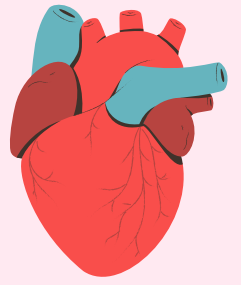


Heart Health and Dietary Fat

Fat is a necessary part of a healthy diet. It helps keep us full longer, it can add flavour to a meal and it helps our bodies to absorb certain nutrients such as vitamins A, D, E and K. However, most Canadians eat more fat than their bodies need. There are two main types of fat in our food, saturated and unsaturated fat. Eating too much saturated fat is associated with an increased risk of developing heart disease, vascular diseases, such as high blood pressure and narrowed arteries (atherosclerosis), and stroke.



Research has shown that by replacing unsaturated fat for the saturated fat in one's diet, the risk of cardiovascular disease can be reduced by 30%!



Unsaturated fats can be polyunsaturated and monounsaturated fats. Both are important to eat regularly!

Good sources of polyunsaturated fat include:

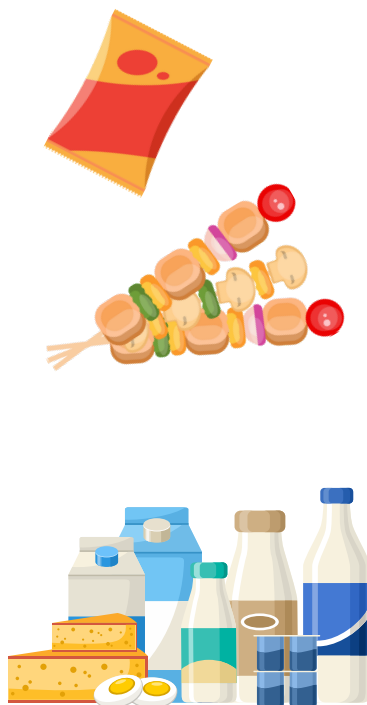


Good sources of monounsaturated fat include:



- Cook with plant oils such as canola, olive or sunflower oils
- Eat fish 2-3 times a week, if you can
- Add nuts and seeds such as almonds, walnuts, pumpkin or flax seeds to your meals and snacks
- Use tub margarine instead of butter

Saturated fats are mainly found in meats, milk products, (cheese, butter, whole milk, etc.), pastries, and coconut and palm oils.



- Eat meat less often. Choose lean meats, and cut skin and extra fat off meat before cooking
- Choose low fat dairy products
- Read package labels and buy snacks containing 5% or less of recommended dietary intake of saturated fat per serving

Artificial trans fat and eating too much saturated fat are both associated with a rise in artery-clogging "bad cholesterol" (LDL) in the body. Luckily trans fat is not allowed in Canadian food anymore!





Oat and Walnut Cheela

Yields 12

This recipe is a take on the South Asian savory pancake, cheela (or chilla). Instead of using besan (chickpea flour) and ghee (clarified butter), this recipe uses ground walnuts, oats (a good source of soluble fibre) and canola oil to increase the heart healthy fats in your breakfast. However using besan (1/2 cup or 120 ml) in place of the oats would still be delicious and great for your heart. Besan is a good source of fibre and protein and is low on the Glycemic Index, so it won't cause spikes in blood sugar.



- 1 cup (240 ml) rolled oats
- 1 ½ cups (360 ml) water, divided
- ½ cup (120 ml) walnuts
- 1 small onion, chopped fine
- ¾ inch (2 cm) piece ginger, grated (or chopped very fine)
- ½ tsp (2 ml) salt
- ½ tsp (2 ml) turmeric, ground
- Pinch of asafoetida (optional)
- ½ tsp (2 ml) cumin seeds
- 1 small fresh green chili, chopped fine (optional)
- 2 Tbsp (30 ml) fresh curry leaves, chopped fine
- ½ cup (120 ml) cilantro leaves, chopped
- ¼ cup (60 ml) whole wheat flour
- Canola oil for pan

Equipment needed: Food processor or blender, medium mixing bowl, rubber spatula or mixing spoon, measuring cups, measuring spoons, sharp knife, cutting board, skillet (frying pan) (preferably non-stick), heatproof spatula for flipping cheela

Grind oats in blender or food processor until finely ground but a little bit chunkier than flour. Pour ground oats into mixing bowl and mix with 1 cup (240 ml) of warm water. Let mixture sit for 15 minutes. Meanwhile, grind walnuts in the blender or food processor until finely ground but not a paste. Add ground walnuts, remaining ½ cup (120 ml) of water and all other ingredients (except for the canola oil) into the oat-water mixture, mix until combined and let sit for 5 minutes.

Heat skillet (preferably non-stick) over medium heat. Add a small amount of canola oil to pan and once hot add 1/3 cup of cheela batter to pan and smooth until cheela is approximately ½ inch thick (or 1.5 cm). If pan is big enough, cook a few cheela at a time, but make sure that there is at least ½ inch (1.5 cm) of room between the cheela. Flip cheela with spatula when edges and underside turn golden brown, about 2–3 minutes. Cook until other side until golden brown, about 2–3 minutes.

Enjoy cheela warm with low-salt chutneys. Can be stored in the fridge for up to 3 days in an airtight container. Cheela can be reheated in a microwave, a dry non-stick pan, or the oven.

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