



nutrition nuggets

DIETITIAN'S E-NEWSLETTER



Indiana University Health

Daily Inspirational Slice



"Every time you eat or drink, you are either feeding disease or fighting it."

Heather Morgan, MS, NLC

Heart Healthy Quiz

1. What type of fat is the most heart-healthy to use in cooking?
 - a. Butter
 - b. Canola Oil
 - c. Margarine
 - d. Palm Oil



Continued on the other side.....

Nutrition Therapy Department

Do you need help with a recipe or snack idea? Want to see something on the next E-Newsletter? Please write to us with any questions or concerns that you may have.



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Nutrition Therapy Department | Volume 5, Issue 18 | February 2015

American Heart Month!

Reduce your risk – Eat to protect your heart and arteries! To do this, reduce intake of foods high in saturated fat, Trans fat, cholesterol, and sodium, and increase the amount of *omega-3 fats* and *fiber*. Omega-3 fats are a type of polyunsaturated fat that promote a healthy heart because they help to *lower* LDL cholesterol, prevent plaque buildup in the arteries, reduce inflammation, therefore lowering the risk of heart disease.

Where and how much omega-3's?

- Sources of Omega-3's are cold water fatty fish, such as salmon, mackerel, halibut, sardines, albacore tuna, and herring.
Plant sources: flaxseed, flaxseed oil, canola oil, soybean oil, and walnuts
- The American Heart Association *recommends eating fatty fish at least 2x a week*. Adults with coronary artery disease, high cholesterol, or high blood pressure may benefit from a fish oil supplement.
- Aim to have one rich source of omega-3's per day, such as a serving of fatty fish, 1 tablespoon of canola oil in salad dressing or cooking, or a ¼ cup of walnuts as a snack.

Focus on increasing heart healthy omega-3 fats in place of saturated and Trans fat and experience the benefits!

Source: Academy of Nutrition and Dietetics



What's

Out There?



Harvest Snaps Caesar Snapea Crisps

Looking for a post-workout snack, lunch side or crunchy topping for a salad?

Data: Per serving 22 pieces, 120 calories, 0.5 gm saturated fat, 16 gm carbohydrate, 4 gm fiber, 5 gm protein, 65 mg sodium, and 230 mg potassium.

Ingredients: Green Peas, Vegetable Oil (Canola, Sunflower, and/or Safflower Oil), Rice, Salt, Calcium Carbonate and Vitamin C (Ascorbyl Palmitate).

Conclusion: We recommend it for a quick and easy snack. It is low in saturated fat and sodium, plus contains fiber and protein! You can also top this on a salad for some protein and crunch. But do not be confused with counting these Snapea crisps as a serving of vegetable!

Invest in yourself!



Heart Healthy Quiz –
continued...

2. What type(s) of fat increase LDL “bad” cholesterol?
 - a. Monounsaturated fat
 - b. Saturated fat
 - c. Trans fat
 - d. Polyunsaturated fat

3. What type of fish does not have a significant amount of omega-3 fats?
 - a. Canned tuna
 - b. Salmon
 - c. Lake Trout
 - d. Shrimp

4. What ingredient should you look on the nutrition facts label to limit Trans-fat?
 - a. High fructose corn syrup
 - b. Hydrogenated vegetable oil
 - c. MSG
 - d. Grape seed oil

5. What percent of Americans currently have some form of heart/cardiovascular disease?
 - a. 12%
 - b. 27%
 - c. 35%
 - d. 41%

Answers:

1. **b** - Canola oil has heart-healthy omega-3's.
2. **b & c** – Both trans-fat and saturated fat increase LDL cholesterol and so should be limited in our diet.
3. **d** – Shrimp is low in fat and can be a healthy choice, but has very little omega-3 fats.
4. **b** – “hydrogenated oil” or “partially hydrogenated oil” is another term for trans-fat. A food item may still have trans-fat, even if the nutrition facts label indicates 0 grams, so be sure to read the ingredients list.
5. **c** – Many Americans have high cholesterol and high blood pressure and are unaware! Follow a heart-healthy diet to improve lab results and reduce your risk of heart disease.

Invest in yourself!



Helping you get the answers you need.

- Q: I heard that I should never eat bread because it's fattening. Is that true?
- A: No. Eating more calories than you need is fattening and the excess calories will be stored as fat. Bread is a carbohydrate that fits in the category of fuel for sports and activity. When possible, choose whole grain bread over white or refined breads as these contain less fiber and vitamins & minerals.
- Q: I am lactose intolerant and can't drink any milk and only yogurt and cheese occasionally. How can I make sure I'm getting enough calcium?
- A. Non-dairy sources of calcium include soy or rice milk, cheese, yogurt, or ice cream; calcium-fortified fruit juices and cereals; salmon; some green vegetables; and almonds. If you cannot get in 4 good calcium servings each day, consider a calcium carbonate or calcium citrate supplement.

Source: Tufts University Health & Nutrition Letter

Our Favorite Recipes

Easy Broiled Curried Fish



Serves: 2 – 3

- Ingredients: 12 oz. fish, fresh or frozen (such as salmon, mackerel, trout)
 2 tbsp. honey
 2 tbsp. spicy mustard
 1 tbsp. lemon juice
 1 tsp. curry powder
 ½ tsp salt

1. Thaw fish as instructed on package (if applicable).
2. Place the thawed/fresh fish on a plate or wax paper.
3. Mix the rest of the ingredients and spread on both sides of the fish. Let stand for 15 minutes.
4. Place seasoned fish on broil pan and broil 4 inches from heat about 10 minutes or until the fish flakes easily with a fork. Do not turn the fish.

Serve with brown rice and a vegetable of your choice.
Refrigerate any leftovers.

Recipe adapted from: all-fish-seafood-recipes.com



Did you Know... Heart disease is the leading cause of death in the U.S. and currently accounts for a third of death.

Source: Academy of Nutrition and Dietetics