



Shopping for a Healthy Heart



Did you know?

- Canola, Olive, and Peanut oil are considered best for cooking because they are low in saturated fat and high in mono-unsaturated fat.



Fact or Fiction?

Eggs are high in saturated fat.

FICTION: Although eggs are not high in saturated fat, eggs are high in cholesterol which contributes to heart disease. The cholesterol in eggs is found in the egg yolk. Health experts recommend limiting egg yolks to no more than 4 per week. Consider trying cholesterol-free egg substitutes or egg whites.

Fish: The Better Choice!

By Marcus A. Garand, RD



What makes fish so special? Fish contains a heart healthy unsaturated fat called “*Omega-3*”. Experts recommend at least two 6 ounce servings of fish rich in Omega-3 fats per week. It is important to note that some types of fish contain more Omega-3 fat than others. Fish that contain significant levels of Omega-3 fat (ranked high to medium) are Salmon, Tuna, Trout, Mackerel, Swordfish, Bluefish, Sea Bass, Whitefish, Halibut,

Shark, Anchovies, and Sardines. Fish is also low in saturated fat when compared to beef, poultry, pork, and lamb. A serving size for the protein group equals 3 ounces. You may ask why the serving size is only 3 ounces. Eating more protein than the body needs, especially if the protein sources are high in saturated fat and cholesterol, can increase your risk for heart disease. All animal sources of protein contain

cholesterol and saturated fat. Even Omega-3 fat rich fish contain some cholesterol. Foods such as bacon, sausage, regular ground beef, and poultry with skin are high in saturated fat and cholesterol and should be avoided. Fish is a better choice than other animal sources of protein because it contains Omega-3 fat.

Key Message: Limit daily intake of animal protein including fish to 5 to 7 ounces (cooked).

Heart Healthy Tips: Beef, Poultry, Seafood, Pork

- Choose poultry without the skin
- Trim visible fat from meat
- Choose “loin” or “round” cuts of beef and pork
- Choose lean ground turkey or extra lean ground beef
- Choose baked or broiled seafood

