

Food for Thought

February 2021

Heart Healthy Shopping Tips

By paying attention to what you eat and the choices you make at the grocery store, you can affect your heart health.



- ♥ **Cook and prepare more meals at home.** On average Americans consume 3,400 mg of sodium each day. In general, the recommendation for sodium is 2,300 mg per day. Most sodium doesn't come from adding salt at the table. Convenience foods and those made at restaurants tend to have more sodium as well as more fat and sugar than the same meal that you could make at home. In addition, convenience foods and meals eaten out also cost more money.
- ♥ **Look for no salt added or reduced sodium foods.** Especially when shopping for canned foods, stocks, soups, condiments, dressings, deli meats, and cheeses. Instead of buying pre-seasoned meats, seafoods, and other food items, add your own spices and herbs at home to cut down on sodium.
- ♥ **If low sodium canned products are unavailable drain and rinse under running water to remove some of the salt.**
- ♥ **Look for canned fruit that is in 100% juice rather than syrups.**
- ♥ **Stock up on fruits & vegetables.** Only about 10% of adults get the recommended amounts of fruits and vegetables they need in a day. (1 ½ to 2 cups of fruit & 2 to 3 cups of vegetables are recommended per day). Fruits & veggies are full of vitamins, minerals, fiber, and antioxidants that have many health benefits. Think of ways that you can add these foods to your meals and snacks to meet the recommendations.
- ♥ **Make half your grains whole grains.** Look for pasta, bread, cereal, rice, and cereal that have more than 5 g of fiber per serving.
- ♥ **With dairy products look for options that are reduced, low, or no fat and that have no added sugars.**

- ♥ **Use the Nutrition Facts Label to help make heart healthy choices.** The nutrition label provides % Daily Values (DV) that estimates how much of a nutrient is found in a serving of that food item. In general:
 - **5% DV is low**
 - **20% DV is high**
 - **Look for foods with low % Daily Values in saturated fat, sodium, sugars added**
 - **Look for foods with high % Daily Values in dietary fiber and potassium**

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*The % Daily Value (DV) 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.

Mac + Cheese with Broccoli

2 cups whole-wheat elbow pasta, uncooked 4 tablespoons flour
2 cups milk, low-fat or fat-free 2 cups cheddar cheese, reduced-fat, shredded
½ teaspoon pepper, ground 2 cups cooked broccoli, chopped

1. Cook pasta until tender following directions on package.
2. Drain cooked pasta and return to pan. Sprinkle flour over pasta while it is still warm. Toss thoroughly.
3. Reheat the pan to medium heat, slowly stir in milk, cheese, and pepper.
4. Cook, but do not boil, until the milk and cheese thicken into a creamy sauce—approximately 7 to 10 minutes.
5. Stir in broccoli and heat thoroughly.

One-Ingredient Banana Ice Cream



2 large ripe bananas

1. Peel bananas and cut into bite-sized pieces. Put into an airtight container or freezer bag.
2. Freeze banana pieces for at least 2 hours, but ideally overnight.
3. Blend frozen banana pieces in a food processor or blender until smooth. The mixture should change into a creamy soft-serve ice-cream texture.
4. Scoop into four bowls and add your favorite toppings.

Topping Ideas

- Honey (for children 12 months of age or older)
- Tablespoon of unsweetened cocoa powder added at the end of blending the ice-cream mixture.
- Tablespoon of peanut butter.
- Sprinkle of cinnamon.

Eat Smart Idaho offers FREE classes & educational events that can help limited resource individuals & families learn how to eat well for less! Ask for Eat Smart Idaho in your County.

Panhandle: Benewah, Bonner, Boundary, Kootenai &
Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah, Lewis, &
Nez Perce Counties 208-883-2267



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Sources: <https://extension.unr.edu/publication.aspx?PubID=3815#story02>; www.fda.gov; <https://extension.umass.edu/nutrition/recipes/all-recipes>
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