

4. Incorporate soy foods when you can.

Try some tasty products such as calcium fortified flavored soy milk (Nature's Promise® or Silk® Vanilla Soy milk), tofu, edamame, soy crisps, soy nuts, soy based cereals (Kashi® GoLean® Crunch and Nature's Path® Optimum®), waffles (Kashi® GoLean® Waffles) and Boca®, Morningstar Farms® or Nature's Promise® meatless burgers and patties.



5. Maintain a healthy weight and exercise 30 minutes 5-7 times each week.

If you are overweight, cut down on calories to move toward reaching your ideal body weight. If you are not currently exercising, gradually increase your duration and intensity over a 6-8 week period until you are able to walk 30 minutes comfortably. If you are exercising, continue to do so and potentially work to increase your duration and intensity.



two-bean taco salad

Makes 4 3-cup servings • Prep Time: 20 min. • Cook Time: 15 min.

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| 1½ oz. Nature's Promise
canned red kidney beans | Dash of cayenne pepper |
| 1½ oz. Nature's Promise
canned black beans | 4 oz. baked tortilla chips |
| 1½ oz. 🍅 diced tomatoes,
no salt added | 4 oz. 🌈 reduced-fat shredded
cheddar cheese |
| 8 oz. 🍅 tomato sauce, no salt added | 4 cups shredded lettuce |
| 1 cup chopped onion | 1 cucumber, diced |
| 2 cloves garlic, crushed | 1 red or green bell pepper, diced |
| 2 Tablespoons 🌈 white vinegar | 1 cup 🌈 fat-free sour cream |
| 1½ teaspoons chili powder | Guacamole or avocado slices (optional) |
| ¼ teaspoon ground cumin | Salsa or pepper sauce (optional) |

Drain and rinse kidney beans and black beans and place in a large skillet. Add tomatoes, tomato sauce, onion, garlic, vinegar, chili powder, cumin and cayenne. Bring to a boil, then reduce heat and simmer for about 15 minutes or until onions and tomatoes are soft and liquid has thickened.

To serve: place tortilla chips on a large plate, then layer with cooked bean mixture, cheese, lettuce, cucumber and bell pepper. Top with sour cream. Add guacamole or salsa if desired.

Per serving (without optional toppings): 480 calories, 5g fat, 2g saturated fat, 15mg cholesterol, 550mg sodium, 83g total carbohydrate, 18g dietary fiber, 29g protein



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Recommendations may not apply to everyone

Please consult in a Nutritionist to help you in your journey toward a more heart-healthy diet and lifestyle or to discuss your needs, especially if you are pregnant or have any other health conditions.

lower cholesterol and triglycerides



Elevated cholesterol and triglyceride levels increase the risk of having a heart attack or developing heart disease. Both are circulating blood lipids (fats). The good news is that making better lifestyle choices can improve cholesterol and triglyceride levels.

types of blood lipids

Schedule a visit with your health care provider to have your blood cholesterol levels evaluated. He or she will give you the lab results for your “blood lipid profile.” (This is different from the cholesterol number on a Nutrition Facts panel which gives the amount of cholesterol in a food product.)

- Total Cholesterol indicates the amount of cholesterol that is circulating in your blood.
 - LDL, also known as “bad” cholesterol, transports cholesterol to artery walls causing plaque build-up and increasing the risk of heart attack and stroke.
 - HDL, also known as “good” cholesterol, removes excess cholesterol from the arteries and brings it back to the liver for removal from the body.
- Triglycerides come directly from fats you eat or from carbohydrates not used for energy. Foods high in sugars such as soda, lemonade, candy, honey, cake, and cookies add to triglyceride levels. Alcohol also raises triglycerides, so you may need to reduce alcohol intake considerably.

know your numbers

Type of Blood Lipid	Level
Total Cholesterol	Desirable: less than 200 mg/dl
LDL	Optimal: less than 100 mg/dl
HDL	Optimal: greater than 60 mg/dl Too Low: less than 40 mg/dl
Triglycerides	Normal: less than 150 mg/dl

tips on lowering lipids

Five easy ways to lower your blood lipids or maintain healthy levels

If you consistently do all the things listed below, you may see a 5–10% reduction in your blood lipid numbers within 8–12 weeks.

1. Choose heart healthy foods.

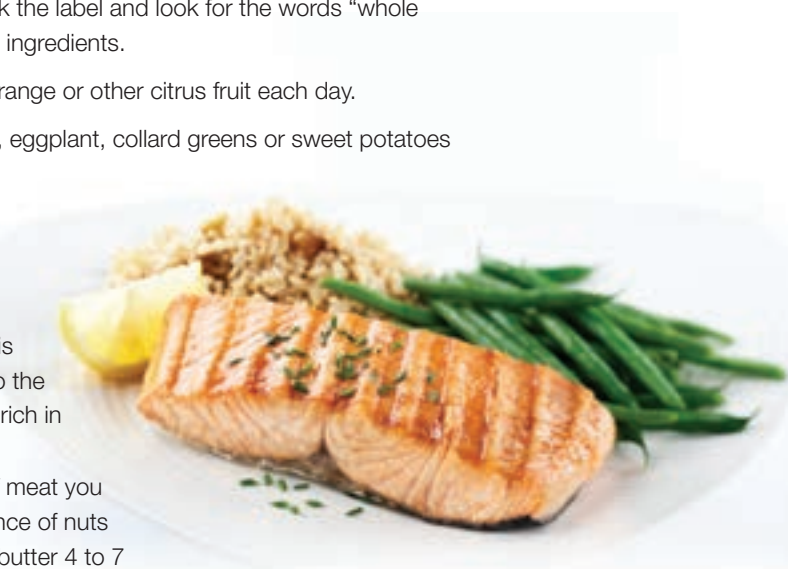
Use the fat rule to identify them. For every 100 calories in a food, allow 3 grams or less of total fat and 1 gram or less of saturated fat. Following this rule will help you decrease your intake of artery clogging saturated fat and *trans* fat. Keep your intake of food cholesterol to no more than 200 mg per day from all food sources

2. Increase your intake of soluble fiber by eating the following foods:

- Eat at least 2 cups of legumes (dried peas and beans) each week. Replace each ounce of meat you usually eat with 1/4 cup cooked legumes such as baked beans, black beans, pinto beans, kidney beans, lentils, chickpeas, lima beans or more! Enjoy them alone or try them in your salads, soups, or blended (like hummus) and used as a dip for crackers and vegetables. Try black bean burgers or black bean cakes. When using canned beans, rinse them with water when possible to reduce sodium content.
- Have one serving of a food made from “whole grain oats” each day. Examples include oatmeal, Kashi® Heart to Heart®, Original Cheerios®, Kashi® TLC® Granola Bars or whole grain oat bread. Be sure to check the label and look for the words “whole oats” as one of the first ingredients.
- Enjoy an apple, pear, orange or other citrus fruit each day.
- Enjoy Brussels sprouts, eggplant, collard greens or sweet potatoes at least twice a week.

3. Increase heart healthy fats in your meal plan by eating the following foods:

- The higher fat foods in this group are an exception to the fat rule because they are rich in heart healthy fats.
- Replace each ounce of meat you usually eat with 1/2 ounce of nuts or 1 tablespoon of nut butter 4 to 7 times a week. Sprinkle nuts, especially walnuts and almonds, on salads in place of croutons. Mix a handful of nuts with dried fruit to make a trail mix.



- Enjoy fish rich in omega-3 fatty acids (EPA and DHA) 1 to 2 times each week (or about 6–7 oz. cooked). These include albacore tuna, salmon, lake trout, mackerel, herring and sardines. Look for foods fortified with omega-3 such as Smart Balance® Buttery Spread or Smart Balance® Mayonnaise (Note: not all Smart Balance buttery spreads have omega-3's in them – only the specialty ones).
- Look for foods fortified with plant sterol esters or Corowise™ such as Minute Maid® Heartwise® Orange Juice, Benecol® and Promise Activ® table spreads, or Rice Dream® Heartwise™ Rice Drink.
- Replace butter, margarine and other cooking fats with olive oil or canola oil. Use soft (in a tub) *trans* fat free spreads.
- Add ground flaxseeds to your daily diet for omega-3 fatty acids (ALA) and extra fiber. Ground flaxseeds have a nutty flavor and can be sprinkled on yogurt, cereal, salads, casseroles, smoothies and other foods. Start with 1/2 teaspoon for two consecutive days, and then wait 3 days to ensure that you do not develop an allergic reaction. Gradually increase your intake to 1 to 2 tablespoons per day.

