

# HEART HEALTHY FOODS

## Making Fiber Count For A Heart-Healthy Lifestyle

(NAPSA)—According to a recent Prepared Foods' Exclusive R&D Trends Survey, as many as 50 million Americans are limiting their carb consumption. What many people may not realize is that curbing carbs can lead to a decrease in fiber intake. And the U.S. Department of Health and Human Services reports that nine out of 10 people currently are not meeting their daily-recommended fiber levels.

Fiber is essential for a healthy heart. A recent study by the University of Minnesota School of Public Health found that for each 10 grams of fiber consumed per day, people's risk of heart disease was reduced by 14 percent. The American Dietetic Association recommends that Americans eat 20 to 35 grams. Yet, according to the National Center for Health Statistics, most people consume on average, just 11 grams.

Nutritionist Heidi Skolnick, MS, CDN, FACSM, believes that being carb-conscious doesn't have to mean reducing fiber intake. "Knowing what foods to choose is important," she says, "and being educated on proper nutrition can help you select smart and essential carbs, which can help increase your chances of living a heart-healthy lifestyle."

Whole grains are a good source of fiber and offer heart-health benefits for men and women. According to a study in the *American Journal of Clinical Nutrition*, men who ate at least one serving of whole-grain breakfast cereal per day had a 27 percent lower risk of death from heart disease. Additionally, the *Iowa Women's Health Study* found that women who consumed at least three servings of whole grains per day were 30 percent less likely to die of a heart attack.

Skolnick offers the following expert tips on how to incorporate more fiber into your diet:

- **Eliminate empty carbs.** If you're going the low-carb route,



**Low-carb diets shouldn't keep you from getting the fiber you need.**

look for carbs that are complex carbohydrates such as grains, oats, rice and pasta and when offered an option, consume whole grain versions of foods.

- **Put some heart into it.** Choose heart-healthy foods that are a good source of fiber and contain whole grain and whole wheat, such as Triscuit® Baked Whole Grain Wheat Crackers. Foods that have a good source of fiber may offer "heart-y" benefits that include a fuller feeling that lasts longer and the possibility to reduce the risk of heart disease.

- **Become a label and package reader.** Look for products that feature the official "Whole Grain Heart Health Claim" heart- logo, such as the new Triscuit crackers with 0 grams trans-fat per serving. (*Triscuit Cheddar* does not carry the Whole Grain Heart Health claim.)

- **Create fiber-licious snacks.** Eat whole grain crackers topped with fruit to add another one to two grams of fiber.

- **Top it off.** Add beans to salad, soups and stews for added fiber, and fruit to morning cereal.

For more information on heart-healthy Triscuit crackers and quick-and-easy ideas to make snack recipes, visit [www.nabisco.com/Triscuit](http://www.nabisco.com/Triscuit).