

Health Wave Newsletter, February 2013

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- About 600,000 people die of heart disease in the United States every year-that's 1 in every 4 deaths.
- Heart disease is the leading cause of death for both men and women.
- Coronary heart disease is the most common type of heart disease, killing more than 385,000 people annually.
- Every year about 935,000 Americans have a heart attack. Of these, 610,000 are a first heart attack. 325,000 happen in people who have already had a heart attack.
- Coronary heart disease alone costs the United States \$108.9 billion each year. This total includes the cost of health care services, medications, and lost productivity.
- \*\* Kochanek KD, Xu JQ, Murphy SL, Miniño AM, Kung HC. Deaths: final data for 2009. National vital statistics reports. 2011;60(3). Roger VL, Go AS, Lloyd-Jones DM, et al. Heart disease and stroke statistics—2012 update: a report from the American Heart Association .Circulation. 2012;125(1):e2–220.

## Important risk factors for heart disease that you can do something about are:

- HIGH BLOOD PRESSURE
- HIGH BLOOD CHOLESTEROL
- DIABETES
- SMOKING
- BEING OVERWEIGHT
- BEING PHYSICALLY INACTIVE

# Risk factors for heart disease that you can't change:

- HAVING A FAMILY HISTORY OF EARLY HEART DISEASE
- AGE (55 or older for women)

Some risk factors, such as age and family history of early heart disease, can't be changed. For women, age becomes a risk factor at 55. After menopause, women are more apt to get heart disease, in part because their body's production of estrogen drops. Women who have gone through early menopause, either naturally or because they have had a hysterectomy, are twice as likely to develop heart disease as women of the same age who have not yet gone through menopause. Another reason for the increasing risk is that middle age is a time when women tend to develop risk factors for heart disease. Family history of early heart disease is another risk factor that can't be changed. If your father or brother had a heart attack before age 55, or if your mother or sister had one before age 65, you are more likely to get heart disease yourself.

While certain risk factors cannot be changed, it is important to realize that you do have control over many others. Regardless of your age, background, or health status, you can lower your risk of heart disease-and it doesn't have to be complicated. Protecting your heart can be as simple as taking a brisk walk, whipping up a good vegetable soup, or getting the support you need to maintain a healthy weight.

You can make the changes gradually, one at a time. But making them is very important.

# Heart-Healthy Eating

What you eat affects your risk for having heart disease and poor blood circulation, which can lead to a heart attack or stroke. Heart disease is the number 1 killer and stroke is the number 3 killer of American women and men.

In the main type of heart disease, a fatty substance called plaque builds up in the arteries that bring oxygen-rich blood to the heart. Over time, this buildup causes the arteries to narrow and harden. When this happens, the heart does not get all the blood it needs to work properly. The result can be chest pain or a heart attack.

Most cases of stroke occur when a blood vessel bringing blood to the brain becomes blocked. The underlying condition for this type of blockage is having fatty deposits lining the vessel walls.

#### **FOODS YOU SHOULD EAT TO HELP** PREVENT HEART DISEASE AND STROKE

- Fruits and vegetables
- Grains (at least half of your grains should be whole grains, such as whole wheat, whole oats, oatmeal, whole-grain corn, brown rice, wild rice, whole rye, whole-grain barley, buckwheat, bulgur, millet, quinoa, and sorghum)
- Fat-free or low-fat versions of milk, cheese, vogurt, and other milk products
- Fish\*\*, skinless poultry, lean meats, dry beans, eggs, and nuts
- Polyunsaturated and monounsaturated fats (found in fish, nuts, and vegetable oils)
- \*\* Fish and shellfish contain a type of fat called omega-3 fatty acids. Research suggests that eating omega-3 fatty acids lowers your chances of dying from heart disease. Fish that naturally contain more oil (such as salmon, trout, herring, mackerel, anchovies, and sardines) have more omega-3 fatty acids than lean fish (such as cod, haddock, and catfish).

You can also get omega-3 fatty acids from plant sources, such as:

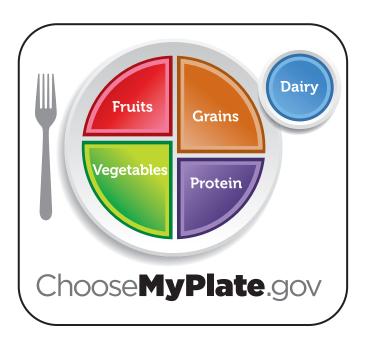
- Canola oil
- Soybean oil
- Walnuts
- Ground flaxseed (linseed) and flaxseed oil

#### YOU SHOULD LIMIT THE AMOUNT OF FOODS YOU EAT THAT CONTAIN:

- Saturated fat (found in foods such as fatty cuts of meat, whole milk, cheese made from whole milk, ice cream, sherbet, frozen yogurt, butter, lard, cakes, cookies, doughnuts, sausage, regular mayonnaise, coconut, palm oil)
- Trans fat (found mainly in processed foods such as cakes, cookies, crackers, pies, stick or hard margarine, potato chips, corn chips)
- Cholesterol (found in foods such as liver, chicken and turkey giblets, pork, sausage, whole milk, cheese made from whole milk, ice cream, sherbet, frozen yogurt)
- Sodium (found in salt and baking soda)
- Added sugars (such as corn syrup, corn sweetener, fructose, glucose, sucrose, dextrose, lactose, maltose, honey, molasses, raw sugar, invert sugar, malt syrup, syrup, caramel, and fruit juice concentrates)

Eating lots of saturated fat, trans fat, and cholesterol may cause plaque buildup in your arteries. Eating lots of sodium may cause you to develop high blood pressure, also called hypertension. Eating lots of added sugars may cause you to develop type 2 diabetes. Both hypertension and diabetes increase your risk of heart disease and stroke.

**MyPlate** illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl.



**Fruits:** Focus on Fruits

Vegetables: vary your vegetables

**Grains:** make at least half your grains whole

Protein foods: go lean with protein Dairy: get your calcium-rich food

See examples of heart-healthy recipes on pages 4-7. For more heart-healthy recipes, visit: http://www.nhlbi.nih.gov/ health/public/heart/other/syah/index.htm

### What is a calorie?

When talking about a calorie in food, it is a measure of the energy that the food supplies to your body. When talking about burning calories during physical activity, a calorie is a measure of the energy used by your body. To maintain the same body weight, the number of food calories you eat during the day should be about the same as the number of calories your body

The number of calories you should eat each day depends on your age, sex, body size, how physically active you are, and other conditions. For instance, a woman between the ages of 31 and 50 who is of normal weight and moderately active should eat about 2,000 calories each day.

# Besides eating healthy foods, what else can I do to keep my heart healthy?

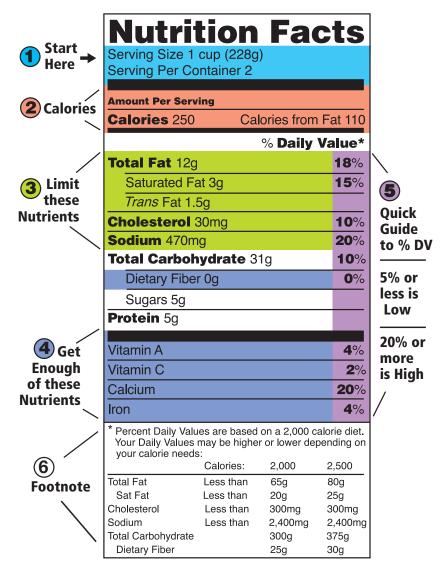
To reduce your risk of heart disease:

- Quit smoking talk with your doctor or nurse if you need help quitting.
- Get at least 2 hours and 30 minutes of moderate aerobic physical activity each week. For more information on physical activity, see the Fitness and nutrition section of womenshealth.gov.
- Lose weight if you are overweight, and keep a healthy weight.
- Get your blood pressure, cholesterol, and blood sugar levels
   checked regularly. For guidance on how often you should get tested, see the Screening tests and vaccines section of womenshealth.gov.

# How can I tell how much saturated fat, trans fat, and other substances are in the foods I eat?

Prepared foods that come in packages — such as breads, cereals, canned and frozen foods, snacks, desserts, and drinks — have a Nutrition Facts label on the package. The label states how many calories and how much saturated fat, trans fat, and other substances are in each serving.

#### SAMPLE LABEL FOR MACARONI AND CHEESE



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#### BEEF & BEAN CHILI

Adding beans to this meat chili helps to lower the fat and cholesterol in each serving.

#### **INGREDIENTS:**

2 lb lean beef stew meat (trimmed of fat), cut in 1-inch cubes

3 Tbsp. vegetable oil

2 cups water

2 tsp. minced garlic

l large onion, finely chopped

l Tbsp. flour

2 tsp. chili powder

l green pepper, chopped

2 lb tomatoes, chopped (3 cups)

1 Tbsp. oregano

1 tsp. cumin

2 cups canned kidney beans\*

**DIRECTIONS:** Brown meat in a large skillet with half of vegetable oil. Add water. Simmer covered for 1 hour until meat is tender. Heat remaining vegetable oil in second skillet. Add garlic and onion and cook over low heat until onion is softened. Add flour and cook 2 minutes. Add the garlic-onion-flour mixture to the cooked meat. Then add the remaining ingredients to the meat mixture. Simmer 1/2 hour.

Yield: 9 servings--Serving Size: 8 oz

**Each serving provides:**Saturated fat: 2 grams

Calories: 274

Total fat: 10 grams

Sodium: 159 mg\*

\* To cut back on sodium, try using "no salt added" canned kidney beans, or use beans prepared at home without salt.

#### BLACK SKILLET BEEF WITH GREENS & RED POTATOES

A heart-healthy one-dish meal that is made with lean top round beef, lots of vegetables, and a spicy, herb mixture.

#### **INGREDIENTS:**

1 lb top round beef

l Tbsp. paprika

1-1/2 tsp. oregano

1/2 tsp. chili powder

1/4 tsp. garlic powder

1/4 tsp. black pepper

1/8 tsp. crushed red pepper

1/8 tsp. dry mustard

8 red-skinned potatoes, halved

3 cups finely chopped onion

2 cups beef broth

2 large garlic cloves, minced

2 large carrots, peeled, cut into very thin 2-1/2-inch strips

2 bunches mustard greens, kale, or turnip greens, stems removed,

(1/2 lb each) coarsely torn

nonstick spray coating, as needed

DIRECTIONS: Partially freeze beef. Thinly slice across the grain into long strips 1/8-inch thick and 3 inches wide. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with the spice mixture. Spray a large heavy skillet with nonstick spray coating. Preheat pan over high heat. Add meat; cook, stirring for 5 minutes. Add potatoes, onion, broth, and garlic. Cook covered, over medium heat for 20 minutes. Stir in carrots, lay greens over top, and cook, covered, until carrots are tender, about 15 minutes.

Serve in large serving bowl, with crusty bread for dunking.

Yield: 6 servings--Serving Size: 7 oz

Each serving provides:Calories: 342Total fat: 4 gramsSaturated fat: 1 gramCholesterol: 45 mgSodium: 101 mg



Heart-Healthy

Recipe

### 20-MINUTE CHICKEN CREOLE

This quick Southern dish contains no added fat and very little added salt in its spicy tomato sauce.



#### **INGREDIENTS:**

nonstick cooking spray, as needed 1/4 cup onion, chopped 4 medium chicken breast halves, skinned, 2 cloves minced garlic

boned, and cut into 1-inch strips\* 1 Tbsp. fresh basil or 1 tsp. dried 1 can (14 oz) tomatoes, cut up\*\* 1 Tbsp. fresh parsley or 1 tsp. dried

l cup low-sodium chili sauce 1/4 tsp. crushed red pepper

1-1/2 cups green peppers, chopped (1 large) 1/4 tsp. salt

1/2 cup celery, chopped

**DIRECTIONS:** Spray a deep skillet with nonstick spray coating. Preheat pan over high heat. Cook chicken in hot skillet, stirring, for 3-5 minutes, or until no longer pink. Reduce heat. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes.

Serve over hot cooked rice or whole wheat pasta.

Yield: 4 servings--Serving Size: 1 1/2 cups

**Each serving provides:**Calories: 255
Total fat: 3 grams
Saturated fat: less than 1 gram
Cholesterol: 100 mg
Sodium: 465 mg

\* You can substitute 1 lb boneless, skinless, chicken breast, cut into 1-inch strips.

\*\* To cut back on sodium, try low sodium canned tomatoes.

#### VERY LEMONY CHICKEN

Using skinless chicken breasts means this tangy dish is lower in saturated fat and cholesterol.



#### INGREDIENTS:

1-1/2 lb chicken breast, skinned 3 tsp. chopped fresh oregano or and fat removed 1 tsp. dried oregano, crushed

1/2 cup fresh lemon juice 1 medium onion, sliced

2 Tbsp. white wine vinegar 1/4 tsp. salt

1/2 cup fresh sliced lemon peel black pepper, to taste 1/2 tsp. paprika

**DIRECTIONS:** Place chicken in 13x9x2-inch glass baking dish. Mix lemon juice, vinegar, lemon peel, oregano, and onions. Pour over chicken, cover and marinate in refrigerator several hours or overnight, turning occasionally.

Sprinkle with salt, pepper, and paprika. Cover and bake at 325° F for 30 minutes. Uncover and bake 30 minutes more or until done.

Yield: 4 servings--Serving Size: one chicken breast with sauce

Each serving provides:Calories: 154Total fat: 5 gramsSaturated fat: 2 gramsCholesterol: 63 mgSodium: 202 mg



#### **INGREDIENTS**:

l pound cod (or other fish) fillet

l Tbsp. olive oil

1 tsp. spicy seasoning, salt free

**DIRECTIONS:** Preheat oven to 350° F. Spray a casserole dish with cooking oil spray. Wash and dry fish. Place in dish. Mix oil and seasoning, and drizzle over fish. Bake uncovered for 15 minutes or until fish flakes with fork.

Cut into 4 pieces. Serve with rice.

Yield: 4 servings--Serving Size: 1 piece (3 oz)

Each serving provides:Calories: 133Total fat: 1 gramSaturated fat: 0Cholesterol: 77 mgSodium: 119 mg

#### CLASSIC MACARONI AND CHEESE

Low fat cheese and skim milk help to make this favorite dish heart-healthy.

#### **INGREDIENTS:**

2 cups macaroni 1/2 cup chopped onions 1/2 cup evaporated skim milk 1 medium egg, beaten 1/4 tsp. black pepper 1-1/4 cups sharp cheddar cheese (4 oz), finely shredded, low fat nonstick cooking oil spray

**DIRECTIONS:** Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside. Spray a casserole dish with nonstick cooking oil spray. Preheat oven to 350° F. Lightly spray saucepan with nonstick cooking oil spray. Add onions to saucepan and sauté for about 3 minutes. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly. Transfer mixture into casserole dish.

Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Yield: 8 servings--Serving Size: 1/2 cup

Each serving provides:Calories: 200Total fat: 4 gramsSaturated fat: 2 gramsCholesterol: 34 mgSodium: 120 mg



**Heart-Healthy** 

Recipe

#### ZUCCHINI LASAGNA

#### **INGREDIENTS:**

1/2 pound cooked lasagna noodles, (in unsalted water)

3/4 cup mozzarella cheese, part-skim, grated

1-1/2 cups cottage cheese, fat free 1/4 cup Parmesan cheese, grated 1-1/2 cups zucchini, raw, sliced 2-1/2 cups tomato sauce, no salt added2 tsp. basil, dried

2 tsp. oregano, dried 1/4 cup onion, chopped

l clove garlic

1/8 tsp. black pepper

**DIRECTIONS:** Preheat oven to 350° F. Lightly spray a 9 x 13 inch baking dish with vegetable oil spray. In a small bowl, combine 1/8 cup mozzarella and 1 Tbsp parmesan cheese. Set aside. In a medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.

Combine tomato sauce with remaining ingredients. Spread a thin layer of tomato sauce in the bottom of the baking dish. Add a third of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini. Repeat layering. Add a thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.

Bake 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

Yield: 6 servings--Serving Size: 1 piece

**Each serving provides:**Saturated fat: 2 grams

Calories: 276
Cholesterol: 11 mg

Cholesterol: 11 mg

#### MEDITERRANEAN BAKED FISH

This dish is baked and flavored with a Mediterranean-style tomato, onion, and garlic sauce to make it lower in fat and salt.

# and garlic sauce to make it lower in fat and salt. INGREDIENTS:

2 tsp. olive oil 1 large onion, sliced

l can (16 oz) whole tomatoes, drained (reserve juice) and coarsely chopped

1 bay leaf

l clove garlic, minced l cup dry white wine

1/2 cup reserved tomato juice,

from canned tomatoes

1/4 cup lemon juice

1/4 cup orange juice

1 Tbsp. fresh grated orange peel

1 tsp. fennel seeds, crushed

1/2 tsp. dried oregano, crushed

1/2 tsp. dried thyme, crushed

1/2 tsp. dried basil, crushed

black pepper, to taste

1 lb fish fillets (sole, flounder, or sea perch)

**DIRECTIONS:** Heat oil in large nonstick skillet. Add onion, and saute over moderate heat 5 minutes or until soft. Add all remaining ingredients except fish. Stir well and simmer 30 minutes, uncovered. Arrange fish in 10x6-inch baking dish; cover with sauce. Bake, uncovered, at 375° F about 15 minutes or until fish flakes easily.

Yield: 4 servings--Serving Size: 4 oz fillet with sauce

**Each serving provides:**Saturated fat: 1 gram
Cholesterol: 56 mg
Sodium: 281 mg

 $For more \ heart-healthy \ recipes, \ visit: \ http://www.nhlbi.nih.gov/\ health/public/heart/other/syah/index.htm$ 



