

## More Heart Facts

- Children and adolescents who have high cholesterol levels are more likely than those in the general population to become adults with high cholesterol levels.
- Exercise strengthens the heart muscle, improves blood flow, reduces high blood pressure, raises HDL cholesterol ("good" cholesterol), and helps control blood sugars and body weight.
- Hydrate! Water is vital to life. Be sure to stay adequately hydrated.
- Everyone over the age of 20 should get cholesterol levels measured at least once every 5 years.
- Smoking greatly increases the risk of heart attack. About 20% of all deaths from heart disease in the U.S. are directly related to cigarette smoking.

## Heart Smart Tips

- If you're in the mood to snack, raw vegetables like broccoli, carrots and celery are the most heart healthy.
- Hummus is one of the most heart-healthy dips because it contains good monosaturated fats.
- Choose fish over red meat. Cold water fish contain nutrients that have been shown to reduce the risk of heart problems. Wild salmon is one of the best choices.
- The more colorful the vegetable, the more heart protective antioxidants are contained in it. Steaming is better than microwaving for preserving nutrients.
- Red wine and dark beer contain many protective antioxidants and flavanoids that are good for heart health.
- Eat foods that are low in sodium, as too much salt intake has been linked to high blood pressure.



visit us at [www.SFMARKETS.COM](http://www.SFMARKETS.COM)



# Top 10 Heart Healthy Foods

1. Salmon



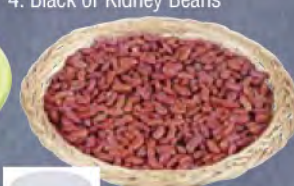
2. Flaxseed (ground)



3. Oatmeal



4. Black or Kidney Beans



5. Almonds



6. Walnuts



7. Red Wine



8. Tuna



9. Tofu



10. Brown Rice



## HEART SMART RECIPE

### Spicy Stir-Fried Brown Rice with Broccolini and Scallops

1/2 cup water  
8 ounces broccolini, cut into 1-inch pieces (about 3 cups)

1 tablespoon vegetable oil  
1 cup diced red bell pepper  
1 cup chopped green onions  
1 tablespoon minced peeled fresh ginger  
2 garlic cloves, minced  
1/4 teaspoon dried crushed red pepper  
12 ounces bay scallops  
1 1/2 cups brown basmati rice or other brown rice, cooked, drained, cooled  
2 tablespoons soy sauce  
2 teaspoons oriental sesame oil

Bring 1/2 cup water to boil in large skillet over medium-high heat. Add broccolini; cover and cook until crisp-tender, about 3 minutes. Drain. Dry skillet.

Heat oil in same skillet over high heat. Add next 5 ingredients; stir 30 seconds. Push vegetables to side of skillet; add scallops to other side. Sprinkle with salt and pepper; stir-fry 1 minute. Stir vegetables into scallops. Add rice, broccolini, soy sauce, and sesame oil and stir-fry until heated through, about 2 minutes. Season with salt and pepper.

## HEART SMART RECIPE

### Black Bean Dip

1 can black beans  
1 medium ripe tomato, diced  
1/4 cup jalapeno slices  
1/3 cup salsa  
1/2 cup shredded cheddar cheese  
1 bunch green onion - diced  
sour cream  
1 tsp cumin  
1 tsp chili powder salt

Heat beans over the stove; add cumin, chili powder, and just a pinch of salt. Once the beans are heated through, move to an oven-safe bowl. Top with cheese. Use broiler setting in the oven to melt the cheese.

Once the cheese has melted, top with salsa, fresh tomatoes, jalapeno, and sour cream. Garnish with diced green onions. Serve immediately with tortilla chips. Makes enough, as an appetizer, for 3-4.

## HEART SMART RECIPE

### Grilled Salmon with Pineapple Salsa

**Fresh Pineapple Salsa**  
1 1/2 cups chopped pineapple  
1/4 cup chopped red onion  
2 tablespoons sugar  
1 tablespoon lemon juice  
1/2 1 teaspoon chopped jalapeno pepper  
1 teaspoon finely minced ginger  
1 tablespoon fresh chopped mint

Place salmon fillets in a resealable plastic bag. Combine marinade ingredients in a non-reactive bowl or measuring cup. Pour marinade over fillets and refrigerate from 1 to 24 hours. In a grill basket sprayed with cooking spray, grill the salmon, skin side down. Flip after 2 to 3 minutes and cook for another 1 to 3 minutes, or until desired doneness. Serve with pineapple salsa spooned on the side.

**Grilled Salmon and Marinade:**  
4 x 8 oz. salmon steaks

**Marinade:**  
1 tablespoon maple syrup  
1 tablespoon teriyaki sauce  
1 tablespoon pineapple juice  
1 teaspoon minced fresh ginger  
1 clove garlic, mashed

