

NUTRITION TO GO

Heart Healthy Fats

Fat gives your body energy, protects your heart and helps with brain health. Some fats are healthier than other fats. There are two types of fats:

Unhealthy Fats	Healthy Fats
<p>Saturated and trans-fats are unhealthy fats that are solid at room temperature. They come from animal foods and shortening. They can increase your risk for heart disease.</p>	<p>Unsaturated fats are healthy fats that are liquid at room temperature. They come from plants and fish. They promote heart health and decrease your risk of heart disease.</p>
<p>Examples:</p> <ul style="list-style-type: none"> • Red meat (beef, lamb, pork) • Chicken skin • Whole-fat dairy products (milk, cream, cheese) • Butter • Ice cream • Coconut oil • Fried foods • Shortening • Desserts <div data-bbox="423 1136 748 1293" data-label="Image"> </div> <div data-bbox="623 1373 711 1591" data-label="Image"> </div> <div data-bbox="142 1388 527 1577" data-label="Text"> <p>Avoid foods with <i>partially hydrogenated</i> oil in the Nutrition Facts ingredient list</p> </div> <div data-bbox="228 1661 337 1923" data-label="Image"> </div> <div data-bbox="461 1654 704 1816" data-label="Image"> </div> <div data-bbox="485 1900 724 1978" data-label="Image"> </div>	<p>Examples:</p> <ul style="list-style-type: none"> • Oils (olive, canola, vegetable, fish oil) • Avocados • Nuts and seeds • Fish • Olives <div data-bbox="1179 1024 1422 1182" data-label="Image"> </div> <div data-bbox="899 1199 1000 1465" data-label="Image"> </div> <div data-bbox="1081 1236 1487 1472" data-label="Text"> <p>Look for <i>monounsaturated</i> or <i>polyunsaturated</i> fat found on the Nutrition Facts label</p> </div> <div data-bbox="932 1524 1097 1728" data-label="Image"> </div> <div data-bbox="1243 1562 1474 1703" data-label="Image"> </div> <div data-bbox="873 1801 1101 1976" data-label="Image"> </div> <div data-bbox="1170 1787 1468 1997" data-label="Image"> </div>

Why is heart health so important as you age?

Your heart keeps your body running and oxygen moving throughout your body. As you age, you are at a higher risk for heart-related problems compared to when you were younger. Some heart-related problems include heart attack, stroke, heart disease, and heart failure.



What can you do to prevent heart disease?

- ♥ Try to be physically active for at least 30 minutes a day, five times per week
- ♥ Follow a heart-healthy diet by eating:
 - ♥ Foods low in saturated and trans fats, added sugar, and added salts
 - ♥ Foods high in fiber, like fruits, vegetables, and whole grains
- ♥ Keep a healthy weight by balancing what you eat and drink with your physical activity
- ♥ Manage stress by joining a stress management program, meditating, exercising, and talking about stressful topics with friends and family

Try our heart-healthy Minestrone Stew recipe!

Minestrone Stew

Servings per recipe: 11
Serving size: 1 cup

Prep time: 10 minutes
Cook time: 45 minutes

Ingredients:

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon Italian seasoning
- 1 (15.5 ounce) can cannellini beans, drained and rinsed
- 1 cup shredded kale or escarole
- 1 (28 ounce) can crushed tomatoes
- 4 cups low-sodium chicken broth
- 1 cup small shell pasta

Directions

- 1) Heat olive oil in a large pot over medium-high heat. Add onion and cook until it is clear in color, about 4 minutes. Add garlic and cook 30 seconds.
- 2) Add carrots and celery and cook until they begin to soften, about 8 minutes.
- 3) Add salt, pepper, Italian seasoning, and cannellini beans and cook 2 minutes.
- 4) Add kale, crushed tomatoes, and chicken broth and bring to a boil. Reduce heat to medium-low and cook 15 minutes.
- 5) Add pasta and cook 15 minutes.



Nutrition Facts

11 servings per container	
Serving size	1 cup
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 1mg	6%
Potassium 275mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.