

# NUTRITION NEWS

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## Heart Health

### Diet and nutrition tips to help prevent heart-related complications

#### Unhealthy and Healthy Fats

Saturated fat is an unhealthy fat as high amounts over time can contribute to high cholesterol, which increases the risk for heart disease, including strokes and heart attacks.

To reduce saturated fat intake:

- Choose low-fat cuts of meat and poultry,
- Reduce intake of sausage, bacon, and cured meats
- Limit butter, lard, and coconut oil

Healthy fats include unsaturated fats that can help lower cholesterol. To get more healthy fats in:

- Use olive, canola, or vegetable oil in small amounts when cooking
- Eat more nuts, seeds, and avocados

#### Eat more fruits, vegetables, and whole grains

Fruits, vegetables, and whole grains contain fiber. Fiber can help lower cholesterol, regulate blood sugar, and keep you feeling full longer.

- Make half your plate of fruits and vegetables
- Choose whole wheat bread, pasta, crackers, brown rice, and oatmeal when possible

#### Reduce sodium intake

Sodium is found in salt and many packaged food items. A high sodium intake can increase the risk of high blood pressure and heart disease.

To reduce sodium intake:

- Limit salt added to foods and meals
- Use herbs and spices when cooking to flavor food and meals

## ***3-Can Chili***



Recipe from [myplate.gov](http://myplate.gov)

Servings: 6

### **Ingredients**

- 1 can beans, low-sodium, undrained (pinto, kidney, red, or black)
- 1 can corn, drained (or 10 oz frozen)
- 1 can crushed tomatoes, low-sodium, undrained
- 1 tsp chili powder

### **Directions**

- Pour beans, corn, and tomatoes into a pan
- Add chili powder
- Stir to mix
- Stir over medium heat until heated thoroughly
- Refrigerate leftovers