

Heart-Warming Foods

Good taste and good health can go hand in hand

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(PARSLEY LEMON SALMON)

February is American Heart Month, and here at Hannaford we want to make sure it's easy to find heart-healthy eating options. Shoppers newly diagnosed with heart disease have told us how difficult meal planning and preparation can be. To help them and all our shoppers, we worked with Cardiovascular Consultants of Maine to develop educational materials geared toward heart-healthy nutrition. Our pharmacies and Nutrition Coordinators will offer other in-store resources. "In conjunction with Heart Month, we're introducing a guide to

planning, shopping, cooking, and eating for a healthy heart," says Julie Greene, Hannaford Director of Healthy Living.

Our Guiding StarsSM program is a great place to begin. "We like to tell our customers, when they're shopping for heart-healthy foods, to start with the Stars to narrow choices," says Greene. "Then read the labels and decide what's right for you."

Eating for a healthy heart is similar to basic healthy eating, with an emphasis on specific foods that may provide cardiovascular benefits. Think "low-high": go for foods that are low in fat (especially

saturated fat and trans fat), cholesterol, and sodium, but high in fiber and whole grains. Some of the foods described below are especially good for the heart, and we've provided a few heart-healthy recipes to demonstrate how tasty good eating can be.

Salmon: Cold-water, fatty fish like salmon are a great source of omega-3 fatty acids. These beneficial fats can decrease the likelihood of blood clots and help lower both total and "bad" or LDL (low-density lipoprotein) cholesterol and triglycerides.

Purple Grape Juice: This kid's favorite may protect your heart. Purple grape juice (make sure it's 100 percent juice) from Concord grapes may help increase the flexibility of artery walls, allowing blood to flow better.

Oats: This morning grain is a great way to start the day. Fiber gives oatmeal staying power that helps keep you feeling satisfied throughout the morning. This same fiber, called beta-glucan, appears to help lower cholesterol levels.

Nuts: Often thought of as a diet no-no, nuts are in fact quite healthy. Walnuts, for example, contain an omega-3 fatty acid that may lower levels of a marker for heart disease. A lower risk of heart disease is evidenced by lower blood levels of this substance. Also, almonds, which have many health benefits, have been shown to lower cholesterol levels.

PARSLEY LEMON SALMON

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 15 MINUTES

Our easy "blenderized" sauce uses vegetable broth to add moisture in place of fat, and the combination of mint, garlic, and feta adds a zippy accent.