

Have You Helped Your Heart Today?
Ten Eating Do's and Don'ts from the Center for Science in the Public Interest

The CSPI is not shy about identifying popular foods that are just plain bad for our health, and those which are healthy. There are no secrets, all you have to do is read the labels.

DON'T EAT:

1. **Pepperidge Farm Original Flaky Crust Roasted Chicken Pot Pie.** The label says it has 510 calories and 9 grams of saturated fat. But those numbers are for one half of the pie. Then add 6.5 grams of trans fat and you have up to 31 grams of artery clogging fat in a single pot pie.

2. **McDonald's Chicken Select Premium Breast Strips** A standard 5 strip order has 630 calories and 11 grams of fat, about the same as a Big Mac except that the strips have 1,550 mg of salt per serving (without the salty sauce) compared with 1,010 mg in the Big Mac.

3. **The Cheesecake Factory's 6 Carb Cheesecake** has 610 calories per slice, the same as a slice of their Original Cheesecake. It's an 8 oz. prime rib for dessert with 29 grams of saturated fat.

4. **Dove Ice Cream** has 300 calories and 8 to 13 grams of saturated fat in a ½ cup serving (about the size of a tennis ball).

5. **Mrs. Field's Milk Chocolate & Walnuts Cookie** has 310 calories in a single cookie and as much saturated fat as a 12 oz. sirloin steak. It also has six teaspoons of sugar.

6. **Starbucks Venti (20 oz.) Caffe Mocha** with whipped cream has 490 calories and 16 grams of bad fat. A 12 oz. serving with non fat milk and no whipped cream is 170 calories and no bad fat.

7. **Burger King Quad Stacker** has half a day's calories (1,000) and enough saturated fat (30 grams) for one and one half day 3 grams of trans fats and more than one day's salt (1,800 mg.).

8. **Campbell's Chunky, Select and red and white label condensed** soups have more than half a person's daily quota of salt.

9. **Chipotle Chicken Burrito** is made of tortilla, rice, pinto beans, cheese, chicken, sour cream and salsa. That means 1,180 calories, 19 grams of saturated fat about the same as three 6 inch Subway Steak and Cheese Subs.

10. **Haagen Dazs Stores' Mint Chip Dazzler** has 1,270 calories and 38 grams of saturated fat. That's two days worth. It's a portable T-bone steak with Caesar salad and a baked potato with sour cream.

EAT LOTS OF

1. **Sweet Potatoes** They are loaded with carotenoids, vitamin C, potassium and fiber. Mix in unsweetened applesauce or crushed pineapples.

2. **Grape Tomatoes** Sweeter and firmer than other tomatoes, they're great for snacking, dipping or salads and they're full of vitamins C and A, not to mention fiber.
3. **Skim or 1% Milk** An excellent source of vitamins and protein with little or no saturated fat or cholesterol. Soy milk must have the nutrients added by the producer.
4. **Blueberries** Fresh or frozen they're rich in fiber, vitamin C and antioxidants.
5. **Wild Salmon** An excellent source of omega 3 fats which can help reduce the risk of sudden death heart attacks. Wild salmon has less dioxin contaminant than farm raised.
6. **Crispbreads** Whole grain rye crackers like Wasa, Rye Krisp and Ryvita are loaded with fiber and often fat-free.
7. **Microwaveable or "10 Minute" Brown Rice** Contains the fiber, magnesium , vitamins E and B-6, copper, zinc and phytochemicals that are lost in white rice.
8. **Citrus Fruits** The are rich in vitamin C, folic acid and fiber.
9. **Diced Butternut Squash** Many supermarkets carry it peeled, seeded, cut and ready to cook. Every half cup has 5 grams of fiber and lots of vitamins A and C
10. **Pre-washed, Pre-Cut Bags of Greens** Kale, spinach, broccoli rabe are loaded with vitamin C, carotenoids, calcium, folate, potassium and fiber.

For more information contact The Health Heart Program of the Columbia County Dept of Health (518) 828-3358 ext 1314/15 or log on to <http://www.columbiacountyny.com/depts/healthy/heart/html>