

“MasterChef” Judge Joe Bastianich Cooks With “Heart” At New Chicago Walgreens Flagship Store

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"Since then, I've actually found it fun and rewarding to challenge myself to reinvent recipes for a healthier result. With a few modifications, you can lead a healthy lifestyle and still enjoy the foods you love."

[BUSINESS WIRE](#))--One in five adults over the age of 20 in the United States has high cholesterol¹, which is a major risk factor for cardiovascular disease, including heart attack and stroke. Eighty-eight percent of Illinois residents have at least one risk factor for cardiovascular disease². Pfizer and Walgreens are showing Chicagoans how easy and convenient it can be to shop for and prepare meals that are low in cholesterol and fat as well as snacks to support a healthy lifestyle.

“MasterChef” Judge and restaurateur Joe Bastianich will be appearing at the newly-opened Walgreens flagship location at 151 N. State St, Chicago on April 9, at 1:00 PM to share his story. He will also conduct a cooking demonstration, where he will use ingredients right off the store’s shelves to cook a quick and delicious low-cholesterol and low-fat meal.

Joe’s appearance is an extension of the “Heart in the Kitchen” program launched by Pfizer in November to raise awareness of high cholesterol. Through the “Heart in the Kitchen” program, Joe shares his own ‘recipe for good health,’ including insights from his personal journey since he was awakened to the importance of maintaining a healthy lifestyle. More information on this program can be found at www.Walgreens.com/HeartintheKitchen.

“I love food. But I had a wake-up call a few years ago when my doctor told me I had to watch my cholesterol,” said Bastianich, owner of 22 restaurants, three Italian vineyards and a partner in the Italian marketplace Eataly New York. “Since then, I’ve actually found it fun and rewarding to challenge myself to reinvent recipes for a healthier result. With a few modifications, you can lead a healthy lifestyle and still enjoy the foods you love.”

At the in-store event, Joe will share tips for creating low-cholesterol, low-fat meals, like these:

1. Use flavorful, colorful ingredients — especially seasonal produce.
2. Focus on less processed foods including fresh, whole foods that provide energy.
3. Consume less saturated fat by replacing meat with beans, grilled fish or skinless chicken.
4. Make simple substitutions — replace cream and butter with tomatoes, olive oil, lemon and white wine for your sauce bases.
5. Eat smaller, sensible portions.
6. Wait to add fat such as cheese or butter to a dish until after it’s off the stove so you can use less and still flavor your food.

“As we transform from a traditional drugstore to a destination for health and daily living, we recognize that a quick errand to pick up a prescription or a health and beauty item can also be an opportunity to focus on one’s overall health. Joe is bringing our flagship store’s new culinary offerings to life, showing our shoppers that they can cook up a quick, delicious and healthy meal with fresh ingredients picked up on the way home,” said Nancy Salman, Pharmacist Manager, Walgreens.

About Heart in the Kitchen

“Heart in the Kitchen” is a program sponsored by Pfizer, the maker of LIPITOR (atorvastatin calcium) tablets. “Heart in the Kitchen” includes exclusive recipes from restaurateur Joe Bastianich. As part of his continued commitment to health, Joe is encouraging people to learn about ways to help manage their cholesterol through diet, exercise and working with their doctor. Joe Bastianich is a paid spokesperson for Pfizer.

LIPITOR (atorvastatin calcium) is a prescription medicine that is used along with a low-fat diet. It lowers the LDL ("bad" cholesterol) and triglycerides in your blood. It can raise your HDL ("good" cholesterol) as well. LIPITOR can lower the risk for heart attack, stroke, certain types of heart surgery, and chest pain in patients who have heart disease or risk factors for heart disease such as age, smoking, high blood pressure, low HDL, or family history of early heart disease.

LIPITOR can lower the risk for heart attack or stroke in patients with diabetes and risk factors such as diabetic eye or kidney problems, smoking, or high blood pressure.

IMPORTANT SAFETY INFORMATION

LIPITOR (atorvastatin calcium) tablets are not for everyone, including anyone who has previously had an allergic reaction to LIPITOR (atorvastatin calcium) tablets. It is not for those with liver problems. And it is not for women who are nursing, pregnant or may become pregnant.

If you take LIPITOR (atorvastatin calcium) tablets, tell your doctor if you feel any new muscle pain or weakness. This could be a sign of rare but serious muscle side effects. Tell your doctor about all your medical conditions and all medications you take. This may help avoid serious drug interactions. Your doctor should do blood tests to check your liver function before starting LIPITOR (atorvastatin calcium) tablets and during your treatment if you have symptoms of liver problems. Tell your doctor if you have diabetes. Elevated blood sugar levels have been reported with statins, including LIPITOR (atorvastatin calcium) tablets.

Common side effects are diarrhea, upset stomach, muscle and joint pain, and changes in some blood tests.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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About Walgreens

As the nation's largest drugstore chain with fiscal 2011 sales of \$72 billion, Walgreens vision is to become America's first choice for health and daily living. Each day, Walgreens provides nearly 6 million customers the most convenient, multichannel access to consumer goods and services and trusted, cost-effective pharmacy, health and wellness services and advice in communities across America. Walgreens scope of pharmacy services includes retail, specialty, infusion, medical facility and mail service, along with respiratory services. These services improve health outcomes and lower costs for payers including employers, managed care organizations, health systems, pharmacy benefit managers and the public sector. The company operates 7,840 drugstores in all 50 states, the District of Columbia and Puerto Rico. Take Care Health Systems is a Walgreens subsidiary that is the largest and most comprehensive manager of worksite health and wellness centers and in-store convenient care clinics, with more than 700 locations throughout the country.

¹ Kuklina EV, Yoon PW, Keenan, NL. Trends in High Levels of Low-Density Lipoprotein Cholesterol in the United States, 1999-2006. JAMA. 2009;302(19):2104-2110.

² *Survey on Assessment of Local Health Departments Regarding Heart Disease and Stroke Prevention*. Chicago, IL: Illinois Dept. of Public Health; 2006. http://www.idph.state.il.us/heartstroke/LHD_Heart-Stroke_Survey.pdf. Accessed February 14, 2012.

Photos/Multimedia Gallery Available: <http://www.businesswire.com/cgi-bin/mmg.cgi?eid=50229727&lang=en>

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Joe Cooks Pomodoro Sauce and Pasta Primavera

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