

# Heart-healthy eating at Kwik Trip

Heart-healthy eating keeps us healthy by lowering the risk of heart disease and stroke.

It helps control our weight, blood pressure, and cholesterol (a type of fat found in our blood). Heart-healthy eating includes fruits and vegetables, whole grains, healthy proteins (nuts, legumes, low-fat and non-fat dairy, fish, lean meat and poultry), healthy oils minimally processed foods, and minimal added sugar and salt.

- **Fruits and vegetables**

- Fresh, frozen, or canned



- **Whole grains**

- Oatmeal, brown rice, whole grain bread, and whole grain pasta



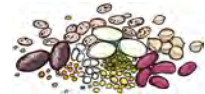
- **Nuts**

- Unsalted almonds, pistachios, walnuts, or cashews



- **Legumes**

- Garbanzo, black, pinto, kidney, and lima beans (often canned)



- **Low-fat and non-fat dairy products**

- Low-fat and skim milk, yogurts, and cheeses



- **Fish**

- Baked or grilled salmon, tuna, and cod are common choices.
- Frozen salmon and cod fillets can be found at most Kwik Trip locations



- **Lean meat and poultry**

- Skinless, white meat chicken and turkey are two healthy options



- **Healthy oils**

- Canola oil, olive oil, soybean oil, and avocado oil



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To find a Kwik Trip near you, visit: <https://www.kwiktrip.com/locator>

**KWIK TRIP KWIK STAR**



American  
Heart  
Association®

Heart-healthy eating **does not include** a lot of saturated fat, trans fat, sodium, and added sugars. Try to avoid these:

- **Saturated fat**
  - Butter, cheese, cakes, fast food, whole milk, ice cream, and fatty pieces of meat.
- **Trans fat**
  - Doughnuts, shortening, frozen pizzas, stick margarine, fried fast food, and biscuits.
- **Sodium**
  - Canned or cured meat, frozen meals, canned soup, ham, and chips.
- **Added sugars**
  - Candy, cakes, cookies, soda, sports drinks, juices, and chocolate milk.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 cup (227g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	

## Sample Heart-Healthy Menu Using Foods From Kwik Trip

	Breakfast	Lunch	Dinner	Snack
Sunday	Oatmeal with sliced bananas or strawberries.	Turkey and Swiss cheese sandwich on wild rice bread, apple, garden salad, and skim milk.	Chicken noodle soup, garden salad, orange, and skim milk.	Hard-boiled eggs (comes in package with 2 eggs)
Monday	Slice of whole grain toast with peanut butter and sliced bananas.	Chicken wild rice soup, grape cup, baby carrots, and skim milk.	Chicken salad with cranberries sandwich on oat multi-grain bread, assorted fruit cup, and 2 cups of sliced bell peppers.	Sliced apple with peanut butter
Tuesday	Chobani Greek yogurt cup, hard-boiled egg, and skim milk.	Chicken and vegetable egg roll, garden salad, and assorted fruit cup.	Baked chicken breast with roasted carrots and cauliflower, and grape cup.	Assorted nut mix (unsalted if available)
Wednesday	Veggie omelet and assorted fruit cup.	Chicken salad with cranberries sandwich on oat multi-grain bread, assorted fruit cup, and baby carrots.	Turkey and Swiss cheese sandwich on wild rice bread, sliced apple with peanut butter, and 2 cups of sliced bell peppers.	Strawberry or mixed berry yogurt parfait
Thursday	Hard-boiled eggs, apple, and skim milk.	Slice of whole wheat or whole-grain toast with mashed avocado and pepper, garden salad, and skim milk.	Turkey sandwich with Colby-Jack cheese on sub bun, baby carrots, and assorted fruit cup.	Part skim string cheese
Friday	Slice of whole-wheat or whole-grain toast with peanut butter and sliced bananas.	Chicken Supreme Salad, apple, and 2 cups of broccoli florets.	Fish sandwich with cheese, grape cup, and baby carrots.	Chobani Greek yogurt or Yoplait light yogurt cup
Saturday	Chobani Greek yogurt cup and handful of almonds.	Garden salad with added sliced avocado, broccoli, bell peppers, grape cup, and skim milk.	Baked chicken breast with lemon, pepper and garlic powder, and assorted fruit cup.	Chicken and vegetable egg roll