Food and Fitness

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Love Your Heart!

We only get one. It's easily broken. So we want to do our best to take care of our hearts!

The American Heart Association states we can substantially reduce our risk of heart disease, the number one cause of illness and death in the USA, by following these recommendations:

- Consume an overall healthy diet (see page 2 for details).
- Aim for a healthy body weight.
- Aim for recommended levels of LDL and HDL cholesterol and triglycerides.
- Aim for normal blood pressure.
- Aim for normal blood glucose.
- Be physically active.
- Avoid use of and exposure to tobacco products.

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Web sites of interest:

- americanheart.org
- deliciousdecisions.org

Stress and Your Heart

Do you have a type A personality and a stressful life? That may not be all bad. Executives in high pressure jobs tend to be healthy for long periods. But those Type A personalities who are quick to anger and frequently hostile may be at higher risk for heart disease.

Anger, frus-

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Nutrition and Your Heart

The American Heart Association's most recently updated (2006) nutrition recommendations include:

Balance calorie intake and physical activity to achieve and maintain a healthy body weight.

Consume a diet rich in vegetables and fruits.

Choose whole grain, high fiber foods.

Consume fish, especially oily fish (salmon, fresh tuna) at least twice per week.

Limit intake of saturated fat to <7% of calories, trans fat to <1% of calories, and cholesterol to <200 mg per day.

This is accomplished by choosing lean meats and vegetable alternatives and fat free or 1% dairy products.

Minimize intake of foods with added partially hydrogenated fats.

Minimize intake of beverages and foods with added sugars.

Choose and prepare foods with little or no salt.

If you consume alcohol, do so in moderation.

Follow these guidelines when dining outside the home as well.

Fats and Oils and Your Heart

"If I fry my hamburger in olive oil will the good fat cancel out the bad fat?" Well, not exactly!

The "good fat" or monounsaturated fat in olive oil may be beneficial to your health if it replaces the saturated fat from animal foods. Good fats and bad fats don't react with each other, but have different effects through different mechanisms.

Good fats

Monounsaturated fat—present in nuts, seeds, avocado, olive and canola oil. They may raise good cholesterol and lower bad cholesterol when replacing saturated fats.

Omega-3 fatty acids EPA and DHA—present in oily fish like fresh salmon, tuna, and sardines and in canola oil. May lower triglycerides and decrease unwanted stickiness of blood platelets.

Bad fats

Saturated fat—present in pork sausage, bacon, hot dogs, prime rib, cheese, ice cream and whole and 2% milk and dairy products. These fats raise LDL cholesterol.

Trans fat— any food containing partially hydrogenated oil such as crackers, chips, snack cakes, peanut butter. If the ingredient list contains the word hydrogenated, don't buy it. Trans fats raise bad cholesterol and lower good cholesterol.

Excessive omega-6 fatty acids—the suggested ratio of intake of omega 6 to omega 3 fatty acids is 4:1. The ratio of the western diet, such as consumed in the USA, is 20:1. Excessive use of polyunsaturated oils like corn, sunflower, and safflower increase the amount of omega-6 fat consumed. Excessive amounts of these fats may contribute to systemic inflammation, which may be responsible for many disease processes.

Stress and Your Heart (continued)

(Continued from page 1)

tration, and hostility tend to cause a rise in adrenaline production. Increased adrenaline levels may cause the blood to clot more readily and the arteries to constrict, increasing the risk of heart attack.

Behaviors that blunt the adrenaline response to stress like deep breathing, stretching, yoga, meditation, and massage can help to manage stressful situations.

Recipe Corner

When you need a "sweets fix" but don't want to have a lot around the house try...

.....A Few Good Cookies.....

Recipe adapted from celine-yum.blogspot.com

1/2 cup whole wheat flour
1/2 cup rolled oats
1/4 tsp. baking soda
1/4 tsp. salt
1/4 cup mini chocolate chips
1/4 cup walnuts

1 Tbs. peanut butter

1 tsp. canola oil
1/2 cup light brown sugar
1/6 cup soy milk
1 t vanilla extract

Set oven to 425 F. Spray cookie sheet with Pam.

Whisk all liquid ingredients together until smooth.

Sift flour, baking soda and salt together. Add rest of dry ingredients to flour. Add liquid ingredients to dry ingredients, mix until well combined.

Divide onto three large or 6 smaller cookies and place upon cookie sheet. Bake for approximately 5-8 minutes. Allow to cool on cookie sheet for about 5 minutes, then place on a rack to cool. Nutrition information for 1/6 recipe:

Calories 203, total fat 8 g, trans fat 0 g, saturated fat 2 g, cholesterol 2 mg, carbohydrate 29 g, dietary fiber 3 g, protein 5 g, sodium 177 mg.

Salad Niçoise

Recipe adapted from www.aicr.org

Not your typical football game fare, but would work for a super bowl party!

Good source of omega-3 and mono-unsaturated fat!

12 Romaine lettuce leaves, washed and dried

2 6-oz. cans chunk light tuna in water, drained

3/4# new potatoes, cooked and halved

10 oz. frozen green beans, cooked

1 Tbs. capers, drained

1 hard boiled egg, quartered

8 anchovy filets

1 medium ripe tomato, cut in eighths

1/4 cup black olives

4 thin slices red onion

Dressing

1/4 cup extra virgin olive oil

1/4 cup red wine vinegar

1 clove garlic, minced

1 tsp. Dijon mustard

Arrange lettuce on salad plates. Divide all ingredients into 4 and arrange on top of lettuce.

Whisk dressing ingredients and pour over salad at serving time. Serves 4.

Calories 400, total fat 24 g, trans fat 0 g, saturated fat 4 g, cholesterol 96 mg, carbohydrate 18 g, dietary fiber 5 g, protein 28 g, sodium 996

Heartfit Building
3200 Chesterfield Ave.
Charleston, WV 25304

Phone:304-744-6466
Fax: 304-388-9422

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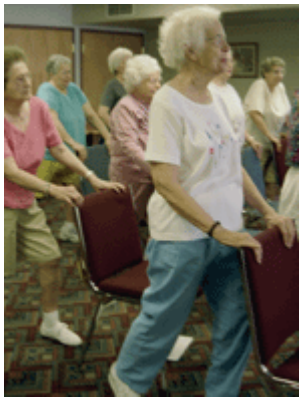
www.state.wv.us/senior services

This newsletter is created by Susan M. Poindexter, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services, and is funded in part by The West Virginia Bureau of Senior Services.

Exercise and Your Heart



"These bodies were made to move!", say the exercise experts. Stretching, strength training, and aerobic exercise are all important. The American Heart Association tells us why we want to do it:

- Improves fitness and ability to get things done
- Improves diabetes management
- Helps control blood fat abnormalities
- Burns calories
- Relieves stress
- Lowers blood pressure

The AHA recommends for most healthy people at least 30 minutes on most days of:

Brisk walking, hiking, stair climbing, jogging, running, bicycling, swimming, rowing, continuous dancing and any other exercise that raises the heart rate and keeps it up!