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# Food and Fitness

**Web Sites of Interest:**

- wholegrainscouncil.org
- americanheart.org
- drugs.com
- acsm.org
- diabetes.org

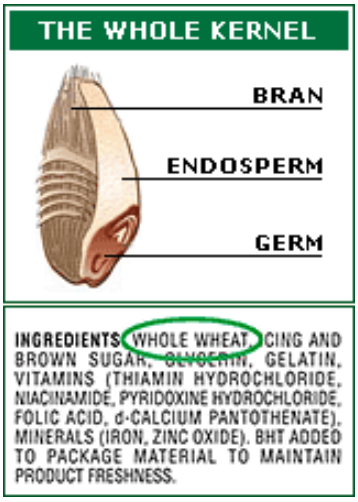
## Inside this issue:


| | |
|---|---|
| Exercise, But With Care | 2 |
| The Trans Fat Tango | 3 |
| Recipe Corner | 4 |
| Heart Surgery and Diabetes | 5 |


## Women, Blood Pressure and Whole Grains

You've heard that whole grains are good for you. A new study from Harvard University published in the American Journal of Clinical Nutrition looked at whole grain consumption and the development of high blood pressure in 30,000 middle-aged and older women. Those who ate more whole grains had an 11% lower risk of developing hypertension. The nutrients contained in the bran and germ, stripped away during refining, may be protective.

How can you be sure a product is a whole grain? Remember, the front of the package is dressed up to entice you to buy it! Go around to the back to get the facts. How-

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## Cholesterol-Lowering Agents: Alternatives to Statins

The cholesterol-lowering statin drugs are effective. However, some persons do not tolerate them well. Elevated liver enzymes and muscle aches are the more common undesirable side effects, signaling the potential for greater problems.

Alternative

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## Cholesterol-Lowering Agents: Alternatives to Statins

(Continued from page 1)

cholesterol-lowering agents are taking the market by storm. Before you buy into any of these alternative therapies (plant stanols and sterols, guggulipid or guggul, flax seed, red yeast rice, policosanol, omega-3 fatty acids), it's important to know what the scientific literature says about them.

A comprehensive review of these therapies was performed and published in the Annals of Pharmacotherapy by Leslie Nies, PharmD, and others of the Department of Pharmacy, Kaiser Permanente of Colorado.

Dr. Nies reported finding the following published data for lipid lowering:

- Substituting soy for animal protein
- Substituting saturated fat (animal fat) with monounsaturated fat (nuts, avocado, oils)
- Consuming fiber and plant stanols/sterols
- Omega-3 fatty acids effectively lowered triglycerides.

Dr. Nies further concluded, "Well-designed studies with long-term outcome data are necessary to further define the role for guggul, red yeast rice, policosanol, garlic, and flaxseed in the management of dyslipidemia."

Be sure to consult with your physician and your pharmacist if you are considering taking any alternative therapies for cholesterol lowering. Diet change is still recommended.

Plant stanols and sterols are cholesterol-lowering substances derived from foods.

## Exercise, But With Care!

People with high blood pressure, diabetes, and obesity are constantly being reminded to exercise. However, in experiments with rats, researchers at the University of South Dakota, Sioux Falls, found that excessive exercise worsened high blood pressure and progression to heart failure in rats with high blood pressure.

Regular exercise in humans lowers risk of heart dis-

(Continued on page 3)

# The Trans Fat Tango

One step forward, two steps back. It's the Trans Fat Tango. From New York to the Indiana State Fair trans fats have been banned. Manufacturers are removing partially hydrogenated oils (trans fats) from cereals, crackers, cookies, and chips. That's a step forward.

The two steps back refers to the return to saturated fat as a replacement for trans fat. Saturated fat (lard, butter, bacon grease, palm oil) was ruled unsafe long before trans fats were created as a replacement. The harm caused by trans fat doesn't make saturated fat safe! Watch out for animal fats, palm oil, coconut oil and fully hydrogenated oils—they're saturated fats.

At 51% saturated fat, palm oil is not a healthy substitute for trans fat..

# Exercise, But With Care! (continued)

*(Continued from page 2)*

ease, in part, by lowering blood pressure. So the implications of this new study are unknown. However, the findings "should raise our awareness of the potential harm intense exercise might do to people with untreated high blood pressure", according to Dr. Paul Christian Schulze, editorialist for the Journal Hypertension, where the study was published.

If you have uncontrolled high blood pressure see your doctor for guidance.

Know your blood pressure before starting an exercise program.

# Women, Blood Pressure and Whole Grains (continued)

*(Continued from page 1)*

ever, the numbers can't tell you if it is a whole grain. Look at the ingredient list. To be a whole grain, the word "**whole**" must appear in the first ingredient.

INGREDIENTS/INGRÉDIENTS

MULTIGRAIN BLEND (WHOLE GRAIN CORN, WHOLE GRAIN OATS, WHOLE GRAIN RICE AND DEGERMED CORN MEAL), SUGAR, MODIFIED CORN STARCH, COCOA, FRUCTOSE, SALT, HIGH MONOUNSATURATED CANOLA OIL, RICE BRAN OIL, CALCIUM CARBONATE, COLOUR, ARTIFICIAL FLAVOUR, TRICALCIUM PHOSPHATE, TRISODIUM PHOSPHATE, WHEAT STARCH, TOCOPHEROLS, SULPHITES, VITAMINS & MINERALS: NIACINAMIDE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE(VITAMIN B6), FOLATE, IRON.
CONTAINS WHEAT INGREDIENTS.

# Recipe Corner—Game Day Brunch

*Having company? Be kind to their hearts with this easy, healthier version of a "company brunch"! Serve these winners with a side of fresh fruit salad, yogurt,, and Morningstar Farms Bacon.*

## Crustless Spinach Quiche

Vegetable oil spray

1 onion, chopped

1 cup fresh mushrooms, sliced

1 10-oz. package of frozen chopped spinach, thawed and drained

1 egg, beaten

1 cup Egg Beaters

1 cup shredded sharp cheddar cheese

2 cups fat free shredded mozzarella

1/4 tsp. salt

1/8 tsp. black pepper

Preheat oven to 350 degrees.

Spray a 9" pie pan with cooking spray.

Spray skillet with cooking spray.

Sauté onions and mushrooms until onions are soft. Add spinach and continue cooking until excess moisture has evaporated.

In a large bowl combine eggs, cheese, salt, and pepper. Add spinach mixture and stir to blend. Pour into prepared pan. Bake until eggs have set, about 30 minutes. Serves 6.

Nutrition information per serving:

| | |
|---|---|
| Calories | 193 |
| Total fat | 7 g |
| Saturated fat | 4 g |
| Trans fat | 0 g |
| Cholesterol | 60 mg |
| Sodium | 612 mg |
| Fiber | 2 g |
| Protein | 24 g |
| Carbohydrate | 8 g |

## Easy Pumpkin Muffins

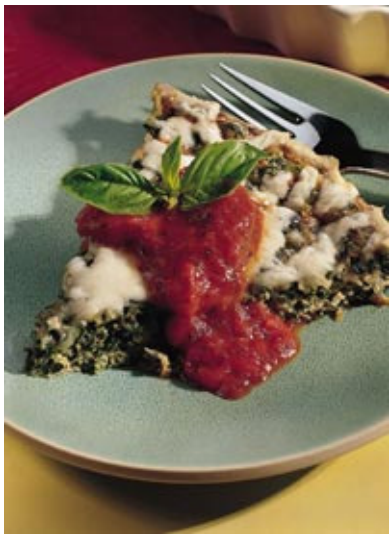
1 box spice cake mix (18.25 oz.)

1 15-oz. can pureed pumpkin

Preheat oven to 350 degrees. Spray muffin pan with cooking spray.

Mix cake mix and pumpkin. Spoon mixture into muffin pan. Bake for 20-25 minutes or until toothpick inserted into center of muffin comes out clean. Makes 12 muffins. Nutrition information per muffin:

| | |
|---|---|
| Calories | 198 |
| Total fat | 5 g |
| Saturated fat | 2 g |
| Trans fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 295 mg |
| Fiber | 2 g |
| Protein | 3 g |
| Carbohydrate | 35 g |



For extra zing, top with fat free sour cream and salsa.

To reduce the calories further, substitute a lower calorie muffin mix for the spice cake mix.

Food and Fitness

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# Heart Surgery and Diabetes Control

Need heart surgery? A recent report suggested it might be advantageous to delay heart surgery if your diabetes is out of control. Dr. Diego Lowenstein reported at the XXXII Argentine Congress of Cardiology on complication risks of 56 diabetic patients undergoing heart surgery.

Those with HbA1c levels (a measure of long-term blood sugar control) higher than 7 had a higher risk of complications such as overwhelming infection, stroke, and in-hospital death.

To reduce your HbA1c level talk with your diabetes doctor or certified diabetes educator, exercise often, and control your carbohydrate intake. For more specific recommendations visit the American Diabetes Association website at www.diabetes.org.