

# ChEw oN ThiS

## Heart Care



Eating a heart healthy diet should not be reserved for those who have been diagnosed with a heart condition. A heart healthy diet is for anyone with a heart! Here are some dietary recommendations to help you love your heart:

**Eat cold-water fish** such as salmon, halibut, herring, tuna. They contain essential fatty acids (EFA's). If you dislike fish, I'd encourage you to try it again. There are many great recipes that can easily be found online. Go ahead, try a new recipe! (See sidebar)

**Eat a wide variety of colors of fruits and veggies.** They contain many nutrients and antioxidants that help protect your heart. Variety is what is important. Try to eat at least 5 servings a day.

**Eat 30-35 grams of fiber each day.** You'll have to read labels for a while to learn but you are worth it! Soluble fiber forms a gel which binds some cholesterol in the small intestine and pulls it right out of the body.

**Lessen your sugar intake.** Frequent blood sugar spikes and drops set the stage for diabetes and heart disease. Never eat sugary foods alone. Eat with

some protein or healthy fat to help balance blood sugar levels.

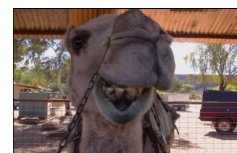
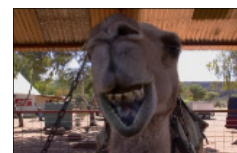
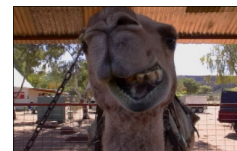
**Eat garlic and onion** to help lower blood pressure.

**Don't eat fried foods** - period.

**Eat a diet low in saturated fats.** Avoid full fat dairy, red meat, tropical oils, and poultry skin. Stay away from trans-fats found in stick margarine and shortening, commercial baked goods, fried foods and hydrogenated or partially hydrogenated vegetable oils.

**Most people should take a multi-vitamin/mineral supplement.** Speak with your physician first.

Addressing emotional and psychological stress in your life is equally important as diet in preventing or treating cardiovascular illness. Caring for your whole person – mind, body and spirit – can help prevent and treat stress that precedes symptoms of heart disease. Bathing the mind with positive thoughts and attitudes, feeding the body well and nurturing your spirit are dimensions of your health that deserve adequate attention. In all your busyness, don't forget to love and care for your heart.



### Healthy Kids



Promote a healthy Halloween by handing out alternatives to candy.

- pencils
- stickers
- party favors
- trading cards
- raisins
- sunflower seeds
- pumpkin seeds
- microwave popcorn

### Healthy Heart Fish Recipes

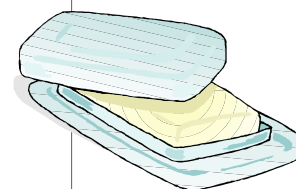
[hearthealthyonline.com](http://hearthealthyonline.com)

[Eatingwell.com](http://Eatingwell.com)

[Health.com](http://Health.com)

## DoN't ChEw oN ThaT

**Harmful Fats**—Beware of oils of coconut, palm, corn, cottonseed and soybean. These along with margarine are processed oils and contain trans fatty acids, which not only harm your heart but increase your risk of developing cancer. Other harmful fats include the fatty streaks in meat, most crackers, pastries and dark poultry meat.



# Inspiration!

## The Edge: Teen Athletes

**What do you feed your mind?**

Don't accept that others know you better than yourself. Work joyfully and peacefully, knowing that right thoughts and right efforts will inevitably bring about right results. -James Allen

Do not let what you cannot do interfere with what you can do. -John Wooden

In the confrontation between the stream and the rock, the stream always wins, not through strength but by perseverance. -H. Jackson Brown

It is not your aptitude, but your attitude, that determines your altitude. -Zig Ziglar

It's how you deal with failure that determines how you achieve success. -David Feherty

It is the nature of thought to find its way into action. -Christian Nevell Bovee

## On The Side

### ONION



- Help reduce nervous tension
- Antibiotic, draws out infection
- Help prevent cancers of digestive tract
- Used for gastric infection
- Expectorant, relieves congestion
- Help the body release toxins
- Increases blood circulation
- Strengthens the lungs
- Warming to the body
- Helps balance intestinal bacteria
- Cleansing to the intestines
- Onion juice mixed with honey help relieve cold symptoms
- Help lower blood pressure
- Reduce inflammation
- Help raise beneficial cholesterol
- Red & yellow contain most nutrients

## Food Fight!



### Chemotherapy Days Eating Tips

**October is Breast Cancer Awareness Month**

*From the book **Eating Well Through Cancer** by Holly Clegg and Gerald Miletello, M.D.*

*Eat smaller portions more frequently*

*Drink fluids between meals instead of with food so the food is what fills you up*

*Eat by the clock and not your appetite, otherwise you may not eat enough*

*Add extra protein to your diet using peanut or almond butter, hard boiled eggs, protein powder*

*Exercise 30 minutes before meals to stimulate appetite*

*Eat high -protein energy drinks, milkshakes and puddings between meals*

ATTAINABLE NUTRITION provides nutrition and natural health guidance for adults, teens, and children. We will customize an attainable plan for your specific needs and desires. Some of the services we provide include:

- **Nutrition assessment and meal planning**
- **Weight loss/gain** coaching
- **Disease** prevention and support
- **Stress and pain** management
- **Gluten-free and food allergy** assistance
- **The Edge** teen sports nutrition

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