

# A Heart-Healthy Diet at Kwik Trip

Ways to follow a heart-healthy diet while shopping at your local Kwik Trip

## What is a heart-healthy diet?

A heart-healthy diet helps to keep our hearts healthy by lowering the risk of heart disease and stroke. It is centered around eating nutritious foods that make up a well-balanced diet, in addition to living an active, tobacco-free lifestyle. Eating nutritious foods that are part of a heart-healthy diet helps us control our weight, blood pressure, and cholesterol (a type of fat found in our blood).

## A heart-healthy diet includes the following foods:

- **Fruits and vegetables**
  - Fresh, frozen, or canned!
  - There is a variety of fresh and frozen fruit and vegetables available at Kwik Trip.
- **Whole grains**
  - Found in brown rice, oatmeal, whole grain bread, whole grain pasta, and many more foods.
  - There are oatmeal and whole grain bread options at most Kwik Trip locations.
- **Low-fat and non-fat dairy products**
  - Low-fat and skim milk, yogurts, and cheeses are great choices.
  - Kwik Trip is a great place to get low-fat and skim milk!
- **Poultry**
  - Skinless, white meat chicken and turkey are two healthy options.
  - Frozen boneless skinless chicken breasts are often available at Kwik Trip.
- **Fish**
  - Baked or grilled salmon, tuna, and cod are strong choices.
  - Frozen salmon and cod fillets can be found at most Kwik Trip locations.
- **Nuts**
  - A handful of unsalted almonds, pistachios, walnuts, or cashews makes a great snack!
  - Trail mixes with nuts and nut mixes are available at Kwik Trip.
- **Legumes**
  - Garbanzo, black, pinto, kidney, and lima beans are some popular bean options.
  - Canned beans can be found at most Kwik Trip locations.
- **Healthy oils**
  - Canola oil, olive oil, soybean oil, and avocado oil are great choices.
  - Canola oil and olive oil can be found at most Kwik Trip locations.



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

**KWIK TRIP**<sup>™</sup>



American  
Heart  
Association<sup>®</sup>

A heart-healthy diet *does not* include foods and beverages that have a lot of:

- **Saturated fat**
  - Found in foods like butter, cheese, cakes, fast food, whole milk, ice cream, and fatty pieces of meat.
- **Trans fat**
  - Found in foods like doughnuts, shortening, frozen pizzas, stick margarine, fried fast food, and biscuits.
- **Sodium**
  - Found in foods like canned or cured meat, frozen meals, canned soup, ham, and chips.
- **Added sugars**
  - Found in foods like 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 Menu Using Foods From Kwik Trip

This sample menu includes foods found at most Kwik Trip locations that are part of a balanced diet.

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>Sunday</b>	Oatmeal with sliced bananas or strawberries.	Turkey and Swiss cheese sandwich on wild rice bread, 1 apple, skim milk, and a garden salad.	Chili soup with beans and beef, baby-cut carrots, and an assorted fruit cup.	Hard-boiled eggs (comes in a package with two eggs)
<b>Monday</b>	Slice of whole grain toast with peanut butter and sliced bananas.	Chicken wild rice soup, skim milk, a grape cup, skim milk, and baby-cut carrots.	Chicken salad with cranberries sandwich on oat multigrain bread, an assorted fruit cup, and 2 cups of sliced bell peppers.	Sliced apple with peanut butter
<b>Tuesday</b>	Chobani Greek yogurt cup with skim milk and a hard-boiled egg.	Chicken and vegetable egg roll, a garden salad, and an assorted fruit cup.	Baked chicken breast with roasted carrots and cauliflower, and a grape cup.	Assorted Nut Mix (If unsalted nuts are available, choose those!)
<b>Wednesday</b>	Veggie Omelet and an assorted fruit cup.	Chicken salad with cranberries sandwich on oat multigrain bread, an assorted fruit cup, and baby-cut carrots.	Chicken dumpling soup with a garden salad, a sliced apple, and skim milk.	Strawberry or mixed berry yogurt parfait
<b>Thursday</b>	Hard-boiled eggs, skim milk, and 1 apple.	Slice of whole wheat or whole grain toast with mashed avocado and pepper, skim milk, and a garden salad.	Fish sandwich with cheese, a grape cup, and baby-cut carrots.	Part skim string cheese
<b>Friday</b>	Slice of whole wheat or whole grain toast with peanut butter and sliced bananas.	Chili soup with beans and beef, 1 sliced apple, and 2 cups of broccoli florets.	Turkey and Swiss cheese sandwich on wild rice bread, 1 sliced apple with peanut butter, and 2 cups of sliced bell peppers.	Chobani Greek yogurt or Yoplait light yogurt
<b>Saturday</b>	Chobani Greek yogurt cup and a handful of almonds.	Garden salad with added sliced avocado, broccoli, and bell peppers, skim milk, and a grape cup.	Baked chicken breast with lemon, pepper, and garlic powder, and an assorted fruit cup.	Chicken and vegetable egg roll