



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.