



# Shopping for a Healthy Heart



## Did you know?

- Whole grains are rich in B Vitamins which may reduce your risk for heart disease.
- Beans and legumes are very low in fat, a good source of protein and an excellent source of cholesterol lowering soluble fiber.



## Fact or Fiction?

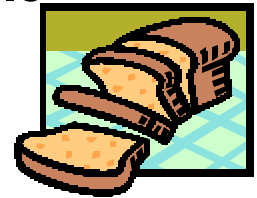
**Carbohydrates from bread can make you gain weight.**

**FICTION:** A calorie is a calorie; it does not make a difference if your calories come from carbohydrate, protein, or fat. If you eat more calories than your body needs you will gain weight.



## All Breads and Cereals are *Not* Created Equal!

By Marcus A. Garand, RD



Raise your hand if you are a “white bread eater”? Unfortunately, white bread is not as healthy for you as its counterpart “whole grain bread”. Whole grains found in whole wheat or multi-grain breads and cereals are high in fiber. Fiber is a five star nutrient when it comes to heart health! Fiber has two forms: soluble and insoluble. The soluble form of fiber can help lower your cholesterol and the

insoluble fiber is vital for gastrointestinal health. Both forms of fiber are found in whole grain breads and cereals. While on the other hand, white bread, corn-based and rice-based cereals contain little of either form. Fiber is also a bulking agent, which means it makes you feel full and therefore, you’ll eat less. This attribute makes fiber rich foods an important for individuals striving to

lose weight or maintain a healthy weight. High fiber foods like whole grain foods can help lower your cholesterol but perhaps even more importantly it can aid in weight control or weight loss which will help decrease your risk for heart disease.

**Key message:** Choose whole grain breads and cereals instead of white bread and low fiber cereals.

## Reading Labels: Breads, Cereals, Bagels, Muffins

Reading labels can be tricky. To ensure that a product is heart healthy you must be a savvy label reader. The following are nutrition label guidelines for choosing a heart healthy bread, cereal, bagel, or muffin:

- 100% whole wheat or whole grain is listed as the first ingredient
- 3 or more grams of fiber per slice for bread and 5 or more grams per serving for cereal
- Saturated fat and Cholesterol are less than 5% of the Daily Value per serving

### Nutrition Facts

Serving Size: 1 Slice  
Servings per package 20

#### Amount per Serving

Calories 60

	% Daily Value
Total Fat 0g	1%
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
Sodium 80mg	3%
Total Carbohydrates 14g	5%
<b>Dietary Fiber 5g</b>	<b>20%</b>
Sugars 1g	
Protein 4g	