learning more?

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 our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](http://hannaford.com/asknutritionist).



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from your Hannaford Dietitian

## FATS 101: The True Story

**Healthy fats can have a positive effect on health and wellness.**

Fats and oils may well be the most important part of your daily diet. There has been a surge of research on the significance of fats in health and disease. It was once thought that a low-fat diet was the key to losing weight, managing cholesterol, and preventing health problems. But we now know it is not a low-fat diet, but the kind of dietary fat that really matters in the long run.

We can simply categorize fats as “good” and “bad.” Bad fats increase cholesterol and your risk of certain diseases, while good fats protect your heart and support overall health. In fact, good fats – such as omega-3 fats – are essential to physical and emotional health, as they serve many functions in the body.



**Those Fats derived from unprocessed plant based food sources are generally good fats.**

There are two families of fats that are not only good, they are termed essential -- meaning that the body cannot make them, so they must be obtained from the diet. They are the **Omega-3 and Omega-6** essential fatty acids (**EFAs**). Examples of their work include controlling inflammation, blood pressure, and immune system activity.

**Coldwater fish, including salmon, trout, and tuna, contain high levels of beneficial omega-3 fatty acids, which may reduce the risk of coronary heart disease.**

They protect against heart disease by reducing blood triglycerides, preventing blood clots, protecting against irregular heartbeats, lowering blood pressure, and defending against inflammation. The American Heart Association and the United States Diet Advisory Board recommend eating at least two servings of “good” fatty fish per week.



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## Where do I find the good and the bad fats?

### Food Sources of "Good" Essential Fats

#### Omega-3

Flaxseed oil & ground flaxseed  
Soybean  
Walnuts  
Canola  
Algae (DHA)  
Spinach, Kale, Collard greens  
Coldwater fish (cod, salmon, trout, tuna)  
Pumpkin seeds, shelled

#### Omega-6

Flax oil  
Walnuts  
Grapeseed oil  
Safflower oil  
Sunflower oil  
Sesame oil  
Corn oil  
Peanut Oil

### Food Sources of "Good" Monounsaturated Fats

Olive oil, extra virgin  
Canola oil  
Sesame oil  
Soybean oil  
Avocado  
Nuts  
Nut Butters

### Food Sources of "Bad" Trans Fats and Saturated Fats

Margarine made with partially hydrogenated oil  
Commercially prepared cookies, crackers, chips  
Candy  
Pastries and doughnuts  
Shortening (Crisco)  
All partially hydrogenated oils  
High-temperature deep-fried foods  
Fatty Meats  
Cheese (Instead look for Light Cabot Cheddar cheese to reduce saturated fats.)



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## Fat Recommendations

**For most people, total fat consumption should be about 20%-35% of total calories.**

Keeping Fat consumption within the recommended range helps you get essential nutrients while controlling your risk for chronic disease. A 1500-calorie diet should include no more than 34-58 grams of fat; a 2000-calorie diet should include no more than 45-78 grams of fat a day.

**For cooking, use vegetable oils rich in monounsaturated and polyunsaturated fats, like olive and canola oils.**

Since cooking with very high temperatures as used in deep frying can destroy some of the essential fatty acids, it's best to opt for methods such as steaming, baking, broiling, or poaching.

**Avoid ALL processed fats** - This means stick margarine, processed baked goods and chips -- anything labeled "partially hydrogenated."

**Keep consumption of saturated fat to a minimum** - Avoid fatty cuts of meat and items cooked or prepared with high amounts of saturated fats, such as butter or lard.

## Changing Your Diet for the Better use Healthy Fats!

**Cook with olive oil and canola oil** - Use for sautéing, rather than butter, stick margarine, or lard.

**Eat more avocados** - Try them in sandwiches or salads or make guacamole.

**Snack on nuts** - You can also add nuts to salads and vegetable dishes or use them instead of breadcrumbs on chicken or fish.

**Enjoy olives** - Olives are high in healthy monounsaturated fats. But unlike most other high-fat foods, they make for a low-calorie snack when eaten on their own. Try them plain or make a tapenade for dipping. While olives are rich in healthy fat, they are also rich in sodium, so enjoy in moderation.

**Dress your own salad** - Commercial salad dressings can be high in saturated fat and contain trans-fat. Create your own healthy dressings with extra virgin olive oil, flaxseed oil, or sesame oil.



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## Healthy Fats - try these delicious ideas

### Chocolate-Banana Smoothie Dream

#### Ingredients:

3 cups Dannon® plain yogurt  
2 frozen Chiquita® Bananas, sliced  
2 tablespoons unsweetened cocoa powder  
1 1/2 tablespoons nut butter  
1 tablespoon finely ground flaxseeds  
1/2 teaspoon maple syrup  
1/4 teaspoon McCormick® Pure Vanilla Extract

#### Directions:

Put all ingredients in a blender and blend until smooth. Serve immediately.

### Avocado Yogurt Dip

#### Ingredients:

3/4 cup diced or chopped avocado  
1/4 sliced scallions - both white and green part  
1 cup Dannon® plain yogurt  
1/8 teaspoon McCormick® Ground Red Pepper

#### Directions:

1. Place avocado and scallions in food processor and blend until smooth.
2. Add yogurt and ground red pepper; process until smooth.
3. Serve with Kashi® Pita Crisps.

### Creamy Pepper Dressing

#### Ingredients:

2 tablespoons olive oil  
1/4 cup Cabot® Sour Cream  
1/4 cup buttermilk  
1 small clove garlic, minced  
1/4 teaspoon McCormick® Coarse Ground Black Pepper  
1/8 teaspoon McCormick® Ground Oregano

#### Directions:

Mix all ingredients in a small bowl and drizzle the dressing over your favorite Fresh Express® salad.



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## Banana Split Smoothie

Yields: 1 servings • Prep Time: 5 minutes

### Ingredients:

- 1/2 cup Dannon® Oikos® Greek Nonfat Plain Yogurt
- 1/2 Chiquita® Banana
- 4 Hannaford Frozen Strawberries
- 1 teaspoon McCormick® Pure Vanilla Extract
- 1 teaspoon Hershey®'s Cocoa Powder
- 1 tablespoon sugar
- 1/4 cup my essentials® 1% Lowfat Milk
- 1 teaspoon ground flaxseed (optional)
- 1/2 cup crushed ice (optional)

### Directions:

Mix all ingredients in blender. Serve immediately.



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