

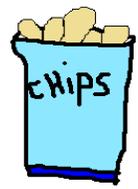


Shopping for a Healthy Heart



Did you know?

- Snack foods are generally high in salt (sodium). Limit salty foods if you have high blood pressure.



Snack foods: "The Good, the Bad, the Ugly"



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Fact or Fiction?

Nuts are considered a heart healthy food.

FACT: Nuts are rich in unsaturated fats, fiber, and vitamins. This combination makes nuts heart healthy.

However, nuts pack a lot of calories and eating too much may lead to weight gain. Avoid nuts roasted in unhealthy oils such as palm and coconut.

We all love our snack foods! There seems to be zillions of snack foods such as potato chips, tortilla chips, crackers, cookies, cakes, and pies to choose from. Should you omit them completely? No, that's too extreme! You can make snack foods part of a heart healthy diet by making careful selections. It is all about the type and amount of fat in a snack food that makes it healthy or unhealthy for your heart. Unhealthy fats include two culprits: Saturated and

Trans fats. *Saturated fat* like butter, coconut, and palm oils are in many snack foods. Saturated fat boosts blood cholesterol levels. A high blood cholesterol level increases the risk of developing heart disease. Also prevalent in snack foods are *Trans fats*. Trans fats are manufactured from a liquid oil such as corn or soybean oil. The process is called "hydrogenation", which makes the oil more solid. Trans fats are more commonly called hydrogenated fats.

We now know that trans fats are similar to saturated fat. Currently, labeling laws do not require trans fats to be listed on the Nutrition Facts Label. But, this is likely to change soon. In the meantime, look at the ingredient list. If you see "hydrogenated oil" listed as the first, second, or third ingredient then beware.

Key message: Limit intake of saturated and trans fats and, if weight is an issue, also limit total fat intake.

Reading Labels: Snack foods

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 recommendations for choosing a heart healthy snack food:

- Total fat, saturated fat, and cholesterol are less than 5% the Daily Value per serving
- Sodium is less than 10% the Daily Value per serving
- Avoid snack foods with "partially hydrogenated or hydrogenated oils" listed as one of the first three ingredients

| Nutrition Facts | |
|---------------------------|---------------|
| Serving Size: 15 crackers | |
| Servings per package 8 | |
| Amount per Serving | |
| Calories 130 | |
| | % Daily Value |
| Total Fat 3g | 5% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 200mg | 8% |
| Total Carbohydrates 22g | 7% |
| Dietary Fiber 2g | 8% |
| Sugars 3g | |
| Protein 3g | |