

Important Numbers:
Scheduling
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Heart Health

Keep in touch and stay on track!!
October 2011 Newsletter



Outstanding Orange Foods

There is no better time than October to start incorporating color into your diet. Orange foods provide us with important nutrients, such as Vitamin A, beta-carotene, Vitamin C, potassium, and fiber. Read on to discover all the different health & disease prevention qualities of orange foods!



Apricots: The Vitamin A in apricots prevents damage to the eye and helps you see clearly! Apricots can also help reduce your risk of cancer and help prevent heart disease.



Cantaloupe: Also known as muskmelon, this fruit is rich in many nutrients that help prevent heart disease, cancer and vision problems.



Peaches: Eat a peach for dessert and help keep your skin healthy! Peaches also help with cancer prevention, weight control, rheumatism, and gout.



Carrots: Enjoy baby carrots or whole carrots and receive nutrients such as fiber, potassium, Vitamin A, and Vitamin C. You will benefit from a reduced risk of heart disease, cancer, diabetes, emphysema, and impaired vision.



Oranges: Eat an orange with lunch and your heart will thank you! Rich in vitamin C, potassium, and antioxidants, an orange will help with weight control, anxiety, and prevention kidney stones!



Sweet potatoes: Not only delicious, but rich in Vitamin A and C, beta-carotene, potassium and fiber, sweet potatoes are a great choice! They may help you live longer, prevent diabetes, improve your memory, and fight cancers such as breast, colorectal, gallbladder, and kidney.



Squash: Bake a squash for dinner and reap benefits such as decreased risk of cancer, heart disease and diabetes. Existing conditions that cause inflammation such as asthma and osteoarthritis may also be helped by eating squash.

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.



*ART of Healthy
Cooking*

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

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

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.

October 5th: Dining Out Healthfully

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

October 12th: Positive Self-Talk/Healthy Body Image

Your attitude, self-esteem and the way you “talk” to yourself (in your mind) play a big role in your ability to lose weight. Come learn ways to get all these things on the right track!

October 19th: Label Reading and Portion Control

The cornerstones of eating right and losing weight.

October 26th: Halloween Party!

Come dressed up (if you'd like) and ready to have some fun!

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, Fridays 5-6 only

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

Busy Bodies sessions are:

Tuesday and Thursday 5-6

(this is for children 7 and under and any-age siblings of HH participants; sessions are drop-off—no sign-up needed; automatically cancelled in inclement weather—you will not be notified)

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.

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!

Recipe of the Month

Sweet Potato and Butternut-Squash Soup

From the New York Times: Recipes for Health



Ingredients:

1 tablespoon canola oil
1 small onion, chopped
1 tablespoon minced fresh ginger
1 pound butternut squash, peeled and diced
1 pound sweet potatoes, peeled and diced
1 medium-size Yukon gold or russet potato, peeled and diced
6 cups water, chicken stock, or vegetable stock
Salt to taste

Directions:

1. Heat the oil in a heavy soup pot or Dutch oven over medium heat. Add the onion and cook, stirring, until tender, about 5 minutes. Add the ginger and stir together until fragrant, about 1 minute. Add the squash, sweet potatoes, regular potato, and water or stock, and bring to a simmer. Add salt to taste, reduce the heat, cover and simmer 45 minutes, or until all of the ingredients are thoroughly tender.

2. Puree the soup using a blender, working in batches. Return to the pot and stir with a whisk to even out the texture. Heat through, adjust salt and add pepper to taste.

Nutrition facts per serving:

Calories	189	Carbohydrates	39g
Total Fat	3.2g	Protein	3.5g
Sat Fat	n/a	Cholesterol	0mg
Fiber	5.7g	Sodium	776mg



Your Questions Answered



What to do about Halloween candy???

Tip #1: Give out something other than candy to the trick-or-treaters (fun pencils, stickers, novelty toys, slime, etc) to avoid leftover candy in the house.

Tip #2: Have kids separate their ‘loot’ into two piles:

- 1) Absolute favorites
- 2) Not favorites

*The “favorites” pile needs to be limited to no more than 40 pieces of candy.

*Take the “not favorites” pile and either give it away, donate it, throw it away, or **BRING IT TO THE NEXT HEART HEALTH GROUP SESSION FOR A PRIZE!!**

*Take the “favorites” pile and make 8 baggies of 5 pieces each. Kids can have one baggie each day until they are gone.

