

Keeping your health and wellbeing in the know

MyHealth TALK

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Courtesy of Asset Health



HEART HEALTH MONTH

February is American Heart Month. Heart disease is the number one cause of death in America for men and women.

Coronary heart disease (CHD) is a narrowing of the small blood vessels that supply blood and oxygen to the heart. The risk of heart disease increases with age. You have a greater risk of heart disease if you are a man over the age of 45 or a woman over the age of 55. You are also at even greater risk if heart disease runs in your family. Fortunately, there are many things you can do to reduce these risk factors and prevent heart disease.

Diet:

Heart disease is linked to elevated blood levels of cholesterol, and elevated levels of cholesterol are correlated with what we eat. Here are 6 healthy foods that are good for your heart:

- Blueberries are very rich in antioxidants and loaded with minerals.
- Oatmeal helps lower “bad” LDL cholesterol
- Salmon is rich in Omega-3 fatty acids. People who frequently eat fish live longer than those who don’t.
- Olive Oil can also help lower LDL cholesterol. Olive oil does not contain saturated or trans fat like butter or margarine.
- Legumes (beans, peas, and nuts) are a great meat substitute. They are rich in protein and packed with fiber.
- Almonds also contain omega-3 fatty acids. Eating just a handful of almonds a day has been found to lower LDL cholesterol by as much as 9 percent.

Visit your doctor:

- Know your blood pressure and consistently manage it.
- Measure your glucose level. By engaging in regular exercise and making smart food choices, it will help prevent the onset of Type 2 Diabetes.
- Know your cholesterol and triglyceride levels and keep them under control.

Life style changes:

- Maintain a healthy weight
- Exercise regularly
- Don’t smoke
- Reduce the stress in your life

Understanding your personal risk factors, making better lifestyle choices, and eating healthier can help keep your heart healthy and strong.

Source: Dr. Crandall’s Heart Health Report Vol.3, Issue 1/January 2012



CANCER PREVENTION WITH FOOD

Millions of people around the world are affected by cancer each year. Although doctors cannot always explain why one person gets cancer and another does not, our surroundings and the choices we make every day may increase or even decrease our chance of developing cancer.

Some of these risk factors for cancer can be avoided, others cannot. For example, although you can choose to quit smoking, increase exercise and incorporate more fruits and vegetables in your diet, you cannot choose which genes you have inherited from your parents. Therefore, preventative screenings, lifestyle and environmental factors are the aspects you can concentrate your efforts on to decrease your cancer risk.

Healthy Nutrition Choices

Focus on plant-based foods: Plants have less fat, more fiber, and more cancer-fighting nutrients which work together to support your immune system and help your body fight off cancer.

Bulk up on fiber: Fiber keeps your digestive system clean and healthy by moving food through your digestive tract and removing cancer-causing compounds.

Cut down on meat: Meat lacks fiber and other nutrients that have been shown to have cancer-protective properties and it is also high in saturated fat. Although not all fat is bad, high-fat diets have been linked to higher rates of cancer.

Choose your fats wisely: The best fats are unsaturated fats from plant sources and include olive oil, canola oil, nuts, and avocados. Also focus on omega-3 fatty acids—they fight inflammation and support brain and heart health.

Choose cancer-fighting foods: Boost your antioxidants—they protect against cancer and help the cells in your body function optimally. Fruits and vegetables are the best sources of antioxidants.

Flavor with immune-boosting spices and foods: Garlic, ginger, and curry powder add cancer-fighting nutrients to foods. Other good choices include turmeric, basil, rosemary, and coriander.

Drink plenty of water: Water is essential to all bodily processes. It stimulates the immune system, removes waste and toxins, and transports nutrients to all of your organs.

For a list of recommended cancer screenings, please visit:

<http://www.cancer.org/Healthy/FindCancerEarly/CancerScreeningGuidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer>

Sources:

<http://www.cancer.org/index>; <http://www.askdrsears.com/>; <http://www.helpguide.org/>



Heart Healthy Soup!

Who can resist a hot bowl of soup on a cold winter day? This meal-in-a-bowl is not only filling but can be nutritious! You can purchase some healthy canned or prepared soups at the grocery store, but it's not difficult to make a pot of soup at home where you can control the fat and sodium content.

Making your own soup is not only budget friendly, but it allows you to be creative. You can adapt a recipe by adding or deleting ingredients to adjust it to your tastes. Try making soup a day ahead of time to allow the flavors to meld.

Try the recipe below; add a salad and some crusty bread and you have dinner!

Prep: 20 minutes

Cook: 50 minutes

Makes: 14 cups

- 1/2 lb. carrots, sliced
- 2 c chopped onion
- 2 lg. stalks celery, sliced
- 1 lg. cloves garlic, crushed with press
- 1 cans (28 oz) whole tomatoes in juice
- 1/4 sm. Head green cabbage thinly sliced (3 c.)
- 1/2 lb. green beans, trimmed and cut into thirds
- 1/2 can (48 to 49 oz.) chicken broth
- 3 c. water
- Salt and pepper to taste
- 2 med. zucchini sliced into half-moons
- 1 bag (6 oz. each) baby spinach leaves

1. Coat large stock pot with nonstick cooking spray. Over medium-high heat, add carrots, onions, celery, and garlic; cook 8 minutes or until vegetables soften, stirring occasionally.

2. Add tomatoes with their liquid, breaking up tomatoes with side of spoon. Add cabbage, green beans, broth, water, 1 teaspoon salt, and 1/4 teaspoon ground black pepper; heat to boiling over high heat, stirring occasionally.

3. Reduce heat to low; cover and simmer 10 minutes, stirring occasionally. Increase heat to high; stir in zucchini and spinach and heat to boiling. Reduce heat to low; cover and simmer 10 minutes or until all vegetables are tender.

Each cup contains: About 45 calories, 2 g protein, 9 g carbohydrate, 1 g total fat (0 g saturated), 4 g fiber, 0 mg cholesterol, 370 mg sodium.

TOP ANTI-CANCER VEGETABLES:

BROCCOLI
BRUSSEL SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
EGGPLANT
GREEN BEANS
KALE
ONIONS (RED)
PEPPERS
RADISHES
SOY
SQUASH
SWEET POTATOES
TOMATOES
YAMS