

Healthy Appetite

Bringing you the resources of Cleveland Clinic and Heinen's

This brochure is brought to you by **Healthy Appetite**, a program designed by **Cleveland Clinic and Heinen's** to provide shoppers with nutritional and educational information, so they can make healthier food and lifestyle choices – choices that will ultimately enhance personal health and wellness.

This information should be relied upon for health education purposes only. It does not provide a complete overview of the topics covered and should not replace the independent judgment of a physician.



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Make Your Meals Nutritious and Delicious

With Our Healthy Appetite™ Program





The Healthy Appetite Program: A Recipe for Healthier Living

Scientific evidence linking eating habits to increased risk of certain diseases and conditions proves “you are what you eat.” Consider these facts.

- One-third of cancers could be prevented by lifestyle changes such as eating a diet rich in plant-based foods.
- Fiber from fruits, vegetables, cereals and whole grains is associated with lower rates of obesity, heart disease, certain cancers, and metabolic syndrome (a condition that increases your risks of developing heart disease and diabetes). Every 10-gram increase in dietary fiber may reduce the risk of heart disease by 27 percent.
- Substituting unsaturated fats for saturated and trans fats can 1) reduce your unhealthy LDL cholesterol by up to 10 percent and 2) raise your healthy HDL cholesterol, which lowers your risk of developing heart disease an additional 20 percent.
- A weight loss of 5 to 7 percent obtained by reduced fat intake can lower your risk of developing diabetes by nearly 60 percent.

Your Good Health Is Our Mission

To help you and your family benefit from healthy food choices, Heinen's Fine Foods and Cleveland Clinic have partnered to create the *Healthy Appetite* program.

Simply look for the *Healthy Appetite/Go Foods* label on Heinen's prepared foods and on grocery items throughout the store. The label ensures you are making the healthiest food selections. In any Cleveland Clinic cafeteria, look for the *Go Foods* green-light sticker.

Cleveland Clinic nutrition experts certify that foods carrying the Healthy Appetite/Go Foods labels meet national nutritional guidelines and contain:

- **Minimal Saturated Fat: less than 4 grams for main dishes; less than 2 grams for side dishes, soups and desserts**

Reason: Saturated fats “harden” arteries and cause high LDL cholesterol, which increases the risk of heart attack, stroke and some cancers.

Foods high in saturated fats include full-fat dairy products, red meat, coconut oils and palm oils.

- **No Trans Fat**

Reason: Trans fat has no redeeming qualities! It increases bad LDL cholesterol and decreases good HDL cholesterol, raising the risk of heart attack and stroke.

Although trans fat is found in small amounts in some meats and dairy products, most is consumed in the form of hydrogenated oils, which are added to stabilize products and lengthen shelf life. Products that claim to be “trans fat free” have less than 0.5 grams per serving. At Cleveland Clinic, we believe that no amount of trans fat is acceptable and have eliminated trans fat altogether.

- **Minimal Added Sugars and Syrups: less than 4 grams for main dishes and desserts; less than 2 grams for side dishes and soups**

Reason: Adding sugar translates to empty calories and causes blood sugar to fluctuate.

High blood sugar increases your risks of kidney disease and all arterial aging diseases, including skin wrinkling, impotence, stroke and heart attack.

- **100% Whole Grain**

Reason: Whole grains are a vital source of fiber. Fiber has been shown to decrease the risk of heart disease, stroke and certain cancers, maintain blood sugar and insulin levels, assist with regular bowel movements and keep you feeling fuller longer.

Women need about 25 grams and men generally need 35 grams of fiber per day. This is hard to achieve by eating refined breads, pastas and rice, in which the fiber has been removed.

- **Minimal Sodium: No more than 600 mg in entrees; 480 mg in sides and desserts**
- Reason: High sodium intake is associated with high blood pressure, increased risk of stroke and worsening of kidney disease, heart failure and other conditions.*

The general recommendation is that no more than 2,300 mg of sodium should be consumed per day — about the amount in a teaspoon of salt.

For more healthy eating tips and recipes, please visit www.heinens.com and click on the Healthy Appetite logo.