

# HEART-HEALTHY EATING

## Key Ingredients For A Healthier Heart

(NAPSA)—Here's heartening news: Although cardiovascular diseases remain the nation's No. 1 killer, according to the American Heart Association, you can help reduce your risk.

"People tend to focus on what they should cut out of their diets; but it's also what you add in that can make a difference," said registered dietitian Tammi Hancock. Here are key heart-healthy nutrients to look for:

**Omega-3 fatty acids** can decrease the plaque on artery walls while raising healthy HDL cholesterol levels.

**Phytosterols**, plant sterols, can lower total cholesterol and LDL cholesterol while raising HDL.

**Vitamin D:** Not only does vitamin D help keep bones strong, but it also plays a role in heart health.

**Balanced fats:** All fats are not created equal. For example, Smart Balance spread has been shown to balance cholesterol ratios. The patented blend of all-natural vegetable oils contains no hydrogenated or interesterified fats or palm kernel oil.

Here's a great way to use it to start the day:

### Oatmeal with Spiced Apples

*Serves 4*

- 3¼ cups water
- ¼ teaspoon salt
- 1¾ cups quick-cooking oats
- ¼ cup Smart Balance HeartRight Buttery Spread, softened
- 3 tablespoons dark brown sugar or honey
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- ¼ teaspoon salt



**Don't eat your heart out over health concerns—eat right to protect your heart instead.**

**2 cups (¼-inch-thick) sliced  
Granny Smith apple,  
peeled if desired**

**Bring cups water and salt to a full boil in a large saucepan over high heat. Stir in oats. Reduce heat to medium and cook, uncovered, 6 minutes or until thickened, stirring occasionally. While oatmeal cooks, combine all the spread ingredients in a small bowl and stir until well blended. Heat a medium non-stick skillet over medium-high heat. Add ¼ cup of the spice spread; refrigerate remaining spread for later use. When bubbly, add the apple slices and cook 3 minutes or until tender, stirring gently. Remove from heat and let stand 1 minute to absorb flavors. Divide oatmeal equally among four bowls. Spoon equal amounts of the apple mixture over each serving.**

*Per Serving: 234 calories, 5g protein, 39g carbohydrate, 6.5g total fat, 1.7g saturated fat, 2g monounsaturated fat, 2.4g polyunsaturated fat, 0g trans fat, 183mg omega-3 fatty acids, 810mg omega-6 fatty acids, 0mg cholesterol, 271mg sodium, 5g fiber*



**Note to Editors:** While this article is particularly apt during February, American Heart Month, it can be useful to your readers at any time.