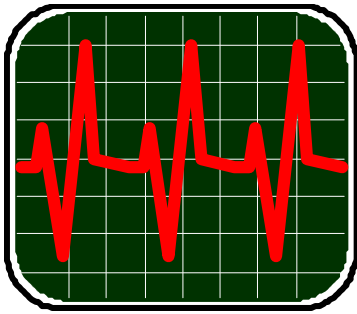


Backdoor Reading From Your Parish Nurse ~ ~ ~ American Heart Month

Asbury United Methodist Church



20 STEPS TO A HEALTHY HEART

- 1. FEEL YOUR OATS:** Foods high in fiber—oatmeal, beans, fresh fruits, broccoli. Helps excrete naturally, lowering total cholesterol & LDL
- 2. WATCH OUT FOR TRANSFATS:** One study showed that women who consume a lot of trans fats had a 66% higher risk of heart disease.
- 3. DON'T PASS ON THE SWEET POTATOES:** Brimming with beta-carotene, fiber, folate and vitamins E and C, the sweet potato is rated #1 healthiest vegetable.
- 4. MORNING MATH:** Choose whole grain cereals that contain at least 3 grams of fiber per serving.
- 5. NOTHING FISHY ABOUT IT:** Eat fish at least twice a week. Omega-3 fatty acids, have been shown to lower cholesterol and reduce blood clots.
- 6. DRINK TO YOUR HEALTH:** Studies show that moderate consumption of coffee, black tea and green tea can reduce heart attack risk.
- 7. EMBRACE YOUR INNER "DRESSING ON THE SIDE":** 2 tbsps of dressing can have as many calories as a chocolate bar or 2 slices of pizza
- 8. GO HALFSIES:** Fill half of your plate with veggies and the other half with equal amts of carbs and high protein food.
- 9. GO NUTS:** One serving a day (a shot glass) of walnuts or almonds reduce LDL.
- 10. PICTURE IT:** Serving of meat = a deck of cards, cheese = 4 dice, peanut butter = a golf ball, bagel = hockey puck, pasta or rice = cupcake liner.
- 11. CHEAP DATE:** Instead of premium ice cream, buy the cheap stuff fat in half. Better = light ice cream saves 25 grams of fat.
- 12. DON'T RAZZ THE BERRIES** Blackberries, raspberries etc. are antioxidant & fiber rich gems.
- 13. PAZZO FOR PASTA:** 2 ozs. Of enriched pasta provide many vitamins, < a gram of fat & 200 calories.
- 14. WHERE'S THE LEAN BEEF?** Lowest in fat are top round, eye of round, round tip, top sirloin, top loin & tenderloin.
- 15. POWERED BY WATER:** Drinking water boosts metabolism.
- 16. BE A WEEKEND WARRIOR:** We tend to consume an extra 230 calories on wkends adding about 5 pounds a year.
- 17. OJ IS OK:** Contains vitamins.
- 18. DARK IS BEAUTIFUL:** In moderation, chocolate is good for us.
- 19. FORGET SOUTH BEACH, TRY OKINAWA:** They leave the table when they're "eight parts out of ten full."
- 20. BEANS, BEANS:** Eat 4 times per week lower risk by 21%

