



# ChEw oN ThiS

Newsletter

## A Key To Your Heart

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*Who* holds the key to your heart? For me it's my hubby Mark. Did you know there is also a *what* that holds a key to your heart? The *who* is different for all of us; the *what*, however, is the same for you and me. Fiber holds a very important key to your heart. Yep, an unlikely love. Actually, fiber is the key in the love relationship your heart has with your bowels. Ewww...that's disgusting, you say! Maybe you think so but read on — your heart is worth it. Your heart loves your bowels. When they're working smoothly, your heart ticks with renewed energy and excitement. Doesn't that sound like a love relationship you'd like to have? Let me explain: Fiber is an indigestible type of carbohydrate that cleanses your intestines as it travels through to your bowels. This cleansing that fiber performs in your intestines proves to be beneficial to your heart. The consumption of fiber has been

shown in numerous studies to protect your heart by lowering blood cholesterol levels, removing toxins from the body and helping to stabilize blood sugar levels. Fiber slows the digestion of foods which promotes the use of the food for energy rather than depositing it as body fat.<sup>1</sup> Our hearts love to support less body fat!

Recommended daily intake of fiber is 35 grams. Most of us consume 10-20 grams.

Love your heart with these high fiber foods and it will love you back:

- Flax seeds
- Fruits & veggies
- Beans/Legumes
- Whole Grains
- Nuts & seeds
- Garlic/Onion

~ Darci

1. Ames BN. *Science* 1983;221:1256



### Cholesterol Numbers

Here's what they mean:

#### Total Cholesterol

**Desirable:** less than 200 mg (180 is preferable)

**Borderline:** 200-239 mg

**High:** 240+ mg

#### Triglycerides:

**Desirable:** under 150 mg

#### LDL cholesterol

**Desirable:** less than 130 mg

**Borderline:** 130-159 mg

**High:** 160+ mg

#### HDL cholesterol

**Low:** Less than 35 mg

**Desirable:** 50+ mg

## DoN't ChEw oN ThaT

### Don't Bite Off More Than You Can Chew

Good digestion begins in the mouth from thoroughly chewing food. If you bite off more than you can chew you risk choking.

The same principle can be applied in life; have you bitten off more than you can chew and are now choking, unable to fit it all in?

Your heart wants you to pay attention to what you chew. **Do you chew on your nails or grind your teeth at night? Do you regularly chew out your kids and**

**coworkers? Do you chew antacids all day trying to relieve your heartburn?** You may have bitten off more than you can chew.

Take smaller bites and slow down. Doing less and more thoughtfully will slow you down and take pressure off your heart. De-stress by doing less - your nails with thank you, your teeth with thank you, your kids and coworkers will thank you, your stomach will thank you, and most of all your heart will thank you.



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## Main Course



# Heart To Heart

Let's sit down for an hour and have a heart to heart about your heart. Heart disease is still the leading cause of death for Americans, killing one out of every three of us. It may be time to talk about how you can help prevent your own heart from getting diseased. We'll discuss ideas to help lower your LDL cholesterol and raise the healthy HDL cholesterol you need. Love your heart today! ♥

*Heart to Heart Consultation \$45*

## On The Side



Illustration by [Otto Wilhelm Thomé](#), 1885

## Pomegranate

Pomegranates may help to reverse the progression of artery plaque buildup and help curb hardening of the arteries by reducing blood vessel damage. Because pomegranates are high in antioxidants they not only help protect against heart disease but other disease processes in the body as well, especially cancer. Pomegranates other nutrients include vitamin C, potassium, and pantothenic acid (vitamin B<sub>5</sub>).

### How to Eat a Pomegranate

1. Cut out the protrusion from the flower-end of the pomegranate, leaving about a two-inch hole in the top
2. Starting from the edges of the hole, score the rind around the fruit, dividing it into several pieces.
3. Pull the fruit open
4. Separate the seeds and enjoy!

If this proves to be too difficult, there's always pomegranate juice! Yum!

## Food Fight!



**Antioxidant:** Substances that help protect cells from the damaging effects of free radicals.

**Free Radical:** Electrically unbalanced molecules which damage cells, proteins or DNA, creating disease in the body, especially cancer.

## Antioxidants vs. Free Radicals

**C**oenzyme Q<sub>10</sub> is an antioxidant that is chemically similar to vitamin E. It is found in highest concentration in the heart, followed by the liver, kidney, spleen and pancreas. CoQ<sub>10</sub> is in found in every cell of the body giving the mitochondria (power center of each cell) it's energy. It also has antiaging effects, stimulates the immune system and helps to increase circulation. Natural food sources include spinach, peanuts, meat and sardines. Coenzyme Q<sub>10</sub> can also be found in supplement form at your local health food store.

**Healthy & Happy Kids**

Heart-healthy fruits and vegetables are **red** just like your **heart**.

This is an easy way to remember some heart-healthy foods!

Fill in the blanks: (Answers are on the back page)

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

- |  |   |                     |
|--|---|---------------------|
| 1.    _____                                  | 2.    _____                                     | 3.    _____         |
| 1   16   16   12   5                         | 3   8   5   18   18   9   5   19                | 2   5   5   20   19 |
|  |   |                     |
| 4.    _____                                  | 5.    _____                                     |                     |
| 23   1   20   5   18   13   5   12   15   14 | 16   15   13   5   7   18   1   14   1   20   5 |                     |
|  |   |                     |
| 6.    _____                                  | 7.    _____                                     | 8.    _____         |
| 20   15   13   1   20   15   5   19          | 18   1   4   9   19   8   5   19                | 7   21   1   22   1 |

**The Edge: Teen Athletes**

**T**een athletes have a lot of health benefits going for them. Obvious benefits include stronger muscles, increased blood flow, and greater mental focus. Teen athletes are not protected from disease, however, simply because they exercise. All human beings, including teen athletes, need to give careful attention to the foods they eat. Teens are often looking for the most delicious and quick meals and snacks to satisfy their *desires*. The foods that meet these desires are often the least healthy foods for their bodies: foods high in sugar, fat and preservatives. Fast food restaurants are easy and quick during a limited school lunch break: vending machine donuts for breakfast may be all that was made time for this morning; pizza and ice cream were served at the birthday party last weekend and the weekend prior. **How does a teen athlete succeed in eating healthy when faced with these food challenges? Frankly, by applying the same discipline of self-control learned in their sport; to do and not do certain things in their game which make them a smarter and stronger athlete.** Use self-control when eating, reach for healthy foods. The food we eat is what fuels our body and mind. **A January 2010 report released by federal health officials shows 1 out of every 5 teens in the U.S. are at risk for developing heart disease ([www.washingtonpost.com](http://www.washingtonpost.com)).** Once thought of as an adult disease, children and teens, because of the foods they're consuming, are getting clogged arteries increasing the likelihood that they may have to deal with heart disease someday. Heart disease is already the number one cause of death for Americans, killing one out of every three people. It doesn't have to be that way! Heart disease statistics can be dramatically lowered if we would learn to care about what we put into our bodies. Please know that anyone is at risk—even teen athletes. Teens: pay attention to what you eat and be a leader to your friends. You just might help to save a life or two - your own and someone else's.

(Read next months newsletter for specific fast-food tips!)



Darci Steiner, MS  
Nutritionist  
10940 S. Parker Rd. #764  
Parker, CO 80134

**Phone: 303.618.7899**  
**[www.attainablenutrition.com](http://www.attainablenutrition.com)**  
**[darci@attainablenutrition.com](mailto:darci@attainablenutrition.com)**

This newsletter provides nutrition education information that is not intended as diagnosis, prescription, treatment or cure for any disease. Nutrition suggestions should not be used as a substitute for or to countermand the advice given to you by your physician. Please see your physician for medical diagnosis and treatment.

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**
- **Cancer prevention and support**
- **Stress and pain management**
- **Food allergy assistance**
- **The Edge** teen sports nutrition for individuals/teams
- **Healthy Kids** classes and events
- **Eating out healthfully**
- **Bone health**
- **Inflammation support**
- **Heart health**
- **Shop-With-You** grocery shopping service
- **Pantry makeover**

#### Happy Healthy Kids page answers:

1) Apple 2) Cherries 3) Beets 4) Watermelon 5) Pomegranate 6) Tomatoes 7) Radishes 8) Guava

## Reach for it! Health Goal

Did you know that most heart attacks occur on Monday's between the hours of 8-9 AM?

Did you also know that anger brought on by stress contributes to heart failure?

Be extra kind to yourself and others on Mondays.

**The challenge:** Do not yell at your fellow drivers on Mondays on your way to work, you may be harming yourself in the process. Is it worth it? Instead of hating your fellow driver, choose to love your heart.

**Challenge #2**—After you conquer Monday's, love your heart on Tuesdays! Yep, keep on going!

## Good Eats

## Lentil, Split Pea, Pomegranate Soup

- 3 tablespoons extra-virgin olive oil  
1 large onion, chopped  
2 cloves garlic, minced  
1 teaspoon ground coriander  
1 teaspoon ground turmeric  
3 (14-ounce) cans vegetable or chicken broth  
1 cup lentils, rinsed and sorted  
1 cup yellow split peas, rinsed and sorted  
2 cups Ocean Spray® Cran·Pomegranate™ Cranberry Pomegranate Juice Drink  
1/2 cup loosely packed fresh parsley leaves, chopped  
1/4 cup loosely packed fresh mint leaves, chopped  
Salt and pepper  
1 lime, cut into small wedges  
4 green onions, sliced
1. Heat oil in 3 to 4-quart saucepan over medium-high heat. Add onion, garlic, coriander and turmeric. Cook, stirring occasionally, for 5 minutes or until onion is tender.

2. Add broth, lentils and split peas. Bring to a boil. Cover and reduce heat. Simmer 30 to 35 minutes or until split peas are desired tenderness.
  3. Stir in cranberry pomegranate juice drink, parsley and mint. Return to a simmer. Simmer for 5 minutes.
  4. Season to taste with salt and pepper. Squeeze lime juice over individual servings and sprinkle with green onions.
- Makes 6 servings.

Recipe and photograph provided courtesy of Ocean Spray; through ECES, Inc., Electronic Color Editorial Services.

