



GOOD FATS FOR GOOD HEALTH

There's news about your health and the fats you eat that may surprise you... you don't have to avoid fat! The key is to replace saturated fats in your diet with unsaturated fats as much as possible. An example of this would be to simply replace a high-fat salad topping (bacon) with nuts.

Research has shown substituting 5% of saturated fat in the diet with more heart-healthy monounsaturated and polyunsaturated fats may decrease the risk of developing heart disease by 7%.

Celebrate National Heart Healthy month by taking steps to protect your heart with healthy, unsaturated fats. It may be easier than you think!

WHICH TYPES OF FATS SHOULD I LOOK FOR?

- Omega 3s (Polyunsaturated Fat)
- Omega 6s (Polyunsaturated Fat)
- Omega 9s (Monounsaturated Fat)

WHAT ARE THE POSSIBLE BENEFITS?

- Healthy Heart
- Improved Blood Cholesterol
- Blood Sugar Control
- Brain Development & Function
- Improved Mood

SHOPPING LIST

FRUITS

- Avocado
- Olives

NUTS

- Almonds
- Pistachios
- Walnuts

OILS

- Canola
- Olive
- Sunflower

FISH

- Salmon
- Tuna
- Herring
- Mackerel

SNACK FOODS

- Way Better Snacks® Tortilla Chips and Crackers
- Sun Chips® Multigrain Snacks
- Orville Redenbacher® Gourmet Popcorn
- Hy-Vee® Natural Peanut Butter
- Back to Nature® Nut Mixes
- Nabisco® Triscuit Crackers
- Somersaults Snack Co.® Sunflower Snacks
- Tostitos® Tortilla Chips
- Hy-Vee® HealthMarket Organic Tortilla Chips
- Planters NUT-rition® Heart Healthy Mix
- Kashi® Cereals, Snacks and Bars
- Hy-Vee Select® Pita Chips

WHAT'S NEW & EXCITING



SNYDER'S GLUTEN-FREE PRETZELS

Gluten-free pretzel sticks that combine great taste with no trace of gluten, dairy, egg or milk. Flavors include: Honey, Mustard and Onion and Hot Buffalo Wing.



WAY BETTER SNACKS

These snacks use foods that have the added benefit of being sprouted. Sprouting is believed to maximize nutrient density and improve bio-availability. All snacks are high in omega-3 fat and low in saturated fat and sodium. Flavors include: Black Bean, Sweet Chili, Multi-Grain and Blue Corn.



HY-VEE FROZEN CHOPPED KALE

Chopped kale now available frozen. Ready to heat, add to soups or casseroles or boost the nutrition in your smoothie.

Dietitian Pick of the Month ZÖET PREMIUM BELGIAN DARK CHOCOLATE 57% CACAO

5 REASONS TO EAT DARK CHOCOLATE

1. It is sweetly luxurious, sweetly indulgent and sweetly satisfying. "Zöet" is the Dutch word for sweet.
2. It takes a smaller amount of dark chocolate than milk chocolate to cure a chocolate craving.
3. Dark chocolate has antioxidant and anti-inflammatory properties, which are good for the brain and heart.
4. A Belgian chocolatier, who loves chocolate as much as you do, uses high-quality cocoa beans to prepare Zöet premium chocolate bars.
5. Dark chocolate pairs perfectly with many foods, including:
 - Strawberries
 - Dried apricots
 - Almonds & walnuts
 - Peanut butter
 - Merlot wine
 - Parmigiano-Reggiano cheese
 - Havarti cheese
 - Coffee



Dietitian Recipe of the Month RASPBERRY-DARK CHOCOLATE DELIGHTS

Serves 15 (1 tart each)

ALL YOU NEED

- 1/3 cup Zöet premium Belgian Dark 57% cacao chocolate pieces
- 1 (1.90 ounce) package Athens™ pre-baked mini fillo shells
- 1 carton Hy-Vee non-fat raspberry Greek yogurt
- 15 fresh raspberries

ALL YOU DO

1. Coarsely chop dark chocolate bar into chocolate chip-size pieces. Melt chocolate pieces on HIGH in microwave, stirring every 20 seconds until melted. Spoon approximately 1/2 tsp. chocolate in bottom of each fillo shell, spreading up onto sides of shell. Chill in freezer for 5 to 10 minutes.
2. Spoon raspberry Greek yogurt into fillo shells. Top each shell with a raspberry.
3. Drizzle melted chocolate onto top of raspberry-yogurt mixture for garnish.

Nutrition facts per serving: 45 calories, 2 g fat, .5 g saturated fat, 0 trans fat, 0 cholesterol, 115 mg sodium, 5 g carbohydrate, 0 fiber, 3 g sugar, 1 g protein. Vitamin A 0, Vitamin C 2%, Calcium 2%, Iron 4%.
Source: Hy-Vee dietitians

