



SENIOR FOOD CENT\$

Eat for a Healthy Heart



Unsaturated Fat

(Heart healthy fat to be consumed in moderate amounts.)

Monounsaturated

- Olive oil
- Canola oil
- Peanut oil
- Olives
- Avocados



Polyunsaturated

- Safflower oil
- Soybean oil
- Sunflower oil
- Corn oil
- Flax seed
- Canola oil
- Nuts
- Avocados

Omega-3 Fatty Acids

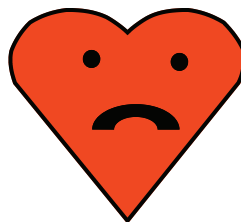
- Tuna
- Mackerel
- Salmon
- Walnuts
- Flaxseed



Saturated Fat

(Limit the amount of this kind of fat.)

- Meat and poultry
- Whole or reduced fat milk
- Cheese or butter
- Coconut, palm, or palm kernel oil
(Found in many baked and frozen foods.)
- Stick margarine
- Shortening



Oils versus solid fats

- All fats and oils are a mixture of saturated fatty acids and unsaturated fatty acids.
- Solid fats contain more saturated fats and/or trans fat.
- Oils contain more mono-unsaturated and poly-unsaturated fats.
- Saturated fats, trans fats, and cholesterol tend to raise “bad” (LDL) cholesterol levels in the blood.
- High LDL increases the risk of heart disease.
- Oils found in fish, nuts, and vegetable oils do not raise LDL “bad” cholesterol.
- Oils are also the major source of vitamin E.
- All oils and fats contain the same number of calories—120 per tablespoon.
- The Nutrition Facts label will provide information on calories from fat.

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11/2010

College of Education and Human Sciences

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Heart Healthy Cooking

| Nutrition Facts | |
|---------------------------|-----------------------|
| Serving Size 1 cup (228g) | |
| Servings Per Container 2 | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 110 |
| % Daily Value* | |
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| Trans Fat 1.5g | |
| Cholesterol 30mg | 10% |

5% low—20% high

- Bake, broil, steam, roast, microwave, grill, stew, stir fry.
- Use non-stick cooking spray.
- Use light margarine—whipped, tub, or spray.
- Rely on olive and canola oils.
- Read the ingredient list to avoid trans fats and hydrogenated fats.
- Check fats on the Nutrition Facts label.

South Dakota State University Cooperative Extension Service

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This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-999-5612.

Roasted Vegetables



Roasting vegetables brings out their natural sweetness and increases flavor. Eat them as a side dish or to add flavor to sauces, soups, and casseroles.

Ingredients:

1 cup bite-sized vegetables for each guest.

Consider tomatoes, summer squash, eggplant, (bake 20 min.) onions, garlic, peppers, winter squash, (bake 30-40 min.) potatoes, carrots, beets, pumpkins, turnips, parsnips (bake 60 min.)

Canola or olive oil

Sprinkle lightly with one or two seasonings:

Consider pepper, thyme, rosemary, sage, onion or garlic powder, parsley, lemon, basil, marjoram, salt.

Instructions:

1. Preheat oven to 400 ° F. Line flat pan with foil. Coat with canola or olive oil.
2. Add peeled, cut up, vegetables in a single layer
3. Spray the top with cooking spray or drizzle with a bit of canola or olive oil. Toss to coat.
4. Sprinkle lightly with 1 or 2 desired seasonings.
5. Bake. Check after 25-30 minutes, turn with a spatula, cook until tender and browned.

Add leftover roasted vegetables to soups, stews, pasta.

Nutrition Facts

Serving Size 1 cup
Servings per recipe 4

| Amount Per Serving | |
|--------------------------|----------------------|
| Calories 140 | Calories from Fat 60 |
| % Daily Value | |
| Total Fat 7 g | 11% |
| Saturated Fat 0.5 g | 3% |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0% |
| Sodium 320 mg | 13% |
| Total Carbohydrates 18 g | 6% |
| Dietary Fiber 3 g | 12% |
| Sugars 4 g | |
| Protein 2 g | |
| Vitamin A 100% | Vitamin C 20% |
| Calcium 4% | Iron 4% |

Based on 1 cup carrots, 1 cup potato, 1 cup winter squash, 1 cup parsnips, 2 Tbsp. canola oil, 1/2 tsp salt.