



Heart Health 

NUTRITION NEWS

NUTRITION AND EDUCATION PROGRAMS
FEBRUARY 2023

- **Choose healthier fats**
 - Use small amounts of oils such as olive or canola in recipes and for sautéing.
 - Try different ways of cooking foods, such as baking, broiling, grilling, steaming and poaching to add variety.
- **Eat foods containing Omega-3 fatty acids**
 - Add walnuts to cereal, salads, and muffins.
 - Eat two 4oz portion of fatty fish each week, such as salmon, lake trout, tuna.
- **Include dietary fiber**
 - Include plant-based foods as sources of protein, including beans, lentils, seeds and nuts.
 - Make half your plate fruits and vegetables at each meal.
 - Choose whole grains instead of refined grains whenever possible.
- **Limit saturated fat**
 - If you eat meat, select lean cuts of beef and pork, especially cuts with "loin" or "round" in their name.
 - Cut back on processed meats high in saturated fat, such as hot dogs, salami, and bacon.
- **Reduce sodium intake**
 - Prepare foods at home more often so you can control the amount of salt in your meals.
 - Use salt substitutes like Mrs. Dash to spice things up without adding salt.

ALMOND, CRANBERRY, AND APPLESAUCE GRANOLA BARS

PREP: 10 MIN COOK: 20 MIN RECIPE BY: SUZANNE PERAZZINI

INGREDIENTS

- 1 CUP UNSWEETENED APPLESAUCE
- 1/3 CUP HONEY
- 1 TEASPOON GROUND CINNAMON
- 3/4 TEASPOON VANILLA EXTRACT
- 2 1/2 CUPS ROLLED OATS
- 1 CUP CHOPPED ALMONDS,
CASHEW NUTS, SUNFLOWER SEEDS,
AND WALNUTS
- 1/3 CUP CHOPPED DRIED APRICOTS AND
DRIED CHERRIES
- 1/3 CUP CHOPPED DRIED DATES AND CRANBERRIES
- 1/3 CUP RAISINS



DIRECTIONS

1. PREHEAT OVEN TO 355 DEGREES F. LINE AN 8X8-INCH BAKING PAN WITH BAKING PAPER
2. IN A LARGE BOWL, WHISK TOGETHER THE HONEY, APPLESAUCE, CINNAMON, AND VANILLA EXTRACT. STIR IN THE OATS, MAKING SURE THAT IT IS EVENLY MIXED, AND ALL THE OATS ARE MOISTENED. MIX IN THE NUTS AND DRIED FRUIT.
3. TURN THE MIXTURE OUT INTO THE BAKING PAN AND PRESS INTO THE PAN, MAKING SURE IT IS EVENLY DISTRIBUTED AND TIGHTLY PACKED.
4. BAKE FOR 20 MINUTES. REMOVE FROM THE OVEN AND COOL. REMOVE FROM THE PAN AND CUT INTO BARS. STORE IN AN AIRTIGHT CONTAINER FOR UP TO 1 WEEK.