



Grocery Guide: Heart Health

Before you go:

- Review the stores weekly ad and check out what's on sale
- Create a menu for the week, including snacks
- Write out your grocery list based on the layout of your store
- Eat a small snack beforehand, to help stick to what's on your list

Produce

Daily Recommendation: 5 cups of fruits & vegetables

- Shop the rainbow - different colors mean different nutrients
- Purchase pre-cut produce and salad mixtures for convenience
- Even if you only like a few vegetables, stock up on the ones you like
- Buy only what you need for a few days to reduce waste and cost
- Use overripe produce in soups or smoothies



Fruits and vegetables contain a variety of nutrients that help protect the heart. Potassium helps support a healthy blood pressure, lycopene prevents inflammation, vitamin K helps artery flexibility and monounsaturated fats promote heart health.

Deli/Bakery

- Pick up a rotisserie chicken and use the leftovers for enchiladas, chicken salad, etc.
- Try a healthier deli salad like kale salad or broccoli crunch as a side dish
- Opt for whole grain bakery rolls and buns
- Grab freshly made guacamole, salsa or hummus for a healthier spread or dip

Breads

Daily Recommendation: 6-8 ounces of grains

- Make half of your daily intake whole grains
- Whole grains contain fiber, B vitamins, iron, antioxidants and magnesium
- Select items with a whole grain listed first: wheat, oat, barley, rye, etc.
- Choose options with at least 3g of fiber per serving
- Look for the whole grain stamp to help easily identify good options
- Use whole grain pita bread for pizza crust, flatbreads or homemade garlic bread
- Use whole grain tortillas for sandwich wraps or breakfast burritos



Read the ingredients list on your bread and see if it is a whole grain bread. Check the nutrition label for the fiber content. It's recommended that at least half of your daily grains are whole. These can help reduce your risk of heart disease.

Pasta/Rice

Daily Recommendation: 6-8 ounces of grains

- Make half of your grains whole, such as wheat pasta, quinoa, brown rice, etc.
- Select items that have a whole grain listed first
- Rice is budget friendly at just 10 cents per serving
- Prepare extra portions of rice or pasta to use as sides or in dishes throughout the week up to 5 days in the refrigerator

Canned Goods

Daily Recommendation: 5 cups of fruits & vegetables

- Try to choose options labeled low sodium or no salt added
- Pick options that are packed in water or 100% juice instead of syrup
- In a pinch, simply rinse and drain canned veggies and beans to reduce sodium
- Canned beans can be a convenient and budget friendly source of protein
- Try canned fruit on oatmeal, salads or in smoothies
- Add canned veggies or beans to soups and stews



Choose low sodium or no salt added options and read the label. Fruits and veggies contain heart healthy fiber and potassium. Beans contain resistant starches which can help reduce LDL and triglycerides, improving your heart health.

Meat/Seafood

Daily Recommendation: 5 1/2 to 6 1/2 ounces of protein

Meat

- Serving size is roughly 3 oz. of cooked meat, or the size of a deck of cards
- Meat contains B vitamins, which help with energy production
- Choose leaner cuts of meat like loins or rounds
- Choose ground meat that is at least 90% lean
- Drain the fat and rinse to reduce fat content
- Refrigerate and skim off any fat at the top

Seafood

- Serving size is roughly 3 oz. of cooked fish, or the size of a checkbook
- Fatty fish like tuna and salmon contain healthy omega 3 fatty acids
- Non-fatty fish like cod and tilapia are lean protein sources with a lower fat content



Animal products like meat contain saturated fats, which contribute to plaque build up and calcification of the arteries. The America Heart Association recommends no more than 6% of your calories come from saturated fat. Try limiting red meat to once a week and eating at least one serving of fish a week.

Fats, Oils & Spices

- Herbs and spices add flavor without adding sodium, sugar or fat
- Tropical oils, like coconut and palm are high in saturated fats and should be used sparingly
- Choose oils such as olive or canola, which contain healthy monounsaturated and omega 3 fats
- Limit salt intake and try using no-salt seasonings or create your own blend
- Drizzle extra virgin olive oil on your bread, pasta or vegetables instead of butter
- Create your own sauces and marinades using oils, fresh citrus juices and variety of herbs and spices



Vegetable oils contain healthier unsaturated fats. Choose oils with monounsaturated fats that contain antioxidants like olive, safflower, canola, and avocado. Avoid using hard stick forms on margarine and choose soft options to limit Trans fat. Check the nutrition label and the ingredients list for 'partially hydrogenated'

Cereal/Granola

Daily Recommendation: 6-8 ounces of grains

- Check labels for total and added sugars
- Good options should have low sugar and high fiber
- Choose options with 3g of fiber or more per serving
- Try overnight oats for an easy grab and go breakfast



Read the nutrition label and check the sugar and fiber content. Also look at the ingredients list for different types of sugar. Refined grains have most of their nutrients removed and are digested similarly to simple sugars.

Snacks

Daily recommendation: 5 1/2 to 6 1/2 ounces of protein

- Choose snacks that contain protein and fiber to help fill you up
- Nuts & seeds are good sources of fiber, protein and unsaturated fats, but check the sodium content
- Read the label, watch the serving size, and limit Trans and saturated fat
- Choose crackers, chips and pretzels made with whole grain - the first ingredient listed should be a whole grain
- Try creating your own trail mix with unsalted nuts, dried fruit and a small handful of chocolate chips



Choose protein rich options to help satisfy your cravings. Nuts also contain heart healthy unsaturated fats that help reduce LDL and increase HDL. Processed food can contain Trans fat, which should be avoided as much as possible. Check your food labels for Trans fat and the ingredients list for 'partially hydrogenated oils.'

Dairy/Eggs (cheese, cottage cheese, & yogurt)

Daily Recommendation: 3 cups of dairy products

- One cup of dairy is equal to 1 cup of milk or yogurt, 1.5 oz of natural cheese, or 2 oz. of processed cheese
- Eggs are the least expensive source of high quality protein
- Milk is another affordable source
- Dairy products are the primary source of calcium and vitamin D in the US and promote healthy bones and teeth
- Choose lower fat options
- Try plain Greek yogurt, which contains 2x the protein compared to regular yogurt - sweeten it with fresh fruit, cinnamon or granola



Dairy products also contain saturated fats, so choosing lower fat options can help limit your intake. It's important to note that dairy contains sugar, and some products like yogurt contain more than you think. The American Heart Association recommends no more than 25g of added sugars per day.

Frozen Food (meats, veggies, fruits)

Daily Recommendation: 5 cups of fruits & vegetables

- Fruits and veggies are picked at their peak and flash frozen, which helps preserve nutrients and prolong shelf life
- Great alternative to fresh options, but check the label for added sodium and sauces
- Stock up on frozen fruits for smoothies and frozen veggies for quick and easy side dishes
- Frozen fish is quick to thaw and a great last minute dinner
- Choose frozen meals between 400-500 calories and less than 600mg of sodium



Frozen food can be convenient, but paying attention to the sodium content is important. Limit your intake to 2,300mg per day. Foods containing more than 400mg are high in sodium. Try limiting entrees to no more than 600mg.

Contact your onsite Health Coach for more information:

Allison Knight, NBC-HWC, NDTR, CPT
National Board Certified Health & Wellness Coach,
Nutrition & Dietetic Technician, Registered & Certified Personal Trainer
262.804.1068 • allisonknight@employeehc.com