

These days, you hear a lot about which foods are healthy and which may be less healthy. It's not always easy to keep them straight. Hopefully, we'll end some of the confusion here. Find out which foods to include in your diet, and their role in a heart healthy lifestyle.

Stocking a Heart Healthy Kitchen

Shopping smart is essential to making heart healthy food choices. By planning meals and making a shopping list, you'll be well-prepared for the market—helping you resist those last-minute, less healthy purchases you may regret.

Need ideas for your list? Here are heart healthy staples you'll always be happy to have on-hand:

Whole Grains

Try to eat at least 3 servings of whole grains a day for fiber and nutrients. On the ingredient label of products, look for the words "whole grain" or "whole" before the grain such as whole wheat and whole grain oats. Whole grains help keep you feeling full (to help with weight management) and may contribute to a heart healthy lifestyle.*

Rice: whole grain brown, wild and wild rice blends

Cereals: oatmeal, whole grain cereals with little or no-added sugar

Breads: choose whole grain rolls, breads and bagels like wheat, oat, etc.

Whole grain specialty items: tortillas, pitas, pizza crust, popcorn, millet, buckwheat, bulgur (cracked wheat), quinoa and sorghum

Canned and Frozen Foods

Great for last-minute and economical meals, and for enjoying out-of-season foods. They are an easy way to always have something nutritious on hand.

Canned legumes, like chickpeas, lentils, and kidney beans

Canned fruit packed in natural juice (not heavy syrup)

Frozen vegetables of mixed or single variety (choose salt-free and sauceless)

Low-fat evaporated milk to use as a substitute for cream

Canned tuna and salmon (packed in water)

Frozen lean meat and skinless chicken breasts-especially pre-sliced for quick preparation

Oils, Spices and Condiments

Substitute the salt and saturated fats in your recipes with these flavorful items.

Soft, non-hydrogenated spreads, like Promise®, made from vegetable oils, are a good choice for spreading, cooking and baking instead of butter

Vegetable oils like canola, sunflower and olive oil for cooking and salads

Mustards, flavored vinegars, and salsa

Chopped garlic in jars

Fresh and dried herbs like basil, oregano, tarragon, cilantro and rosemary

Meat, Fish, Poultry and Alternatives

Reduce your cholesterol and saturated fat intake and contribute to a heart healthy lifestyle.

Skinless chicken and turkey breasts

Select lower-fat meats, like "round" and "loin" cuts

Ground meats and poultry with the least fat - ideally those that are more than 90 percent lean

Fish, in particular varieties rich in omega-3, such as salmon, mackerel, tuna and sardines

Omega-3 eggs and frozen egg whites for omelets

Soy alternatives to meat, such as tofu or veggie burgers and dogs

Beans, such as kidney beans, black beans, soy beans and pinto beans

Nuts and seeds, like almonds, cashews, walnuts and sunflower seeds

Dairy

Switching from full-fat to low-fat or non-fat can help lower saturated fat and cholesterol in your diet and can be easier than you think. Low-fat dairy products also provide calcium and vitamin E. Soy milk may be another alternative to whole milk.

Low- or fat-free milk and yogurt
Calcium-fortified soy beverages

Fresh Produce

For a wide range of phytonutrients, choose a variety of colorful fruits and vegetables. They are full of essential vitamins, minerals and fiber.

Orange: carrots, pumpkin, sweet potatoes, apricots, cantaloupe and oranges
Red: sweet bell peppers, tomatoes, strawberries, cranberries and watermelon
Green: kale, collards, broccoli, spinach, green beans, peas, kiwi and green apples
Blue and purple: red cabbage, eggplant, purple potatoes, plums and blueberries

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Promise® spreads have no trans fat, are non-hydrogenated and contain a balanced blend of essential fatty acids low in saturated fat and high in omega-3 ALA and omega-6*, and vitamin E.. When you replace butter or margarine with Promise® spreads, as part of a diet low in saturated fat, trans fat and cholesterol, you're actually helping to maintain heart health. Promise® Buttery Spread contains 8g total fat and 1.5g saturated fat per serving.

* Contains 500 mg of omega-3 ALA per serving, which is 40% of the Daily Value for ALA (1.3 g).
Contains 3400 mg omega-6 fatty acids per serving.

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Healthy Heart Jump Start

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The following 3-day meal plan offers 2,000 calories per day, follows the AHA recommendations for heart healthy eating and offers ideas for including plant sterols in the diet for cholesterol lowering.

Want more? For a full 21-day heart healthy meal plan, visit:
http://www.promisehealthyheart.com/meal_plan.asp

In the following pages we've linked to recipes for some of the delicious, healthy dishes included in this meal plan. Additional recipes can be found on www.promisehealthyheart.com or for healthcare professionals on www.promiseinstitute.org.

Meal Plan

Day 1	
Breakfast	
Shredded oats cereal	1 1/2 cup
Banana, raw	1 medium
Blueberries, raw	1/2 cup
Milk, nonfat (skim)	8 fl oz
Promise® SuperShots®	1 bottle-3 oz
Morning Snack or with Lunch	
Graham crackers, cinnamon crisp, low-fat	8 crackers
Tea, herbal	8 oz
Lunch	
Tuna on rye:	
Tuna in water, chunk light, canned	1/2 cup
Mayonnaise, reduced fat	2 tbsp
Tomato, red, ripe, raw	2 slices
Green leaf lettuce, raw	2 outer leaves
Rye bread	2 thin slices
Broccoli, raw, chopped	1 cup
Salad dressing, Wish-Bone® Salad Spritzers® Balsamic Breeze® Vinaigrette Dressing	10 sprays
Chewy Oatmeal Raisin Cookies (See recipe)	1 cookie
Milk, nonfat (skim)	8 fl oz
Afternoon Snack	
Mango, raw, sliced	1 cup
Dinner	
General Tso's Chicken 'N Broccoli (See recipe)	1 serving
Soybean, edamame, shelled	2/3 cup
Chinese stir fry vegetable blend, frozen	1 cup
Chinese stir fry vegetable blend, frozen	1 cup
Green beans, broccoli, carrots, onions, red peppers, mushrooms, bamboo shoots	
Promise activ® Buttery Spread	1 tbsp
Pineapple, all varieties, raw	1 cup
Evening Snack	
Rice cakes, caramel corn	2 cakes
Tea, green, decaf	8 oz

Daily Nutritional Summary	
Calories	2015
Protein	101 g
Carbs	328 g
Fat	39 g
Saturated Fat	5 g
Cholesterol	130 mg
Sodium	2855 mg
Fiber	33 g

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Important Safety Information

Promise® SuperShots® and Spreads

Foods containing at least 0.4 g per serving of [plant sterols](#), eaten twice a day with meals for a total daily intake of at least 0.8 g, as part of a low [saturated fat](#), low [trans fat](#) and low [cholesterol diet](#), may reduce the risk of [heart disease](#). A serving of [Promise® SuperShots®](#) provides 2.0g [plant sterols](#). A serving of [Promise activ® Spreads](#) provides 1.0g plant sterols. [Promise activ® Spreads](#) and [SuperShots®](#) can be a nutritious part of a healthy [diet](#) low in [saturated fat](#) and [cholesterol](#).

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Meal Plan

Day 2	
Breakfast	
Banana, Date & Walnut Muffin (See recipe)	1 serving
Promise activ® Buttery Spread	1 1/2 cup
Mixed fruit, chunky, canned in juice	1 medium
Tea, black	1/2 cup
Morning Snack or with Lunch	
Gingersnap cookie, reduced-fat	5 cookies
Milk, nonfat (skim)	8 fl oz
Lunch	
Toasted Walnut & Pesto Pasta (See recipe)	1 serving
Zucchini w/skin, steamed	1 cup
Iced tea, diet lemon	8 fl oz
Promise® SuperShots®	1 bottle-3 oz
Afternoon Snack	
Walnuts, English, dried, raw	1 oz
Dinner	
Chicken Marsala	1 serving
Vegetable blend, Italian, steamed	2/3 cup
Mixed grain bread	1 slice
Promise activ® Buttery Spread	8 fl oz
Milk, nonfat (skim)	1 serving
Evening Snack	
Oven-Baked Harvest Apples (See recipe)	1 serving

Daily Nutritional Summary	
Calories	1983
Protein	87 g
Carbs	263 g
Fat	64 g
Saturated Fat	10 g
Cholesterol	145 mg
Sodium	1411 mg
Fiber	30 g

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Day 3	
Breakfast	
Cheesy Mediterranean Scramble (See recipe)	1 serving
100% whole wheat bagel	1 bagel
Promise activ® Buttery Spread	2 tsp
Tea, green	8 oz
Morning Snack or with Lunch	
Vanilla wafer cookie, low fat	10 small
Peach, raw	1 medium
Lunch	
Butternut Squash & Spinach Soup (See recipe)	2 servings
Baked crackers, Back to Nature™ Harvest Whole Wheats	6 crackers
Potato, red, flesh and skin, baked, lemon-pepper sprinkles to taste	1 potato
Promise activ® Buttery Spread	1 tsp
Pear, raw	1 pear
Iced tea, original, diet lemon	12 fl oz
Afternoon Snack	
Yogurt, lemon, nonfat	6 oz
Dinner	
Goat Cheese & Roasted Red Pepper Panini	1 serving
Broccoli with parm:	
Broccoli, steamed	1 cup
Parmesan cheese, shredded	2 tbsp
Raspberry Jam Thumbprints (See recipe)	1 cookie
Milk, nonfat (skim)	1 serving
Promise® SuperShots®	1 bottle-3 oz
Evening Snack	
Kiwi fruit, raw	1 fruit

Daily Nutritional Summary	
Calories	1960
Protein	95 g
Carbs	300 g
Fat	50 g
Saturated Fat	10 g
Cholesterol	42 mg
Sodium	2270 mg
Fiber	34 g

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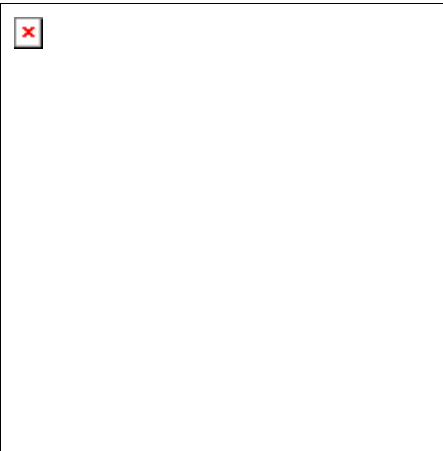
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GENERAL TSO'S CHICKEN 'N BROCCOLI

Serves:4

Preparation Time: 15 *Minute(s)*

Cook Time: 8 *Minute(s)*

NUTRITION INFORMATION PER SERVING

Calories 220	Calories From Fat 70
Total Fat 8g	Saturated Fat 1.5g
Trans Fat 0g	Cholesterol 50mg
Sodium 460mg	Total Carbohydrate 16g
Dietary Fiber 1g	Sugars 7g
Protein 21g	Vitamin A 30%
Vitamin C 60%	Calcium 4%
Iron 6%	

INGREDIENTS

1 can (14-1/2 oz.) fat free reduced sodium chicken broth
 4 Tbsp. cornstarch, divided
 2 Tbsp. hot chili sauce
 2 Tbsp. firmly packed brown sugar
 1-1/2 Tbsp. rice wine or white vinegar
 3/4 lb. boneless, skinless chicken breast halves, pounded 1/4-inch-thick and thinly sliced
 2 tsp. reduced sodium soy sauce
 3 Tbsp. Promise® Buttery Spread
 2 cups broccoli florets, cooked and drained

DIRECTIONS

Combine broth, 2 tablespoons cornstarch, hot chili sauce, sugar and vinegar in small bowl with wire whisk; set aside.

Combine chicken with soy sauce in medium bowl, then toss with remaining 2 tablespoons cornstarch until evenly coated. Melt Promise® Buttery Spread in 12-inch nonstick skillet over medium-high heat and cook chicken, stirring occasionally, 3 minutes or until chicken is thoroughly cooked. Remove chicken to serving platter; keep warm.

Bring broth mixture to a boil over high heat in same skillet, stirring frequently. Reduce heat to low and simmer, stirring occasionally, 1 minute or until thickened. Add broccoli and toss to coat. Cook 1 minute or until heated through. Pour sauce over chicken.



TOASTED WALNUT & PESTO PASTA

Serves: 4

Preparation Time: 20 *Minute(s)*

Cook Time: 10 *Minute(s)*

NUTRITION INFORMATION PER SERVING

Calories 360	Calories From Fat 90
Total Fat 10g	Saturated Fat 2g
Trans Fat 0g	Cholesterol 35mg
Sodium 100mg	Total Carbohydrate 45g
Dietary Fiber 6g	Sugars 1g
Protein 22g	Vitamin A 30%
Vitamin C 80%	Calcium 6%
Iron 15%	

INGREDIENTS

2 Tbsp. chopped walnuts, toasted
1 clove garlic
1/2 cup loosely packed fresh basil leaves
1/4 cup loosely packed fresh parsley leaves
3 Tbsp. Promise® Buttery Spread
1/2 lb. boneless, skinless chicken breasts, thinly sliced
1 cup diced zucchini
1 small red bell pepper, sliced
1/2 lb. whole wheat penne pasta, cooked and drained (reserve 1/4 cup pasta water)

DIRECTIONS

In blender or food processor, process walnuts and garlic until finely chopped. Add basil, parsley and 2 tablespoons Promise® Buttery Spread and process just until blended.

Meanwhile, in 10-inch nonstick skillet, melt remaining 1 tablespoon Spread and cook chicken, stirring occasionally, 3 minutes or until browned; remove chicken from skillet.

In same skillet, add zucchini and red pepper and cook over medium heat, stirring occasionally, 4 minutes or until tender. Return chicken and any juices to skillet and cook 1 minute or until chicken is thoroughly cooked. Toss hot penne with chicken, pesto and reserved pasta water.



OVEN-BAKED HARVEST APPLES

Serves: 4

Preparation Time: 10 Minute(s)

Cook Time: 1 Hour(s)

NUTRITION INFORMATION PER SERVING

Calories 200	Calories From Fat 40
Total Fat 4.5g	Saturated Fat 0.5g
Trans Fat 0g	Cholesterol 0mg
Sodium 35mg	Total Carbohydrate 43g
Dietary Fiber 6g	Sugars 34g
Protein 1g	Vitamin A 6%
Vitamin C 16%	Calcium 2%
Iron 4%	

INGREDIENTS

4 large McIntosh or golden delicious apples, cored
 3 Tbsp. firmly packed light brown sugar
 1/4 tsp. ground cinnamon
 2 Tbsp. dried cranberries
 1 Tbsp. finely chopped pecans
 4 tsp. Promise® Buttery Spread
 2/3 cup water

DIRECTIONS

Preheat oven to 350°. Peel top third of apples. In 8-inch baking dish, arrange apples peeled-side up; set aside.

In small bowl, combine sugar, cinnamon, cranberries, pecans and cinnamon; evenly spoon into center of apples, then evenly top each with Promise® Buttery Spread. Pour water around apples. Bake uncovered, basting occasionally, 1 hour or until tender.

MICROWAVE DIRECTIONS: Peel apples as above. In microwave-safe pie plate, arrange apples. Cover with waxed paper. Microwave at HIGH 2 minutes. Meanwhile, combine sugar mixture as above; evenly spoon into apples, then top each with 1 teaspoon Spread. Cover with waxed paper and microwave an additional 2 minutes or until apples are tender. Let stand 5 minutes.

Also terrific with Promise Light Spread.

This recipe is an Eat Smart™ recipe. Eat Smart™ recipes can help reduce your intake of saturated fats, trans fats, sugars, sodium and cholesterol.



CHEESY MEDITERRANEAN SCRAMBLE

Serves:6

Preparation Time: 10 *Minute(s)*

Cook Time: 15 *Minute(s)*

NUTRITION INFORMATION PER SERVING

Calories 130	Calories From Fat 30
Total Fat 3.5g	Saturated Fat 0.5g
Trans Fat 0g	Cholesterol 0mg
Sodium 290mg	Total Carbohydrate 15g
Dietary Fiber 2g	Sugars 4g
Protein 11g	Vitamin A 15%
Vitamin C 30%	Calcium 8%
Iron 10%	

INGREDIENTS

3 cartons (4 oz. ea.) cholesterol free egg substitute
1/2 tsp. dried basil leaves, crushed
1/8 tsp. ground black pepper
1-1/2 Tbsp. Promise® Buttery Spread
1 small red bell pepper, finely chopped
1 small sweet onion, finely chopped
2 Tbsp. crumbled, low sodium, low fat feta cheese
6 slices whole wheat bread, toasted

DIRECTIONS

In medium bowl, with wire whisk or fork, beat egg substitute, basil and black pepper; set aside.

In 10-inch nonstick skillet, melt Promise® Buttery Spread over medium-high heat and cook red pepper and onion, stirring occasionally, 4 minutes or until vegetables are tender. Stir in egg mixture and let set slightly. Stir occasionally until eggs are cooked and set. Sprinkle with cheese. Serve with toast.