

KEYS TO BETTER HEALTH™

CHANGE YOUR SHOPPING LIST, IMPROVE YOUR HEART HEALTH

Heart health is central to overall wellness and three risk factors are in your control – maintain a healthy body weight, blood pressure and blood cholesterol. And a healthy diet plays a big part in maintaining a healthy heart.

What are the elements of a heart-healthy diet?

It starts with the nutrient content of the foods you eat. Foods rich in things like potassium, calcium, magnesium, whole grains, dietary fibers, good fats and omega-3 fatty acids promote heart health. These nutrients strengthen and protect the heart and blood vessels, may help lower blood pressure, can reduce triglycerides and bad cholesterol and can promote production of good cholesterol.

Let's break that nutrient list down to practical terms. Getting enough of these nutrients means aiming for a diet rich in things like seafood, leafy vegetables, beans, fruits, low-fat dairy products, nuts, whole grains and most importantly low in sodium and saturated fat. Not surprisingly, you won't find many of these nutrients in red meat, snack foods, sugary drinks or deserts.

And as in most things, variety is the spice of a heart healthy diet. You don't want to turn away from heart-healthy foods because you've become bored with your food choices. Fortunately, there's a long list of foods containing these and other heart-healthy nutrients.

Salmon, sardines and albacore tuna packed in water are all rich in omega-3 fatty acid, which helps reduce bad cholesterol. Almonds, cashews walnuts and other nuts all contain good fats that are heart-friendly and help break down cholesterol in the bloodstream. And carrots, spinach, broccoli, sweet potatoes and asparagus all contain minerals like potassium, magnesium, calcium and vitamins that help lower blood pressure; an important risk factor for heart disease.

Eating heart healthy does not have to mean depriving yourself. Several studies have shown that a modest amount of wine or spirits, and even dark chocolates high in cocoa content (70% or more cocoa) can promote heart health. Just watch out for the calories! Fortunately, it's easier than ever to find and choose heart healthy foods. And with Key Foods "Keys To Better Health" wellness program, you have a tool that guides you to heart healthy choices. Look for Heart Healthy and low sodium tags shelf tags and labels throughout the store.

February is American Heart Month. It's the perfect time to review your shopping list and to add more heart-healthy foods to your cart. Key Foods "Keys To Better Health" program is here to help.



Please note: Information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.