



Shopping for a Healthy Heart



Did you know?

- Guacamole, made from avocado, is rich in monounsaturated fat which is a heart healthy fat.
- Coconut is high in saturated fat.



Fruits and Vegetables: The Key to a Long, Healthy Life!

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Fact or Fiction?

Organically grown fruits and vegetables are better for you.

FICTION: Currently, there is not any scientific evidence that shows organically grown fruits or vegetables are nutritionally superior to their counterparts. However, it is important to thoroughly wash and rinse them whether or not they are organically grown.

Your mother was right when she said, “Eat your vegetables (and fruit too)!” Fruits and vegetables are exceptionally heart healthy. In general, they are fat-free, cholesterol-free, high in fiber (refer to the article “All Breads and Cereals are *Not* Created Equal!” for the benefits of fiber), rich in vitamins and minerals, and contain heart protective *Phytochemicals*, pronounced fight-o-chemicals.

What are phytochemicals you may ask? They are plant chemicals that have health-related benefits but are not considered essential nutrients like vitamins and minerals. Numerous studies from around the world have established that diets high in plant-based foods are associated with lower rates of heart disease. It is recommended to choose a broad spectrum of fruits and vegetables daily.

Dark and deep colored fruits and vegetables such as

spinach, blueberries, sweet potatoes, strawberries, tomatoes, and broccoli are especially rich in phytochemicals.

One fruit serving is ½ cup or 1 medium piece the size of a tennis ball.

One vegetable serving is equal to 1 cup raw, leafy vegetable or ½ cup cooked.

Key message: Aim for more than 5 servings of fruit and vegetables daily.

Heart Healthy Tips: Fruits and Veggies

- For a quick nutritious snack choose fruit or raw, crunchy vegetables
- Make a meal of a large mixed green salad with a variety of vegetables and a low-fat or fat-free dressing
- Add fresh berries or dried fruit to your cereal
- Choose fresh fruit for dessert
- Keep frozen vegetables on hand. Throw them in the microwave and they are ready in minutes
- Add fresh or frozen fruit to low-fat or fat-free yogurt

