

**Important Numbers:**

Scheduling  
(843) 792-3300

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# Heart Health

Keep in touch and stay on track!!

April 2011 Newsletter



Use this time of the year of as a new beginning!!

- Get outside & exercise!!!
- Eat some fresh fruits and vegetables!!!
- Drink plenty of water!!!
- Have a positive attitude!!!

## Be an MUSC **Research Hero!**

Did you know that Heart Health members ages 4 to 21 are eligible for a **free**, state-of-the-art assessment through the Pediatric Metabolic Syndrome Study? Did you know that overweight **family and friends** of Heart Health members may also be eligible for the free assessment?

Please let Miss Janet know if you are interested  
792-4717 or [catjan@musc.edu](mailto:catjan@musc.edu)!

Parking is **free** and **compensation** is available!

## Your Questions Answered

### What about sodium?



**What is sodium?** The sodium that everyone hears about is the kind that is in the foods we eat. It's actually sodium chloride. It is used as a flavoring and a preservative.

**Why should I care?** Excess intake of sodium can increase risk for blood pressure, heart disease and stroke.

**How much can I have?** The recommendations have recently been reduced for African Americans, those over 51 years old, and those with high blood pressure, kidney problems or diabetes to 1,500mg per day. Everyone else can have up to 2,300mg per day, but it is estimated that the average American eats about 4,000mg per day.

**What can I do?** The most important thing to start doing is using other seasonings for your foods.

**Throw away the salt shaker!!**



Only one teaspoon of salt contains about 2,300mg of sodium.

The other things you can do are to cut back on processed foods, fast foods, and eating outside the home.

**Take-home message for Heart Health kids:** Sodium is not the #1 concern for most of the children in the Heart Health program, but it is something that they should start thinking about. Many of the kids in this program eat processed foods and fast foods on a regular basis. Please be sure to provide and encourage intake of fresh fruits & vegetables, whole grains, lean meats, and low-fat dairy products.

## Heart Health is online!



### Facebook

Search for Heart Health in Groups (the picture is a cartoon heart making a muscle—the same as on the top of this newsletter)



### Twitter

Twitter.com/MUSCKids

Look for "Healthy Bytes"

### Website

www.MUSCKids.com/Heart/Health

\*\*Just remember to limit your screen time to no more than 2 hours per day. This includes computer time, TV, movies, video games.\*\*

## Wednesday Group Session Schedule

All Wednesday Group Sessions begin at **5:00 pm**. Come to the Pediatric Cardiology Clinic waiting room and you will be taken to the session.

### April 6<sup>th</sup>: All About Fats

Knowing about fats is very important when you are trying to keep your body healthy. Learn all you need to know!

### April 13<sup>th</sup>: Food and Your Body

Your body needs food to function properly because food provides nutrients. Find out what those nutrients are and how they keep your body running healthy.

### April 20<sup>th</sup>: Healthy Snacking & Eating on the Run

Now that school is in full swing, schedules are getting filled up. Sometimes that means meals & snacks need to be quick and portable. Find out some healthy ways to do this.

### April 27<sup>th</sup>: Trying New Foods

The most popular group! Try some new healthy foods. You never know, you might end up with a new favorite!

## Weekday Evening Fitness Sessions

Please call 792-4717 or email [catjan@musc.edu](mailto:catjan@musc.edu) to sign up for your slot.

Fitness Session days/hours are:

Monday-Thursday 5-6 and 6-7, Friday 5-6

**\*\*Sessions must be scheduled a week in advance\*\***

## **Heart Health parents, want to work out at The Citadel?**

The Citadel is extending a fantastic offer to Heart Health parents

One-day pass for \$5 **OR**

**4-month membership for only \$80!**

(normally \$100)

This is an incredible rate!

\*Siblings of Heart Health participants are not eligible for a membership at Deas Hall.

\*Discount will no longer apply if your child drops out of the Heart Health program, or if your child is removed from the Fitness Session portion of the program.

## Recipe of the Month



### Fresh Corn Casserole

*From ART of Healthy Cooking*

*Contributed by Judy Hand, Medical University Women's Club*

#### Ingredients:

2 cups fresh corn kernels (about 5 ears)

½ cup canola oil

2 eggs

1 cup fat free sour cream

1 cup low fat Monterey Jack cheese, diced

½ cup corn meal

1 (4-ounce) can diced green chilies

½ tsp salt (or less)

#### Directions:

Preheat oven to 350 degrees. Generously oil a 2-quart rectangular casserole dish. Puree 1 cup corn with oil & eggs in blender or food processor. Mix the remaining ingredients in a medium bowl. Add pureed mixture to bowl and blend well. Pour into prepared dish and bake, uncovered, about 50-55 minutes. Serves 6

#### Nutrition Facts per serving

Calories	295	Cholesterol	77mg
Total Fat	22g	Carbohydrate	19g
Saturated Fat	3g	Protein	7g



## **ART of Healthy Cooking**

Contact Miss Janet for your copies today!

792-4717 or email [catjan@musc.edu](mailto:catjan@musc.edu)

**On Sale Now!**

#### Cookbook features:

☆ Hardcover 3-ring binder

☆ 500 healthy recipes

☆ \$26--\$10 is tax-deductible and proceeds come back to the Heart Health program!

☆ Nutrition facts on all recipes

☆ Beautiful full-color artwork

☆ Helpful nutrition and cooking tips

☆ Book stand included