



# Shopping for a Healthy Heart



## Did you know?

- Buttermilk is actually low in fat.
- Soymilk is low in saturated fat and is an excellent substitute for milk.



## Fact or Fiction?

### Margarine is better for you than Butter.

**FACT:** When margarine (high in trans fat) first entered the marketplace about 30 years ago it was probably no better for you than butter (high in saturated fat). But margarine companies have worked hard to reduce the amount of the trans fats in their products. The best spreads available for heart health are relatively new plant-based spreads such as Benecol, Take Control, and Smart Balance Plus.

## Go Light in the Dairy Aisle

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You might want to think twice before you add whole milk to your cereal or add cream to your coffee. Milk products, otherwise known as Dairy foods, can contribute artery-clogging saturated fat and cholesterol. Common dairy foods include: milk, cheese, yogurt, ice cream, cream cheese, sour cream, and cottage cheese.

Liberal intake of regular dairy foods will likely increase your risk for heart disease. The good news is there are many tasty heart healthy versions of your favorite dairy foods. For example, choose low-fat or fat-free versions dairy foods:

- 1% or skim milk
- “Light” (reduced fat) cheeses
- Low-fat or fat-free yogurt

- Reduced fat or fat-free cream cheese and sour cream
- Low-fat cottage cheese
- Low-fat or fat-free ice cream or frozen yogurt

**Key message:** Choose light, low-fat, or fat-free dairy products.

## Reading Labels: Dairy Foods

Reading labels can be tricky. To ensure that a product is heart healthy you must be a savvy label reader. The following are nutrition label recommendations and tips for choosing dairy foods:

- Less than 5% the Daily Value for saturated fat, and cholesterol is an **excellent choice**
- Less than 10% the Daily Value for saturated fat, and cholesterol is a **good choice**
- Consider buying shredded or sharp-flavored cheese; when it’s grated or has a strong flavor you will likely use less

| Nutrition Facts                     |               |
|-------------------------------------|---------------|
| Serving Size: 1 ounce (1 inch cube) |               |
| Servings per package 6              |               |
| Amount per Serving                  |               |
| Calories 60                         |               |
|                                     | % Daily Value |
| Total Fat 2.5g                      | 4%            |
| <b>Saturated Fat 1.5g</b>           | <b>8%</b>     |
| <b>Cholesterol 10mg</b>             | <b>3%</b>     |
| Sodium 200mg                        | 8%            |
| Total Carbohydrates <1g             | 0%            |
| Dietary Fiber 0g                    | 0%            |
| Sugars 0g                           |               |
| Protein 9g                          |               |