

Important Numbers:
Scheduling
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Heart Health

Keep in touch and stay on track!!

January 2011 Newsletter



Taking steps to making your New Year count!

“A single step towards your goal is worth more than a marathon of intentions.” --Anonymous

Step 1: Assess yourself. Look at where you are now compared to where you were at this time last year. The New Year can be a time to start making changes or continue on your current goals; it's the perfect time to think about healthy choices.

Step 2: Actually *step!* Walking is one of the easiest and best workouts a person can get. Its heart healthy, burns calories, increases metabolism, and is an activity that the whole family can do together.

Step 3: Make your New Year a colorful one! Fruits and vegetables are not just delicious they are nutritious. Fruits and vegetables contain great sources of vitamins and minerals that will give you the energy you need to meet your goals.

Step 4: Make healthier baked goods. You can make baked goods healthier by substituting some of the recipe items for healthier alternatives. For example, you can cut some of the fat by replacing a portion of it with applesauce. You can also substitute whole wheat flour for all-purpose in many situations.

Step 5: Decrease your portion sizes. Smaller portions mean fewer calories, which is one half of the weight loss equation.

Step 6: Plate it smaller. To help with your portion control use smaller plates when putting your meals together. Instead of using a large plate, start with a small salad plate. Don't forget to fill the plate with colors.

Step 7: Strive to eat healthier fats. Focus on eating the fats that are called monounsaturated and polyunsaturated. Try to decrease the amount of saturated fats that you consume. Fat in the diet should make up 30% of your diet with less than 10% coming from saturated fat. (See “Your Questions Answered” for more information about fats.)

Step 8: Eat breakfast. With our busy lives, many people skip breakfast. Eating a breakfast boosts the metabolism and gets the body ready to work for the day.

Step 9: Choose whole grains. The 2005 Dietary Guidelines for Americans recommends eating at least 3 servings a day of whole grains, which contain fiber and antioxidants.

By: Rich Jordan, Dietetic Intern

We're having a party!

Join us in saying “Thank you” to our volunteers

What: Volunteer Appreciation Bowling Party

Where: AMF Charleston Lanes

1963 Savannah Highway, West Ashley

When: Saturday, January 22 @ 1:00pm

Other: All expenses paid! There will be no food provided, so please plan to have lunch before arriving.

Please RSVP to Miss Janet by January 19th.



**ART of Healthy
Cooking**

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

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@muscd.edu!

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

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.

January 5th: What does it take to lose weight?

We all know losing weight isn't easy. Come learn the basics and some helpful tips—even if you think you've heard it all!

January 12th: Handling Outside Influences

We are constantly interacting with people who can influence us. How will they influence YOU? Learn how to stick to your goals even when others might make it difficult.

January 19th: Hunger versus Cravings

Do you feel the hunger in your stomach, or could it be in your head? Learn how to battle the "munchies".

January 26th: Spotlight Foods

Practice categorizing Green Light, Yellow Light & Red Light foods—a quick & easy way to plan healthy meals and snacks.

Weekday Evening Fitness Sessions

Please call 792-4717 or email 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****

****Regular Fitness Session hours resume 1/10****

****Fitness Sessions cancelled 1/17****

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 removed from the Fitness Session portion of the program.

Recipe of the Month



Black Bean Salsa

From ART of Healthy Cooking

Contributed by Lauren McNider, Dietetic Services

Ingredients:

2 cans black beans, drained and rinsed
1 can corn, drained
1 avocado, diced
1 large tomato, seeded & chopped
½ purple onion, diced
¼ cup fresh cilantro
3-4 Tbsp lime juice
2 Tbsp red wine vinegar
1 Tbsp olive oil
Salt and pepper to taste

Directions:

Mix all ingredients in a large bowl. Serve with low fat whole grain crackers or low fat wheat thins (not included in nutrition analysis). Serves 8-10.

Nutrition Facts

Calories	148	Cholesterol	0
Total Fat	5g	Carbohydrate	23g
Saturated Fat	0.5g	Protein	6g

Your Questions Answered

Aren't all fats bad?

Not all fats are bad. Though all fats are high in calories, which could be bad if you're not careful, some fats are better for you than others. Here's the scoop:



Saturated fat: Not so good

Our body needs some Saturated fat, but too much can cause the cholesterol levels in our blood to rise, increasing our risk for heart disease.

Sources: butter, animal fat, fried foods



Trans fat: Bad

Trans fat comes from a manmade process called partial hydrogenation, and can really clog up our arteries. We don't have any requirements for this, and we should avoid it.

Sources: fried foods, some packaged foods, some pastries



Monounsaturated fat: Good

This fat is usually liquid at room temperature, and is healthy for our heart (but don't eat too much!).

Sources: olives, olive oil, canola oil, avocado, peanut butter (natural), almonds



Polyunsaturated fat: Not so bad

Again, this fat is usually liquid at room temperature.

Sources: seeds, nuts, flaxseed, fish, Omega-6 oils