

Better Homes and Gardens. Special Interest Publications.

heart•healthy LIVING™

**Best Ways to
Eat Well, Get Fit,
De-Stress**

**Drop 20
Pounds
By New
Year's**



Salmon with Whole
Wheat Pasta, p.108

**35
Energizing Recipes**

Fall 2006
Display until Nov. 7



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Guide to blood pressure monitors
Say goodbye to bad cholesterol
Create a healthy neighborhood

heart-healthy

pack it in

For grab-and-go goodness, any of these products can be easily tossed into a backpack or briefcase. Snack on them, or work them in at mealtime.

By Bonnie Tandy Leblang, M.S., R.D.



1

Dulcinea Extra-Sweet Tuscan-Style Cantaloupe

3- to 6-pound melon, \$3-\$4 each. Enjoy this sweet melon now through October. A quarter cantaloupe serves up a mere 50 calories yet 100 percent of the Recommended Daily Allowance of vitamin A and 80 percent of the RDA of vitamin C. It's also chock-full of the antioxidant beta-carotene.



2

Wishbone Salad Spritzers Vinaigrette Dressings

Red Wine Mist Cabernet, Italian, and Balsamic Breeze; 7-ounce spray bottle, \$2.89. Tote along one of these new spray bottles to spritz your greens. Each trans fat-free squirt adds flavor and only 1 calorie to your salad with practically no fat.



5

Sunkist Fun Fruit

Grins Apple Slices, Smiles Orange Slices, Pals Pineapple Wedges; single-serve bags (1.3 ounces) 69 cents; 4.7-ounce bags, \$1.09. Ready-to-eat fruits in individual snack packs are great for on-the-go munching. Citrus fruits—including oranges—are a good source of folate, an important vitamin for reducing homocysteine levels in the blood (therefore reducing the risk of heart disease).



6

Rubschlager European-Style Whole-Grain Bread

1-pound loaf, \$2.29. Diets rich in whole grains—including this 100-percent-whole-grain bread—may reduce the risk of heart disease. These square slices contain a hefty 3 grams of fiber per 70-calorie slice.

][SIMPLE SALMON SANDWICH] Spread whole-grain bread with low-fat cream cheese. Then top it with smoked salmon, sliced tomatoes, nutrient-rich greens, and fresh pepper.