



LOWER CHOLESTEROL NATURALLY WITH PLANT STEROLS

Did you know your orange juice for breakfast and crackers for a snack may help lower high cholesterol levels? We're talking about orange juice and crackers that have been fortified with plant sterols. The best part about foods fortified with plant sterols is they taste and look like regular foods, plus they are very effective in helping to reduce cholesterol that is too high.

Plant sterols occur naturally in plant foods such as fruits, vegetables, whole grains, nuts and seeds and have powerful cholesterol-lowering properties. Some health experts believe them to be one of the most effective dietary approaches to help control high cholesterol. They help lower bad cholesterol (LDL) by competing for absorption with cholesterol found in foods. When consumed as part of a diet low in saturated fat and cholesterol, plant sterols may reduce LDL cholesterol by 5–15%, which may result in a 25% reduction in heart disease risk.

Plant foods contain small amounts of plant sterols. Manufacturers have tried to make it easier to get this heart-healthy nutrient by extracting the compound and adding concentrated amounts to food. Fortified foods virtually have no difference in taste or appearance.

PLANT STEROL-CONTAINING FOODS

The National Cholesterol Education Program recommends consuming two grams of plant sterols daily. Refer to food labels to determine the exact amount of plant sterols per serving.



- Minute Maid Heart Wise orange juice
- Kashi Heart to Heart whole grain crackers with plant sterols
- Kardea nutrition bars
- Corazonas Heart-Healthy tortilla and potato chips
- Centrum Cardio multi-vitamin
- Silk Heart Health soy milk
- Benecol and Take Control margarine spreads
- Smart Balance Heart Right Fat-Free Milk

WHAT'S HOT!

OATMEAL + GOOD-FOR-YOUR-HEART NUTRIENTS

Take your bowl of oatmeal and boost heart-healthy nutrients for added benefits for a healthy heart with these additions:

APPLE CRISP OATMEAL

Cooked oatmeal + ½ cup chopped apple + ½ tbsp ground flax seed + 1 tbsp chopped walnuts + 1/8 tsp apple pie spice

BANANA NUT OATMEAL

Cooked oatmeal + ½ tbsp chia seed + 1 diced banana + 1 tbsp chopped walnuts + drizzle of agave nectar

CRANBERRY ALMOND OATMEAL

Cooked oatmeal + ½ tbsp chia seed + ¼ cup dried cranberries + 1 tbsp chopped almonds

“B” TOGETHER FOR A HEALTHY HEART

Two B vitamins, B6 and folate, may help lower homocysteine levels. High levels of homocysteine in blood may damage arteries and contribute to blockages in arteries. Studies have found B6 and folate together work better to reduce homocysteine levels.

Produce with both folate and B6 includes potatoes, acorn squash, butternut squash and broccoli. Or combine foods that provide folate and vitamin B6 at the same meal, such as a spinach salad, high in folate, with mango or red bell pepper that contains vitamin B6.

WHAT'S NEW & EXCITING



KARDEA NUTRITION BAR

A great snack or breakfast choice that also contains plant sterols. One bar provides 1 gram of plant sterols and 7 grams fiber, including 3 grams heart-healthy soluble fiber. Flavors include cranberry almond, lemon ginger, banana walnut and chai spice. www.kardeanutrition.com



KASHI HEART TO HEART WHOLE-GRAIN CRACKERS WITH PLANT STEROLS

Your heart will love this snack cracker! Kashi Heart to Heart whole-grain crackers have added plant sterols – which may help lower cholesterol. One serving crackers provides 0.4 grams plant sterols. Crackers also have 0 grams trans or saturated fat and are low-sodium. www.kashi.com



SMART BALANCE HEART RIGHT FAT-FREE MILK

A milk that provides a unique blend of nutrients, including plant sterols and omega-3 fats, that supports a healthy heart. One serving provides .4 grams of plant sterols. www.smartbalance.com

GARLICKY SEARED SALMON

Serves 4

ALL YOU NEED

- 4 (5-oz each) salmon fillets
- Salt and pepper, to taste
- 2 tbsp Hy-Vee unsalted butter, softened
- 4 to 6 garlic cloves, minced
- 1 tbsp Grand Selections olive oil
- 2 tsp chopped fresh thyme

ALL YOU DO

1. Rinse fillets and pat dry with paper towels. Season to taste with salt and pepper; set aside.
2. In small bowl combine butter, garlic, and salt and pepper to taste. Spread evenly on top of each fillet.
3. Heat oil in large nonstick skillet over medium-high heat. Place fillets skin-side-down in skillet; cook 4 minutes per side or until crisp and golden. Sprinkle with fresh thyme, and serve.

Nutrition facts per serving: 277 calories, 1g carbohydrate, 28g protein, 17g fat, 6g saturated fat, 0g fiber, 85 mg cholesterol, 60mg sodium.

Source: Hy-Vee recipe of month, Try-Foods International



PINEAPPLE-CARROT SALAD

Serves 4

ALL YOU NEED

- 2 cups ½-inch fresh pineapple chunks
- 2 cups shredded carrots
- 2 tbsp Hy-Vee orange marmalade
- 1 tbsp Hy-Vee canola oil
- 1 tbsp Grand Selections white wine vinegar
- 1/8 tsp chipotle chili powder or ¼ tsp curry powder
- 1/8 tsp salt
- 1/8 tsp pepper

ALL YOU DO

1. In a large serving bowl combine pineapple and carrots. Set aside.
2. In a small bowl stir together marmalade, oil, vinegar, chipotle powder, salt and pepper. Pour over pineapple-carrot mixture; toss to combine. Serve chilled or room temperature.

Nutrition facts per serving: 117 calories, 22g carbohydrate, 1g protein, 4g fat, 0g saturated fat, 3g fiber, 0mg cholesterol, 115mg sodium
Source: Hy-Vee recipe of month, Try-Foods International

