

Important Numbers:
Scheduling
(843) 792-3300

Janet Carter, MS, RD, LD
Dietitian &
Heart Health Coordinator
(843) 792-4717

Heart Health

Keep in touch and stay on track!!

February 2011 Newsletter



February is American Heart Month

Every day of the year, you should think about how you can keep your heart healthy.
Here are some tips:



Keep **saturated fat intake low**. Sources of saturated fats are fried foods, red meats, the skin of chicken and turkey, cheese, high-fat milk, pastries/bakery, chocolate, etc. Check labels, and try to stay under 20 grams for the day.



Avoid trans fats. Sources of trans fats are fried foods, processed foods like crackers & cookies, and margarine that is in stick form (the tub is okay). Again, check labels and shoot for **zero**.



Try to have some **Omega-3 fats**. See “Your Questions Answered” below.



Get just **the right number of calories** for you.

Lose weight (if needed).



Exercise at least 30 minutes per day. If you're not there, yet, don't worry—work up to it gradually. Start with 10 minutes per day for a week; the next week, add 5 minutes to that. Build up slowly.



Eat plenty of fiber. The best sources of fiber are fruits, vegetables and whole grains. Fiber intake protects your heart by helping to lower cholesterol.



Keep **salt/sodium intake low**. This will help control blood pressure. The biggest culprit of added sodium in our diet is the salt shaker—throw it away!



Keep **sugar intake low**. High intake of sugar is bad for many reasons—it can lead to weight gain, it is bad for your teeth, and it can take the place of other important nutrients.

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!

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

Your Questions Answered

What are Omega 3 fats?

Omega-3 fats are a type of Polyunsaturated fat that our body needs, but cannot produce on its own. This means that we must consume them in order to get enough. The foods that contain the most Omega-3 fats are: walnuts, canola & soybean oils, flaxseed, and fatty fish like salmon, tuna, mackerel, sardines, and shellfish. The current recommendations are to eat these foods twice per week to get the amount of Omega-3 that you need (if you have cardiovascular disease or high triglycerides, your doctor may want you to take a supplement).

Some people are worried about eating fish due to questions about mercury contamination. The only people who need to worry at all are women who are pregnant or planning to become pregnant, breastfeeding mothers, and very young children. The only fish to be concerned about are shark, swordfish, king mackerel, and tilefish. Otherwise, eat up!

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.

February 2nd: Kids and Parents Working Together

Parents, ever feel like you're the "bad cop" with your kids? Learn helpful strategies for parents and kids to work together toward the common goal of good health.

February 9th: Heart Healthy Cooking

Learn how to make quick, easy, and most importantly, *healthy* foods—it's not as hard as you might think!

February 16th: Dining Out Healthfully

Dining out is enjoyable, but not easy on the waistline. Learn some strategies for staying on track when dining out.

February 23rd: 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@muscc.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



From ART of Healthy Cooking

Contributed by Karen Gemmill, Medical University Women's Club

Ingredients:

- 4 4-ounce tilapia fillets
- ¼ cup olive oil
- ¼ cup raspberry vinegar
- ¼ cup honey
- 1 tsp yellow mustard
- ½ tsp dried dill weed

Directions:

Preheat oven to 350 degrees. Grease an 11 x 7-inch baking dish with nonstick cooking spray. In a mixing bowl, whisk together the olive oil, vinegar, honey, mustard, and dill weed. Arrange tilapia fillets in a single layer in the prepared baking dish. Pour mixture over the fish, coating the fillets evenly. Bake, uncovered, for 20 minutes or until fish is flaky with a fork. Makes 4 servings.

Nutrition Facts

Calories	300	Cholesterol	56mg
Total Fat	16g	Carbohydrate	18g
Saturated Fat	3g	Protein	23g



ART of Healthy Cooking

Contact Miss Janet for your copies today!
792-4717 or email catjan@muscc.edu

On Sale Now!

Cookbook features:

- ☆ Hardcover 3-ring binder
- ☆ 500 healthy recipes
- ☆ \$26--\$10 is tax-deductible and 1/3rd of 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