

A Family Guide to Heart-Smart Eating

Heat-smart eating *isn't* just for older people. It's a wise approach for the whole family: every age, every day. The good news: advice for heart-smart eating is the same as advice for overall healthy eating.

Keep It Balanced:

Calories In = Calories Out

Aim for a healthy weight at every age. Excess body weight puts a strain on the heart, can raise blood pressure, "bad" (LDL) cholesterol and triglycerides, and can lower "good" (HDL) cholesterol.

Balance calories by eating and drinking enough for your energy needs, without going over, and by being more physically active to burn more calories.

- *Tips for everyone ...* Start with moderate portions of food and beverages; eat slowly and eat more *only* if you're still hungry. Fit regular physical activity into your daily lifestyle: 60 minutes for kids; at least 30 minutes for adults (you'll need more if you are trying to lose weight).
- *Tips for kids ...* Eat small, nutrient-rich snacks to satisfy hunger. Walk the family dog, ride a bike, dance or play ball after school.
- *Tips for adults ...* When away from home, choose small or regular-size breakfast options, sandwiches and meals instead of large-size choices. Walk with a co-worker during breaks. Shoot hoops after dinner.

Eat Plenty of Fruits and Veggies

Fruits and vegetables contribute fiber and important nutrients such as beta-carotene, vitamin C or potassium.

- *Tips for everyone ...* Enjoy 4-1/2 cups of fruits and veggies daily (for a 2,000 calorie-a-day eating plan). Choose different colors and varieties. Fiber-rich cooked dry beans count, too!



Baked Salmon with Tomatoes, Spinach & Mushrooms

- *Tips for kids ...* Layer cereal with yogurt and berries or sliced peaches. Tuck an apple or orange in a backpack. Snack on carrot and zucchini sticks with salsa.
- *Tips for adults ...* Take a fruit smoothie break. Opt for a chef's salad or a veggie-layered sandwich at lunch. Add sliced vegetables, pineapple chunks or mandarin oranges to a stir-fry dinner.

Go the "Whole" Way When Choosing Grains

Soluble fiber in whole grains helps with heart health. But it's not just fiber—whole grains are nutritious and can help you feel satisfied, too.

- *Tips for everyone ...* Make at least half your grain choices whole.
- *Tips for kids ...* Make sandwiches on whole-wheat bread. Snack on whole-grain crackers. Use a corn tortilla for a soft taco.
- *Tips for adults ...* Make French toast on whole-grain or whole-oat bread. Buy a whole-grain wheat (bulgur) salad at the deli. Pair brown rice with Asian food.

Set Limits on Fats

Limiting saturated fats and *trans* fats in food choices is key to reducing blood cholesterol and lowering heart disease risk. "Sat fats" and/or *trans* fats are found chiefly in solid fats; examples are butter, stick margarine and shortening.

- *Tips for everyone ...* Choose fish, lean meat and skinless poultry, cooked beans and lentils and fat-free and low-fat dairy foods. Check labels and limit foods with *trans* fats.
- *Tips for kids ...* Cut back on fries and other fried foods. Try lower-fat cheese on a burger. Order extra veggies on pizza, instead of double cheese, pepperoni or sausage.
- *Tips for adults ...* Grill or broil chicken and fish, instead of

frying. Buy low-fat or fat-free milk for the family. Switch to tub margarine. Top baked spuds with salsa.

Fit Fish In

Many types of fish (e.g., tilapia, cod, flounder) are lean, with less saturated fat and cholesterol than some meats or poultry. “Oily” fishes (e.g. salmon, mackerel, tuna) contribute heart-healthy omega-3 fats.

- *Tips for everyone ...* fish is a nutritious part of a healthful diet. To get the benefits while reducing exposure to mercury, experts recommend that women who are pregnant or nursing, or who might become pregnant, and young children follow 3 recommendations:
 1. Do not eat shark, swordfish, king mackerel or tilefish.
 2. Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury (e.g., shrimp, canned light tuna, salmon, catfish).
 3. Albacore tuna has more mercury than canned light tuna. So, when choosing your 2 fish meals, eat up to 6 ounces (1 average meal) of albacore tuna per week.
- *Tips for parents and caregivers of young kids ...* Follow these recommendations, but serve smaller portions.
- *Tips for adults ...* Make a favorite casserole or salad with canned salmon. Grill fish steaks for dinner.

Don't Over Do on Salt

Choose and prepare foods with little or no added salt. For sodium-sensitive people, too much salt (sodium) can contribute to high blood pressure.

- *Tips for everyone ...* Twenty-four hundred milligrams of sodium per day is the Daily Value. That's about a teaspoon of salt. Your total comes from processed foods and foods you prepare. That's why it's smart to use the salt shaker sparingly, if at all.
- *Tips for kids ...* Snack on unsalted nuts and popcorn. Skip added salt on fries. Munch on fresh veggies.
- *Tips for adults ...* Check food labels; look for choices with less sodium. Season with spices or herbs, instead of salt. Taste foods before salting.

Now is a great time to eat smart. Try this delicious recipe as part of a healthy eating plan.

Baked Salmon with Tomatoes, Spinach & Mushrooms

Prep: 10 min.
Total: 35 min.

- 4 salmon fillets (1 lb.)
- 2 cups chopped fresh spinach leaves
- 1 cup sliced mushrooms
- 1 tomato, chopped
- 1/3 cup KRAFT Sun-Dried Tomato Dressing

HEAT oven to 375°F. Place fish fillets, skin sides down, in 13x9-inch baking dish sprayed with cooking spray.

MIX remaining ingredients until blended; spoon over fish.

BAKE 20 to 25 min. or until fish flakes easily with fork.

Makes 4 servings.

Substitute:

Substitute red snapper or orange roughy fillets for the salmon fillets.

Purchasing and Storing Fresh Fish:

Look for fresh fish fillets or steaks with a firm texture, moist appearance and fresh mild odor (they should not smell fishy). Whole fish should have bright clear eyes and red to bright pink gills. Store in the coldest part of the refrigerator up to 2 days.

Nutrition Bonus:

This flavorful fish dish is moist and tender, and salmon contains good-for-you omega-3 fat. It's a delicious way to fit fish into your healthy eating plan.

Nutrition Information Per Serving: 190 calories, 7g total fat, 1g saturated fat, 60mg cholesterol, 320mg sodium, 5g carbohydrate, 1g dietary fiber, 3g sugars, 24g protein, 25%DV vitamin A, 10%DV vitamin C, 4%DV calcium, 10%DV iron.

Exchange: 1 Vegetable, 3 Meat (L), 1 Fat

Dietary Exchanges based on *Choose Your Foods: Exchange Lists for Diabetes* © 2008 by the American Diabetes Association and the American Dietetic Association.