



February 2017

Asset HealthTalk

Keeping your health and wellbeing in the know

GIVE YOUR HEART HEALTH A BOOST

February is American Heart Month. Here are five simple daily actions to show your heart some love.

1. Floss those pearly whites. Maintain good dental hygiene to reduce your risk for heart disease and stroke. Make sure to brush your teeth twice a day and floss once daily!

2. Eat “good” fats. Avoid eating trans fats (often found in packaged food) and enjoy healthy fats like those found in avocado, olive oil, nuts and seeds or fatty fish like salmon.

3. Get your Zzz's. If you don't get enough sleep, you could put yourself at risk for cardiovascular disease, stroke, or heart attack –

no matter your age or health status. It is recommended that you aim to get seven to eight hours of sleep each night.

4. Stay away from smokers. Do your heart a favor and stay away from secondhand smoke! Studies have shown the risk for developing heart disease is 25 to 30 percent higher for people who have been exposed to secondhand smoke.

5. Sit less, move more. Recent research has shown how sitting six to eight hours per day is linked to a variety of complications that can threaten our wellbeing. So, make an effort to move more throughout the day. Every 30 minutes that you sit, try to get up, take a walk or stretch.

“5 Things to Do Daily to Keep Your Heart Healthy,” A. Marc Gillinov, MD, health.clevelandclinic.org, Jan. 19, 2016.



Everyone can use a little more compassion in their life. That's why we're celebrating Random Acts of Kindness Week this February, and we hope you'll join us! Tell someone why they matter.



Here are a few ideas to get start:

- Give a heartfelt compliment.
- Ask how someone is doing and truly listen to their response.
- Buy a meal for someone who needs it.
- For one day, include a positive comment in every email (or text message) you write.
- Let someone go in front of you in line (maybe you'll start a pay-it-forward chain).
- Buy a coffee for the person behind you in line or in the drive-thru.
- Leave a generous tip for your restaurant server.
- Surprise a local fire or police station with treats. (Bonus if they are healthy treats!)
- Volunteer at a nursing home.
- Visit a homeless shelter and pass out scarves or gloves to keep others warm.
- Secretly complete a task on someone's to-do list.
- Tell someone three reasons why you're grateful for them.
- Speak highly of someone when they're not there.
- Remind someone why you believe in them.



For more ideas, visit randomactsofkindness.org.



Jackfruit



Riced Cauliflower

CHOOSE This NOT That

Healthiest Foods for the New Year

Many things, such as hairstyles and clothes, go out of style every year, and food is no exception. Food and nutrition experts from *Consumer Reports* looked at some of the predicted food trends for 2017. Here is their take on which ones you should decide to include in your healthy diet.

Jackfruit

Veggie “pulled pork” sandwiches will be trending this year, courtesy of jackfruit, which you should eat unripened for a savory flavor because this Asian fruit has a similar texture to shredded meat before it ripens. You can find it fresh or canned in most Asian markets and some regular grocery stores. It is low in sugar, but isn’t high in protein unlike other meat substitutes. If you are a vegan, don’t rely on jackfruit to help you meet your protein needs. Instead, eat a variety of plant-based proteins.

Plant Waters

Plant waters are endorsed as natural hydrators and alternatives to typical sports drinks since they are lower

in calories. Some have small amounts of added sugars, but many have no sweeteners at all or the sugars are naturally present in the plants. You’ll be seeing more drinks made from plants like artichoke, cactus and cucumber.

Riced Cauliflower

The craze for riced cauliflower was initiated by paleo dieters seeking a lower-carbohydrate substitute for potatoes and pasta. Frozen versions have been introduced now that this food trend is considered to be conventional. You can make your own at home; just grate raw cauliflower or chop it in a food processor. Regardless, all varieties are low in calories and carbs and high in fiber.

Bean Pasta

Pastas made from chickpeas, lentils and other legumes contain nearly the same amount of calories as regular pasta (200 per cup, cooked), but are higher in fiber and protein. They are popular because there is a demand for more protein and fewer refined carbs in our diets, and the gluten-free trend remains popular.



Purple Potato

Savory Yogurt

Savory (rather than sweet) yogurts are a great source of calcium and protein. They are often lower in calories and added sugar than fruity or sweet yogurts. They are becoming popular with cumin in place of chocolate and beets instead of berries. You can make your own savory combinations or find them at most grocery store from brands like Chobani, Fage, Noosa and more.

Fermented Foods

Fermented foods, such as kefir, kimchi, kombucha, sauerkraut and yogurt, offer probiotics. This trend won’t just continue, it will likely grow as more research reveals the significant role your microbiome—the ecosystem of good bacteria that reside in your gut—plays in your overall health.



Savory Yogurt

Purple Foods

According to Whole Foods’ food trend list, you’ll see more purple cauliflower, asparagus, potatoes, rice, cereal, and other foods in stores. Be sure to check labels carefully on cereal, chips and other packaged foods for red dye 40, which is an artificial food coloring that can give deep purple colors. Also keep in mind that these packaged foods may have just as many calories, sugar and sodium as less colorful options.

Power Bowls

You can expect to see more bowl foods, which are combinations of vegetables, whole grains and protein, on restaurant menus and in supermarket freezers. However, they’re only as healthy as the ingredients they contain. Some power bowls can contain as many as 1,000 calories and 1,000 mg of sodium or more.

“Eat This! The Healthiest Food Trends for 2017,” Trisha Calvo, consumerreports.org, Jan. 1, 2017.