

HEART-HEALTHY EATING

When It Comes To Good-For-You Foods, It's A Wrap

(NAPSA)—Here's an idea you may find easy to wrap your head around. It's a fresh and flavorful recipe you will want to try that's also heart healthy. To make this recipe delicious and nutritious, it helps if you start with such heart-healthy options as Buddig Deli Cuts, which are certified by the American Heart Association® to display its heart-check mark.

Cobb Salad Wrap

- 1 large flour tortilla (10 to 11 inches in diameter)
- 2 tablespoons reduced-fat blue cheese dressing
- 1 large leaf romaine lettuce
- 1 tablespoon chopped green onion
- ¼ cup shredded 50 percent reduced-fat cheddar cheese
- 4 thin slices tomato
- 1 portion (2 oz) Buddig Deli Cuts Oven-Roasted Turkey

Spread tortilla with blue cheese dressing to within ½ inch of edge. Layer with lettuce, turkey, tomato, green onion and cheese. Roll up tightly. Wrap in plastic wrap and refrigerate up to 2 hours. Cut diagonally in half to serve.

Nutritional Information: Calories Per Serving (1 wrap) 440; Calories From Fat 140; Total Fat 15g; Saturated Fat 6g; Trans Fat 0g; Cholesterol 40mg; Sodium



Hearty and handy, this Cobb salad wrap is also heart friendly.

1,730mg; Total Carbohydrate 53g; Dietary Fiber 4g; Protein 26g

The varieties of Buddig Deli Cuts include:

- Oven-Roasted Turkey
- Honey-Roasted Turkey
- Smoked Turkey
- Brown-Sugar Ham
- Smoked Ham
- Honey Ham
- Rotisserie Chicken.



American Heart Association

Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

heartcheckmark.org

All seven come in 2-oz., portion-controlled servings within a new 12-oz., press-to-close, resealable package. Each has just 70 or 80 calories per serving and 9 to 10 grams of protein.

To make heart-smart shopping easy, look for the heart-check mark on the packaging. Products

displaying that mark must be low in fat and saturated fat, low in cholesterol, limited in sodium and contain at least 10 percent of the daily value of one or more of the naturally occurring nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber.

Heart Health Hints

According to the American Heart Association, other ways to help your heart include:

- Use up at least as many calories as you take in. Aim for at least 30 minutes of moderate physical activity on most days. Regular physical activity can help you maintain your weight, keep off weight that you lose and help you reach physical and cardiovascular fitness.

- Eat a variety of nutritious foods from all the food groups. Read labels carefully—the Nutrition Facts panel will tell you how much of those nutrients each food or beverage contains.

- If you drink alcohol, do so in moderation. That means no more than one drink per day for women, two a day for men.

- Don't smoke tobacco—and stay away from tobacco smoke.

Free Brochure And More

For more information on the American Heart Association Diet and Lifestyle Recommendations, call (800) AHA-USA1 to order a free consumer-friendly brochure.

To learn more about lean, heart-smart deli meats, visit www.buddig.com.

Editor's Note: American Heart Association is a registered trademark/service mark and the heart-check mark is a registered certification mark of the American Heart Association, Inc.