

KEEP YOUR HEART



IN THE GAME!

Give your spouse or loved one a Valentine's Hug of Love, because he/she is the one who does the shopping and scours the shelves for heart-smart items to keep your heart healthy. They do that, because you are too busy with your athletes. You, in turn, should take a lesson from him/her and keep your athletes tuned in to a healthy heart! Remind your athletes of the need to not only "Keep your heart in the Game!" mentally, but nutritionally as well. Turn the pages and have them follow the five principles listed.

BOWL SWAMI'S

HEART SMART TIP

1. Limit the amount of unhealthy fats and cholesterol that you consume. Everyone should be informed by looking at labels for saturated and trans fats plus cholesterol. Use this guide to help with fats.

Choose	Avoid
<ul style="list-style-type: none">• Olive oil• Canola oil• Margarine labeled "trans fat-free"• Cholesterol-lowering margarine, such as Benecol or Take Control	<ul style="list-style-type: none">• Butter• Lard• Bacon• Gravy• Cream sauce• Nondairy creamers• Hydrogenated margarine and shortening• Cocoa butter, found in chocolate• Coconut, palm and palm-kernel oils

2. Choose low-fat protein sources such as meat, poultry and fish along with low-fat dairy products.

Choose	Avoid
<ul style="list-style-type: none">• Skim or low-fat (1 percent) milk• Fat-free or low-fat dairy products, such as yogurt and cheese• Egg whites or egg substitutes• Fish, especially fatty, cold-water fish• Skinless, white-meat poultry• Legumes• Soybeans and soy products, for example, soy burgers	<ul style="list-style-type: none">• Full-fat milk and other dairy products• Organ meats, such as liver• Egg yolks• Fatty and marbled meats• Spareribs• Cold cuts• Frankfurters, hot dogs and sausages• Bacon• Fried, breaded or canned

3. Eat more fruits and vegetables. They are a good source of vitamins and minerals, and are rich in dietary fiber.

Choose	Avoid
<ul style="list-style-type: none">• Fresh or frozen vegetables and fruits• Low-sodium canned vegetables• Canned fruit packed in juice or water	<ul style="list-style-type: none">• Coconut• Creamy sauces• Fried or breaded vegetables• Canned fruit packed in heavy syrup

4. Select whole grains because they have not had their bran and germ removed by milling. They are a terrific source of fiber and nutrients.

Choose	Avoid
<ul style="list-style-type: none">• Whole-wheat flour• Whole-grain bread, preferably 100 percent whole-wheat or 100 percent whole-grain bread• High-fiber cereal with 5 or more grams of fiber per serving• Brown rice• Whole-grain pasta• Oatmeal	<ul style="list-style-type: none">• Muffins• Frozen waffles• Corn bread• Doughnuts• Biscuits• Quick breads• Granola bars• Cakes• Pies• Egg noodles• Buttered popcorn• High-fat snack crackers• Chips

5. Use moderation and balance. Knowing which foods to eat is the first step in creating a heart-healthy diet, but you also need to know how much food to consume. Overloading the plate, taking seconds and eating until you're stuffed can lead to excess calorie, fat and cholesterol intake. Portions served in restaurants are often much more than anyone needs. Keep track of the number of servings you eat --- and use proper serving sizes --- to help control how much food you eat.