



# Healthy Lifestyles

## Taking your grocery shopping to heart

(NC)—Recently, Canadians have been bombarded with stories in the news about what foods they should avoid, but there's been little information about what foods they should embrace and enjoy. Eating and shopping for heart healthy food should be

a heartening experience — literally. Here are a few pointers to help you make heart healthy selections:

### Grains

Whole grains are an important source of fibre, vitamins and minerals. Choose

whole wheat pasta and bread, brown long-grain rice or wild rice, oatmeal, whole grain pizza dough, tortilla wraps and pita breads.

### Flavourings and oils

Enhance your meals without relying on saturated fat and salt by adding these items to your cart: soft, non-hydrogenated margarine for cooking and baking; mustards, salsas and flavoured vinegars for pep; dried fresh herbs for flavour; garlic and ginger for added taste; and olive and canola oil for sprucing up salads.

### Fresh Foods

Look for these heart healthy choices in the fresh food departments:

- leaner cuts of meat
- fish for one or two meals a week (especially omega-3 rich varieties like tuna)
- soft non-hydrogenated margarine in place of butter
- omega-3 eggs
- a variety of fruits and vegetables

### Canned and frozen foods

Pack your cart with canned legumes (chickpeas and lentils), canned fruit (in water), frozen or canned vegetables, canned tuna and salmon in water and low-fat condensed milk to substitute for cream in recipes.

### Pre-Packaged Foods

When selecting pre-packaged foods, read the nutri-



tion labels carefully. Watch out for the words "hydrogenated" or "shortening" in the ingredient list. Watch the serving size as well — compare the serving size listed with the amount you will actually eat.

For more information about heart health, visit [www.becel.ca](http://www.becel.ca). You can sign up for the Heart Healthy Living e-newsletter that delivers tips on nutrition, exercise and stress reduction straight to your email inbox each month.

### Nutrition Notes

#### How can local business help?

- Volunteer in a school nutrition program
- Make a financial donation
- Sponsor a program with a food donation
- Join the Halton Food for Thought partnership committee



Halton Food for Thought  
Contact Program  
Coordinator  
905-845-5597 ext. 201  
[foodforthought@cogeco.ca](mailto:foodforthought@cogeco.ca)

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## Simple Substitutes

(NC)—Replacing ingredients with heart healthier alternatives allows you to reduce the total fat and saturated fat in your current recipes, as well as boost fibre. The next time you're cooking, try these heart healthy substitutions:

#### Recipe calls for:

- Butter
- Whole milk
- Cream 2%
- Eggs
- Sour cream
- Mayonnaise
- Oil for sautéing
- 1 lb (500 g) ground beef

- Cream cheese
- Chocolate chips or nuts

#### Substitute instead:

- Soft, non-hydrogenated margarine
- Skim or 1% milk
- evaporated milk
- 2 egg whites for every whole egg
- 1% or fat-free sour cream
- Light mayonnaise
- Water, broth or tomato juice
- 1/2 lb (250 g) extra lean ground beef plus 14 oz (398 mL) can cooked lentils or beans
- Low-fat pressed cottage cheese
- Raisins or dried fruit for half or all the chips and nuts

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