



Guiding Stars[®]

Nutritious choices made simpleSM



Take it to HeartSM
a guide to shopping and eating for a healthy heart

Guiding Stars and Heart Health

We understand that changing your diet can be challenging and may seem impossible at first. That's why Guiding Stars has created this kit to make it as easy as possible for you to follow your doctor's recommendations. This kit was designed in partnership with Cardiovascular Consultants of Maine, a cardiology practice committed to nutrition education, as well as input from cardiology patients and their caregivers to help you discover new ways to shop and eat for a healthy heart.*

One of the best ways to care for your heart is to eat foods with more fiber, whole grains, vitamins, minerals and little or no trans fat, saturated fat, cholesterol, added sugars and added sodium. But how do you know which foods meet these criteria? Guiding Stars can help you quickly find these heart-healthy choices as you shop. In this kit you can learn more about Guiding Stars and find helpful cooking tips and easy meal solutions.

It may feel overwhelming now, but remember – you don't have to change everything all at once. Take small steps, and over time, you'll get used to your new way of eating as you travel down the road to good heart health.

**Although the information in this book is accurate and up-to-date, it is not a replacement for your doctor's advice. Please be sure to consult with your doctor if you have any questions about your diet.*

This kit features:

- Planning and shopping help. Information on Guiding Stars and how to use it in stores, and a guide to reading labels.
- Information sheets on key nutrients and the foods you can find them in.
- Some simple tips for heart-healthy eating: sample menus and tips for snack trade-offs you can make.
- [\[Information on free resources available at your store such as wellness classes, an "Ask the Nutritionist" hotline, pharmacy, store shopping tours, online recipes and more here\]](#)
- A menu planner and shopping list pad for you to use every week.



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What is Guiding Stars?

Guiding Stars is a nutrition navigation system created to help shoppers quickly identify more nutritious food choices throughout the supermarket. It's an easy starting point for you when you're looking for heart-healthier foods.

As you make your way through the store, Guiding Stars will help you see which foods and beverages have:



More	Less
Vitamins	Saturated Fat
Minerals	<i>Trans</i> Fat
Fiber	Cholesterol
Whole Grains	Added Sodium
	Added Sugars

When you are shopping for foods that are good for your heart, choose those which have one, two or three stars. From there, you can find more information on the Nutrition Facts label found on the packages. Nearly every food item in the store has been rated with Guiding Stars.

If you do not see the Guiding Stars icon, that means the item did not meet the nutritional criteria to earn a star or the category is not rated by Guiding Stars (bottled waters, coffee, tea and spices).



One star, good nutritional value.



Two stars, better nutritional value.



Three stars, best nutritional value.

Guiding Stars icons can be found throughout the store:



Guiding Stars icons can be found on the shelf tags in the packaged food aisles



Guiding Stars icons can be found in the produce section



Guiding Stars icons can be found on the package label of meats and poultry

NUTRITION Facts 101

Guiding Stars has done most of the work for you by narrowing your choices to those foods that are the most heart-healthy. However, it's important that you read the label to be sure the product meets the specific nutritional needs that your doctor recommends.

Start Here

watch serving size and calories

Daily Value

shows the percent of the recommended daily value of each nutrient, based on one serving size

Limit these nutrients

Get enough of these nutrients

Rules of Thumb

- Check sodium content on the label to help track sodium intake each day.
- Look at fat calories in relation to total calories. Try to limit your fat calories to 30% of total calories.
- Limit fat to 3g per serving.
Limit saturated fat to 2g per serving.
Limit sodium to 250mg per serving.
Limit cholesterol to 300mg per day.
- Strive to eat foods with 2-3g of fiber per serving.
Aim for 28-35g of fiber per day.

Nutrition Facts

Serving Size 1/2 cup (114g)

Servings Per Container 4

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Trans Fat

Cholesterol 30mg **10%**

Sugars 5g

Sodium 660mg **28%**

Total Carbohydrate 31g **11%**

Dietary Fiber 0g **0%**

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrients strongly linked to Heart Health

Look for Guiding Stars to find foods with:



More	Less
Vitamins	Saturated Fat
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Saturated Fat

Saturated fat comes from animal sources, such as whole milk, cream, ice cream, butter, lard, and meats. It can also be found in certain plant oils, such as palm, kernel, and coconut oils, and cocoa butter.

TOP SOURCES:

- Beef and pork
- Regular dairy products
 - whole milk
 - cheese
 - cream
 - sour cream
 - ice cream
 - butter

WAYS TO LIMIT SATURATED FAT:

1. Choose food with Guiding Stars; they have little or no saturated fat.
2. Serve small portions of lean meat, skinless poultry, or fish and trim extra fat from meat before cooking.
3. Compare labels to find ground meat or ground turkey with the least amount of fat.
4. Chill soups and stews after cooking to allow fat to harden on top. Remove fat layer before reheating.
5. Substitute skinless boneless chicken breast for chicken thigh or drumstick.
6. Try meatless dishes made with beans (kidney, garbanzo, black and others) or tofu.
7. Switch to low-fat or fat-free milk, yogurt and cheese.
8. Choose low-fat ice cream, low-fat frozen yogurt, sherbet, sorbet or fruit pops instead of ice cream.
9. Buy soft margarine that is saturated fat-free in place of butter.
10. Switch to light or fat-free mayonnaise and salad dressing.



..... Look for the Guiding Stars to help you find the foods with more nutrition!

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Trans Fat

Trans fat increases your LDL (bad cholesterol) and causes the good type of cholesterol (HDL) to go down. Here are some important facts:

TOP SOURCES:

- Partially hydrogenated fats and oils listed under the ingredients on packaged foods
- Doughnuts
- Commercial cakes, cookies and pies
- French fries
- Commercial fried chicken
- Stick margarine and some shortening

WAYS TO LIMIT TRANS FAT:

1. Follow the Guiding Stars to find foods that have little or no *trans* fat.
2. Read labels – many products have eliminated *trans* fat.
3. Avoid foods with partially hydrogenated fats or oils on the ingredient list.
4. Switch to soft margarine spreads or olive oil.
5. Prepare baked goods at home; *trans* fat is most prevalent in commercial ingredients.



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Cholesterol

Cholesterol, found only in animal products and shellfish, causes your bad cholesterol (LDL) to increase. Here are some important facts:

TOP SOURCES:

- Meat
- Organ meats
- Cheese, butter, cream
- Egg yolk
- Poultry with skin
- Shrimp
- Milk (especially whole and 2%)

WAYS TO LIMIT CHOLESTEROL:

1. Use Guiding Stars to direct you to meats and other animal products that are lowest in cholesterol.
2. Trim extra fat from meat and poultry before cooking.
3. Watch your portion size of shrimp – it has more cholesterol than any other shellfish.
4. Limit egg yolks so that your daily average does not exceed the level your doctor recommends for you. One large egg yolk contains 213 mg of cholesterol.
5. Whenever possible, replace one whole egg with 2 egg whites or 1/4 cup egg substitute.
6. Limit your portion size of meat, poultry and other sources of cholesterol.
7. Switch from butter to soft margarine.
8. Make yogurt cheese to spread in place of cream cheese. Spoon plain low-fat or fat-free yogurt in a coffee filter or strainer lined with cheesecloth. Place over a bowl and refrigerate for several hours to allow whey to drain off and yogurt to thicken.
9. Carefully follow your saturated fat guidelines since saturated fat raises blood cholesterol.



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Added Sodium

Sodium may cause your blood pressure to go up, increasing your risk of having a stroke. Here are some important facts:

TOP SOURCES:	WAYS TO LIMIT ADDED SODIUM:
<ul style="list-style-type: none"> • Table salt • Seasonings with salt • Chips, pretzels, crackers • Processed meats • Cheese • Pickles & Olives • Condiments (ketchup, mustard, soy sauce, pickle relish, salad dressing & others) • Commercial sauces, soups, & prepared meals • Canned vegetables 	<ol style="list-style-type: none"> 1. Use Guiding Stars to help you find foods that are lower in sodium. 2. Select processed foods carefully; most of the sodium we eat comes from processed food. 3. Add less salt when cooking and at the table. 4. Season foods with fresh or dried herbs, lemon juice or balsamic vinegar instead of salt. 5. Look for seasoning blends and salt alternatives that are made without salt. Note: Many salt substitutions contain potassium, and certain patients need to be very careful regarding their potassium intake. Be sure to always read the Nutrition Facts label and consult your physician or pharmacist if you have kidney problems or are on a cardiac or diuretic medication. 6. Drain and rinse regular canned fish, beans or vegetables. 7. Enjoy unsalted nuts and seeds as a snack or condiment. 8. Make soups and stews with low-sodium broth. 9. Compare food labels to find brands lowest in sodium. 10. Choose "starred" low sodium or unsalted pretzels and crackers.



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Added Sugars

Added sugars provide empty calories without providing nutrients. Here are some important facts:

TOP SOURCES:

- Sugar – white & brown
- High fructose corn syrup
- Honey & molasses
- Sucrose, dextrose, fructose, glucose, corn sweetener, invert sugar, maltose, malt syrup, evaporated cane juice
- Cakes, cookies & baked goods
- Frozen desserts

WAYS TO LIMIT ADDED SUGARS:

1. Use Guiding Stars to help you find foods lowest in added sugars.
2. Cut down gradually by mixing equal parts sweetened and unsweetened foods or beverages.
3. Choose calorie-free or low-calorie beverages.
4. Purchase fruit canned in water or juice.
5. Limit desserts and sweet snack foods.
6. Buy plain yogurt and add your own fruit.
7. Avoid sweetened milk and other sweetened dairy drinks.
8. Read labels to find foods with added sugars and sweeteners in the ingredient list, such as brown sugar, corn syrup, dextrose, fructose, fruit juice concentrate, evaporated cane juice, honey, molasses and others.
9. Switch from soft drinks to water and flavor with a slice of lemon.
10. Cut sugar by up to half in baked goods.



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Whole Grains

Whole grains supply important nutrients, help lower blood cholesterol, play a part in lowering blood pressure and boost feelings of fullness. Here are some important facts:

TOP SOURCES:

- Whole grain breakfast cereal
- 100% whole wheat or whole-grain bread
- Brown rice
- Whole-wheat pasta
- Corn tortillas
- Whole-wheat tortillas
- Woven-wheat crackers
- "Starred" cereals, breads, pastas and grain products

WAYS TO INCREASE WHOLE GRAINS:

1. Use Guiding Stars to help you find foods that are highest in whole grains.
2. Include at least one food made from whole grain at each meal.
3. Read the ingredient list to find foods that have at least one whole grain—whole wheat, whole grain corn, oats and others – in the top two ingredients on the list.
4. Enjoy a bowl of regular (not flavored) oatmeal for breakfast; top with chopped nuts and raisins to add texture and flavor.
5. Remember whole-grains when snacking; look for "starred" items in the snack section.
6. Switch to the whole-grain version of processed foods; for example, whole-wheat pasta, brown rice, whole-wheat couscous, whole-wheat tortillas.
7. Try bread made from white whole-wheat flour for whole-grain benefits and white bread texture.
8. Substitute up to half whole-wheat flour for regular flour in muffins, quick breads, cookies and pancakes.
9. Add whole-grain barley or brown rice to your favorite soup.
10. Make sure to use a whole-grain roll, bun or slice of bread when enjoying a lean-meat sandwich or hamburger.



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Fiber

Fiber, especially soluble fiber, helps lower cholesterol. Here are some important facts:

TOP SOURCES:

- Oats, oatmeal
- Oat bran
- Whole wheat
- Wheat bran
- Fruits
- Vegetables
- Beans & peas (kidney beans, garbanzo beans, black beans, lentils, & split peas)
- Hummus

WAYS TO INCREASE WHOLE GRAINS:

1. Use Guiding Stars to find foods that are highest in dietary fiber.
2. Start the day with “starred” oatmeal several times during the week and toss in raisins or blueberries for even more fiber.
3. Top yogurt or low-fat ice cream with “starred” low-fat granola – oats are the main ingredient in granola.
4. Shop for “starred” breads made from oats, like oat bran bread or oat bran pita bread.
5. Include beans or peas in your lunch and dinner dishes. Top a salad with drained and rinsed garbanzo beans (also called chickpeas). Heat up black bean soup. Try an all-bean chili. Puree canned beans with minced garlic for a quick dip for raw vegetables.
6. Include one or two servings of fruits and vegetables at every meal or snack. The American Heart Association recommends you aim for a total of at least 9 servings each day. That's 4 1/2 cups!
7. Add extra oat bran or wheat bran to recipes for baked goods.
8. For a crispy coating, sprinkle chicken parts with crushed high fiber cereal and bake until done.
9. Make your own tortilla chips by slicing corn tortillas into wedges, spraying lightly with cooking spray and baking at 250°F until crisp.



Look for the Guiding Stars to help you find the foods with more nutrition!

Guidelines for Serving Sizes/Portions

This section shows the suggested number of servings from each food group based on a daily intake of 2,000 calories. Talk to your doctor to learn the right number of calories for you. From there, you can adjust your number of servings to meet your caloric needs.

Fruits and Vegetables

What is a serving of fruit or vegetable?

- 1 cup salad greens (about the size of a baseball)



- 1/2 cup fresh fruit (about the size of a baseball)



- 1 medium banana (about the size of an eyeglasses case)

- 1/4 cup raisins (about the size of a large egg)



- 1 cup green beans, broccoli or other cut-up or cooked vegetable (about the size of a light bulb)



- 1 baked potato (about the size of a woman's fist)



Grains

What is a serving of grain?

- 1 pancake (about the size of a compact disc)



- 1 piece of cornbread (about the size of a bar of soap)



- 1/2 cup cooked rice, pasta or cereal (about the size of 1/2 a baseball)



- 1 cup of cereal flakes (about the size of a fist)



Meats and Protein:

What is a serving of meat or protein?

- 1 small skinless, boneless chicken breast (about the size of a computer mouse)



- 3 oz. grilled fish (size of a checkbook)



- 2 Tbsp. peanut butter (about the size of a golf ball)



- 3 oz. tofu (about the size of a deck of cards)



- 3 oz. hamburger made with lean or extra-lean ground beef or ground turkey (about the size of a deck of cards)

Dairy and Cheese

What is a serving of dairy and cheese?

- 1 1/2 oz. low-fat or fat-free cheese (about the size of 4 stacked dice or 2 cheese slices)



- 1/2 cup of low-fat ice cream or low fat or fat-free frozen yogurt (about the size of half a baseball)



- 1 cup low-fat or fat-free milk

- 1 cup low-fat or fat-free yogurt

Simple Heart-Healthy Breakfast & Lunch Menus

Remember to look for brands that earn Guiding Stars

Breakfast

Whole-grain toast
Natural no-salt-added peanut butter
Natural no-sugar-added applesauce

Breakfast parfait

Plain or light yogurt
Frozen or fresh blueberries
Low-fat granola

Whole-wheat tortilla

Salsa
Scrambled egg white or egg substitute
Fat-free ricotta cheese
Avocado slices

Whole-grain or "lean" waffle
Sliced fresh peaches
1% or fat-free (skim) milk

Instant or regular unflavored oatmeal topped with raisins, chopped nuts, and spices like cinnamon & nutmeg to taste
Plain or light yogurt

Tropical smoothie

Plain or light yogurt
Frozen ripe banana and frozen or fresh mango

Pair these with the beverage of your choice. Some suggestions are coffee, tea, skim milk, or 100% orange juice.



Quick Lunches

Green salad topped with grilled chicken or shrimp
Whole-wheat roll
Apple or banana

Sushi California roll*
Orange

Fish Taco

Leftover grilled salmon or chicken
Chopped lettuce and tomato
No-salt black beans
Multigrain wrap or tortilla
Pineapple

Homemade or low-sodium chili

Diced tomato
Minced scallion
Plain low-fat or fat-free yogurt
Unsalted tortilla chips
Apple

Sandwich

Canned low-sodium salmon or tuna mixed with light mayonnaise, minced onion, diced walnuts
Whole-grain bread
Baby spinach
Tomato slices
Pear

Sandwich

Extra-lean roast beef
100% wheat bread
Lettuce and tomato
Fresh fruit salad

Pair these with the beverage of your choice. Some suggestions are seltzer with frozen berries, sugarfree iced tea or lemonade.

**A low-sodium soy sauce may be acceptable for patients who are not hypertensive or on any type of sodium restrictions. Be sure to ask your physician or dietitian for specific guidelines.*

Heart-Healthy Snacks

Sometimes we crave snacks that aren't healthful. The next time you reach for your favorite snack, try these substitution tips to satisfy your craving. When you are shopping for snack foods, look for items with Guiding Stars - they have the highest nutritional value. From there, read the label to be sure the product meets your specific nutritional needs.

CRAVING:	TRY:
Potato chips	Baked multigrain chips
Regular pretzels	Unsalted whole-wheat pretzels
Buttery crackers	Low-salt woven-wheat crackers
Bagel chips	Flatbread
Ice cream bar	Frozen fruit bar
Regular pudding	Sugar-free pudding
Candies	Handful of unsalted nuts
Cappuccino drink with whipped cream	Iced cappuccino made with 1% or fat-free milk
Chips and dip	Fresh veggies dipped in fresh salsa
Ice cream	Frozen banana

Snacking on more Fruits & Vegetables



- Enjoy a fruit or veggie appetizer – an apple, a handful of grapes, baby carrots – while you are preparing dinner.
- Add fresh, canned or dried fruit to a salad. Pair mandarin oranges with romaine lettuce, diced pear and apple with spinach, dried apricots and raisins with mixed greens.
- Add extra fresh or frozen veggies to “starred” canned soup. For a creamy texture, puree before serving.
- Make your own rice pilaf by adding golden raisins and chopped nuts to cooked brown rice.
- Dip baby carrots, broccoli florets, cherry tomatoes and celery sticks into plain yogurt seasoned with fresh herbs like dill, cilantro or basil.
- Make a smoothie using frozen berries or banana and milk or yogurt
- Top cereal or yogurt with sliced banana or fresh or frozen berries.
- Create your own mix-ins for low-fat ice cream using frozen berries, diced banana and “starred” low-fat granola.

Simple Heart-Healthy Dinners

Many people don't have time to cook or don't enjoy cooking. Eating healthfully doesn't need to take a lot of time and effort. To get you started, here are a few ideas for making heart-healthy dinners. Assemble these ingredients for a quick and nutritious seafood, chicken, beef or veggie meal.

Vegetables don't have to be complicated – steamed frozen vegetables can taste just as delicious as fresh, and have the same nutrients. Just open a bag, pour the amount you'd like into a microwave-safe container with a small amount of water, cover and microwave for a couple of minutes, and you've got great tasting, healthful vegetables with hardly any work.

Sesame Salmon or Tuna

- Drizzle fresh salmon or tuna filet with pure olive oil and sprinkle with black and white sesame seeds and pinch of ground ginger.
- Broil in broiling pan or cook on grill until done, about 6 to 12 minutes, depending on thickness.
- Serve with steamed frozen or fresh Asian vegetables (broccoli, water chestnuts, mushrooms, carrots) and quick-cooking 10 minute brown rice or whole wheat pasta.

Chicken Italiano

- Place boneless, skinless chicken breasts in a baking dish, top with "starred" marinara sauce, and cover with foil.
- Bake at 350° F for 30 to 45 minutes or until chicken reaches temperature of 160° F.
- Serve over whole grain pasta with a green salad on the side.

Steamed Tofu & Vegetables

- Sprinkle tofu cubes with garlic powder and ginger powder and steam with assorted fresh or frozen vegetables (broccoli florets, sliced mushrooms, cauliflower florets, snow peas, sliced zucchini).
- Serve with whole wheat pasta.

Baked Haddock or Snapper

- Drizzle fresh haddock or snapper with pure olive oil and sprinkle with garlic powder, black pepper and lemon juice.
- Bake at 350°F for 10-15 minutes, depending on thickness or until opaque.
- Serve with a microwave-baked potato and steamed fresh or frozen broccoli or spinach.

Asian Chicken Stir-Fry

- Cut boneless, skinless chicken breasts into strips.
- Sauté in a non-stick pan with a small amount of oil, plus assorted fresh or frozen vegetables (broccoli florets, sliced mushrooms, cauliflower florets, snow peas, sliced zucchini)
- Spray with sesame oil and a small amount of low-sodium soy sauce before serving.
- Serve with brown rice.

Mock-Sesame Noodles

- Toss whole wheat spaghetti with "starred" natural peanut butter thinned with no-salt vegetable broth.
- Top with steamed broccoli.



Easy Trade-Offs when Cooking

These simple ingredient trade-offs can help you adapt your favorite recipes to your new heart-healthy way of eating.



YOUR RECIPE CALLS FOR:

TRY:

Whole milk	Fat-free (skim) or 1% milk
Heavy cream	Evaporated skim milk or equal parts low-fat yogurt and low-fat no-added-salt cottage cheese
Sour cream	Fat-free sour cream or plain yogurt
Cream cheese	Yogurt cheese*
Butter	<i>Trans</i> -fat-free and low-saturated-fat margarine or vegetable oil
Butter or margarine (muffins, quick bread, and brownies)	Drained natural applesauce or jarred baby food prunes
Shortening	<i>Trans</i> -fat-free and low-saturated fat margarine
Whole egg	1/4 cup egg substitute or 2 egg whites
Beef or pork	Beef or pork loin or round: they're lowest in fat
Seasoning salt	Salt-free dried herb blends and salt substitutes or fresh herbs
Buttering a pan	Cooking spray and/or nonstick cookware
Frying	Brush lightly with oil or spray with cooking spray and bake

*To make yogurt cheese, spoon plain low-fat or fat-free yogurt in a coffee filter or strainer lined with cheesecloth. Place over a bowl and refrigerate for several hours to allow whey to drain off and yogurt to thicken.

Planning & Shopping Shortcuts

Smart shopping is one of the keys to your success as you take small steps toward your new heart-healthy way of eating. It's easy to be a smart shopper when you plan ahead by making a menu and shopping list for the week. Try these shopping shortcuts:

- Start in the departments where you'll find the most Guiding Stars: Produce, Meat/Fish, Dairy and Organics. Shop the center of the store last.
- Choose a variety of fruits and vegetables, based on what you like and what's in season. Don't be afraid to change your menu if something catches your eye in the produce section.
- Choose fruits and vegetables that make easy snacks, like carrot sticks, pea pods, baby bananas and apples.
- In the Meat/Fish department, use Guiding Stars to find items that are lowest in saturated fat, cholesterol and added sodium. Try to include fish at least twice a week.
- Select dairy foods with Guiding Stars – they are lowest in saturated fat, cholesterol and added sugars. Look for products that are fat-free (skim) or low-fat (1 percent).
- Visit the Dairy department to find low cholesterol egg products that can be used for egg dishes and in baking. Choose soft spreads that are free of *trans* fat and saturated fat.
- Shop for organic and natural brands, as well as bulk nuts, dried fruits and other items. Many products in this section are marked with Guiding Stars.
- In the center aisles, use Guiding Stars and the food package label to help you find items to include in your heart-healthy eating plan.
- Use Guiding Stars, then check labels for the sodium content of canned and frozen vegetables and soups.



Heart-Healthy Eating on a Budget

- Buy larger, bulk items if they are less expensive per unit and you know you will use them quickly.
- Try to use less bread and more whole-grains such as brown rice, barley or whole-grain pasta.
- Instead of buying frozen meals, double your recipes when cooking and freeze the leftovers for your own healthy frozen meals.
- Make your own salad dressing. Use olive oil and vinegar to dress salads.
- Make your own soups and freeze the leftovers.
- Bring leftovers for lunch.
- Buy foods with stars.
- Use frozen vegetables and fruits; they cost less but are just as nutritious as fresh varieties.
- Plan out your menu each week before shopping and use a shopping list.
- Use the sales flyer to identify specials. Fresh fruits and veggies are often on sale in their peak season.
- Cut down on refined foods, such as chips, candies and soda. These add to your waistline and are more expensive, considering the minimal nutrients they provide.

Meal Planner

week of:

SUNDAY	breakfast	
	lunch	
	dinner	
	snacks	
MONDAY	breakfast	
	lunch	
	dinner	
	snacks	
TUESDAY	breakfast	
	lunch	
	dinner	
	snacks	
WEDNESDAY	breakfast	
	lunch	
	dinner	
	snacks	
THURSDAY	breakfast	
	lunch	
	dinner	
	snacks	
FRIDAY	breakfast	
	lunch	
	dinner	
	snacks	
SATURDAY	breakfast	
	lunch	
	dinner	
	snacks	

Shopping List

Produce

Meat/Fish/Poultry

Deli/Bakery

Dairy

Center Aisles/Organics

**Other: health & beauty,
household, pet needs, etc.**

Meal Planner

week of:

SUNDAY	breakfast
	lunch
	dinner
	snacks
MONDAY	breakfast
	lunch
	dinner
	snacks
TUESDAY	breakfast
	lunch
	dinner
	snacks
WEDNESDAY	breakfast
	lunch
	dinner
	snacks
THURSDAY	breakfast
	lunch
	dinner
	snacks
FRIDAY	breakfast
	lunch
	dinner
	snacks
SATURDAY	breakfast
	lunch
	dinner
	snacks

Shopping List

Produce

Meat/Fish/Poultry

Deli/Bakery

Dairy

Center Aisles/Organics

**Other: health & beauty,
household, pet needs, etc.**

Meal Planner

week of:

SUNDAY	breakfast	
	lunch	
	dinner	
	snacks	
MONDAY	breakfast	
	lunch	
	dinner	
	snacks	
TUESDAY	breakfast	
	lunch	
	dinner	
	snacks	
WEDNESDAY	breakfast	
	lunch	
	dinner	
	snacks	
THURSDAY	breakfast	
	lunch	
	dinner	
	snacks	
FRIDAY	breakfast	
	lunch	
	dinner	
	snacks	
SATURDAY	breakfast	
	lunch	
	dinner	
	snacks	

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household, pet needs, etc.**

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week of:

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	dinner
	snacks
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**Other: health & beauty,
household, pet needs, etc.**

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	dinner
	snacks
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SATURDAY	breakfast
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	dinner
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Shopping List

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Meat/Fish/Poultry

Deli/Bakery

Dairy

Center Aisles/Organics

**Other: health & beauty,
household, pet needs, etc.**

Guiding Stars Recipes

Try these simple, delicious and healthy Guiding Stars recipes for dinner. You can find these recipes and more when you visit www.guidingstars.com. When shopping for ingredients for these recipes, be sure to look for items with Guiding Stars – they have the most nutritional value and are heart-healthy.

Balsamic Chicken Over Spinach (3 Stars)



Balsamic vinegar brightens the flavor of this delicious dish that features low-fat, low-saturated fat chicken breast. Serve with whole wheat pasta and sugar-free lemonade.

Serves 4

- 4 (3 oz.) skinless, boneless chicken breast halves
- 1/2 cup balsamic vinegar, plus 1/4 cup
- 2 cloves garlic, minced
- 8 cups fresh spinach leaves
- Cooking spray

Serves 2

- 2 (3 oz.) skinless, boneless chicken breast
- 1/4 cup balsamic vinegar, plus 1/8 cup
- 1 clove garlic, minced
- 4 cups fresh spinach leaves
- Cooking spray

Directions:

1. Combine 1/4 cup balsamic vinegar, garlic and chicken in shallow dish. Cover and marinate in refrigerator 1 hour.
2. Preheat broiler.
3. Remove chicken from dish; discard marinade. Place chicken on broiler pan coated with cooking spray; cook for 6 minutes on each side or until done.
4. Combine 1/4 cup balsamic vinegar and spinach leaves; toss well. Divide the spinach evenly among 4 plates; top each serving with 1 chicken breast half.

Nutrition Facts

Serving Size 1 Breast and about 3 oz spinach (192g)
 Servings Per Container 4 / Recipe
Calories 140
 Calories from Fat 15
 Calories from Saturated Fat 5

Amount / Serving	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 50mg	17%
Vitamin A 110% • Vitamin C 30%	
Vitamin E 6% • Vitamin K 360%	
Niacin 50% • Vitamin B6 30%	
Pantothenic Acid • Phosphorus 20%	
Selenium 25% • Copper 6%	

Amount / Serving	% Daily Value*
Sodium 120mg	5%
Potassium 560mg	16%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 21g	
Calcium 8% • Iron 15%	
Thiamin 8% • Riboflavin 10%	
Folate 30% • Vitamin B12 6%	
Magnesium 20% • Zinc 6%	
Manganese 30% • Molybdenum 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
 Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500 mg	3,500 mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Seared Salmon with Cilantro-Cucumber Salsa (2 Stars)



Here, a fresh salsa contributes color, flavor and texture to basic pan-seared salmon. You can make the salsa several hours in advance and refrigerate it until you're ready to serve.

Serves 4

- 1/2 cucumber, peeled, halved lengthwise, seeded, halved lengthwise again and thinly sliced crosswise
- 1 cup cherry tomatoes, quartered
- 1/2 yellow or orange bell pepper (capsicum), seeded and cut into 1-inch julienne
- 2 Tbsp. chopped shallot or red onion
- 1 Tbsp. chopped fresh cilantro (fresh coriander), plus sprigs for garnish
- 1 Tbsp. fresh lime juice
- 1 1/2 tsp. canola oil
- 1 tsp. honey
- 1/2 tsp. red pepper flakes
- 1/2 tsp. salt
- 4 salmon fillets, each 5 ounces and about 1-inch thick
- 1/4 tsp. freshly ground black pepper
- Lime wedges for garnish

Directions:

1. In a bowl, combine the cucumber, tomatoes, bell pepper, shallot and chopped cilantro. Toss gently to mix. In a small bowl, whisk together the lime juice, 1 teaspoon of the canola oil, the honey, red pepper flakes and 1/2 teaspoon of the salt. Pour the lime juice mixture over the cucumber mixture and toss gently to mix and coat evenly. Set aside.
2. Sprinkle the salmon fillets on both sides with the remaining 1/2 teaspoon salt and the black pepper. In a large, nonstick frying pan, heat the remaining 1/2 teaspoon canola oil over medium-high heat. Add the fish to the pan and cook, turning once, until opaque throughout when tested with the tip of a knife, about 4 to 5 minutes on each side.
3. Transfer the salmon fillets to warmed individual plates and top each with 1/4 of the salsa. Garnish the plates with the cilantro sprigs and lime wedges. Serve immediately.

Nutrition Facts

Serving Size 1 wedge (245g)
Servings Per Container 4
Calories 340

Calories from Fat 190

*Percent Daily Values are based on a 2,000 calorie diet.

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Total Fat 21g	32%	Sodium 380mg	16%
Saturated Fat 4.5g	22%	Potassium 720mg	21%
Trans Fat 0g		Total Carbohydrate 7g	2%
Polyunsaturated Fat 6g		Dietary Fiber 1g	4%
Monounsaturated Fat 6g		Sugars 4g	
Cholesterol 80mg	26%	Protein 30g	
Vitamin A 10%	• Vitamin C 70%	Calcium 2%	• Iron 4%
Vitamin E 30%	• Vitamin K 15%	Thiamin 20%	• Riboflavin 15%
Niacin 60%	• Vitamin B6 50%	Folate 15%	• Vitamin B12 80%
Biotin 2%	• Pantothenic Acid 25%	Phosphorus 35%	• Iodine --%

Basic Pot Roast (2 Stars)



This basic pot roast is perfect for a crisp fall day – serve with seasonal roasted vegetables (butternut squash, carrots, sweet potatoes, parsnips coated in olive oil and herbs and roasted at 450°F for about 30–40 minutes or until tender).

Serves 8

- 1 Tbsp. canola oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 lb. boneless beef chuck arm roast, or similar cut, trimmed beef
- 4 1/2 cups water, divided
- 2 bay leaves
- 1 tsp. ground black pepper
- 6 medium potatoes, skins on, quartered
- 1 lb. carrots, sliced 1/4-inch thick
- 5 stalks celery, cut into 1-inch pieces
- All-purpose flour

Directions:

1. In a Dutch oven or large pot with a lid, heat the oil on medium high, then add the meat and brown both sides so a crispy crust forms, about 5-8 minutes per side.
2. Reduce the heat to medium low and add the onion and garlic; cook until the onion is translucent, about 3 minutes. Transfer the beef to a plate; keep warm.
3. Return the pan to the heat; add 2 cups water and cook, scraping up browned bits from the bottom of the pan. Return the beef to the pot, add the bay leaves and pepper, then cover and cook on low 1 hour, turning after 30 minutes.
4. Add the potatoes on top of the meat and 2 more cups water. Cover and simmer 10 minutes. Add the carrots and celery, cover and simmer until a fork can easily pierce a potato, about 15 minutes.
5. Remove the bay leaves and discard. Remove the meat to a cutting board and slice; arrange the slices in a large serving dish. With a slotted spoon remove the potatoes, carrots and celery and place around meat in serving dish. Keep warm.
6. In a small bowl, combine the flour with 1/2 cup cold water until blended. Stir into remaining liquid in the pot. Cook, stirring constantly until thickened, about 3 minutes. Serve with the meat and vegetables.

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Serving Size 1 1/2 cups (529g)		Total Fat 8g	12%	Sodium 170mg	7%
Servings Per Container 8 / Recipe		Saturated Fat 2.5g	13%	Potassium 1370mg	39%
Calories 350		Trans Fat 0g		Total Carbohydrate 39g	13%
Calories from Fat 70		Polyunsaturated Fat 1g		Dietary Fiber 6g	24%
Calories from Saturated Fat 20		Monounsaturated Fat 3.5g		Sugars 5g	
		Cholesterol 60mg	20%	Protein 30g	
		Vitamin A 190% • Vitamin C 60%		Calcium 8% • Iron 20%	
		Vitamin E 6% • Vitamin K 35%		Thiamin 20% • Riboflavin 20%	
		Niacin 40% • Vitamin B6 60%		Folate 20% • Vitamin B12 40%	
		Pantothenic Acid • Phosphorus 35%		Magnesium 20% • Zinc 45%	
		Selenium 40% • Copper 15%		Manganese 25% • Molybdenum 8%	

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Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Classic Macaroni and Cheese (1 Star)



Using egg white or egg substitute, low-fat cheese and whole grain macaroni makes this delicious classic dish heart-healthy. Serve with a large crisp salad.

Serves 8

Cooking spray

- 2 cups whole-grain macaroni
- 1/2 cup chopped onions
- 1/2 cup evaporated skim milk
- 1 medium egg white or egg substitute
- 1/4 tsp. black pepper
- 1 1/4 cup (4 oz.) low-fat sharp cheddar cheese (shredded)

Directions:

1. Cook macaroni according to directions, but do not add salt to cooking water; meanwhile, preheat oven to 350°F. Drain and set aside the pasta.
2. Lightly spray saucepan with nonstick cooking spray. Add onion to saucepan and sauté for about 3 minutes.
3. In another bowl, combine macaroni, onions and rest of the ingredients and mix thoroughly.
4. Spray casserole dish with nonstick cooking spray and transfer mixture into casserole dish.
5. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Nutrition Facts		Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Serving Size about 1 cup (76g)		Total Fat 4g	6%	Sodium 135mg	6%
Servings Per Container 8 / Recipe		Saturated Fat 2g	10%	Potassium 130mg	4%
Calories 160		Trans Fat 0g		Total Carbohydrate 23g	8%
Calories from Fat 35		Polyunsaturated Fat 0g		Dietary Fiber 2g	8%
Calories from Saturated Fat 20		Monounsaturated Fat 0g		Sugars 2g	
		Cholesterol 35mg	12%	Protein 11g	
		Vitamin A 6%	• Vitamin C 2%	Calcium 20%	• Iron 6%
		Vitamin D 4%	• Thiamin 10%	Riboflavin 6%	• Niacin 6%
		Vitamin B6 4%	• Folate 6%	Pantothenic Ack	• Phosphorus 10%
		Iodine 4%	• Magnesium 10%	Zinc 6%	• Selenium 4%
		Copper 6%	• Manganese 40%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Heart Health at [your store]

[Your store] is genuinely concerned for your well-being. We are committed to making it easier for customers to find and choose foods and products that promote a healthy lifestyle. Whether on-line or in our stores, we have FREE resources to help you help your heart:

Free wellness classes and store tours

In an effort to help make healthy living easier for you, [your store] holds free classes taught by registered dietitians or diabetes educators. The classes cover a range of topics, including making smart food choices to help lower cholesterol and blood pressure, understanding portion sizes, store tours and more. To find the schedule of classes near you, go to [your website], click on the "Guiding Stars" tab and select "Wellness Classes" or call your local [your store].

"Ask the Nutritionist"

Reach our nutritionist online at [your website] or call [your customer support line]; select [option] to speak with [your store]'s registered dietitian. Our "Ask the Nutritionist" program lets you communicate one-on-one with a knowledgeable, experienced registered dietitian. We welcome your personal questions about diet, nutrition and other wellness topics such as eating tips for a healthy lifestyle, special dietary needs, understanding food labels and portions, and community support groups.

Guiding Stars® program

Our nutrition navigation system was created to help shoppers quickly identify more nutritious food choices throughout the supermarket. It's an easy starting point for anyone looking for heart-healthier foods. Guiding Stars will help you identify which foods have more vitamins and minerals, dietary fiber and whole grains; and less saturated and *trans* fat, cholesterol, added sodium and added sugars. For more information, visit www.guidingstars.com and check out our blog. There is a wealth of information, tips, and materials to help you reach your goals.

Heart-healthy recipes on-line

Go to www.guidingstars.com for delicious and nutritious, heart-healthy recipes."

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