

# capitalrealth

## IN THIS ISSUE

- "And the Beat Goes on..."
   Heart Healthy Diet Advice
   in Celebration of National
   Heart Month
- February's Featured Recipe
- Featured Food Product of the Month
- Avoid the "Love Chub" this Valentine's Day with these chocolate but reduced-guilt dessert ideas



## METABOLIC AND WEIGHT LOSS CENTER

## FEBRUARY IS AMERICAN HEART MONTH!

This February, Make your heart your Valentine by managing your weight! Dropping only a few pounds is a gift to your heart that will give the gift of health back to you! When your weight is in a healthy range:

- Your heart pumps blood more effectively throughout your body.
  Your heart can manage the fluid in your body and prevent fluid overload.
- —You are less likely to develop heart disease as well as diabetes, certain cancers, and sleep apnea.

Follow the weight loss and diet tips in this issue to keep your heart beating strong, not just this month, but all year long!



# Motivation Corner

Motivation is what gets you started, habit is what keeps you going

—Unknowi

The Pain of Discipline is far less than the pain of regret.

—Sarah Bombell

Junk food satisfies you for a minute; being fit and healthy satisfies you for life.

—Unknown

## VALENTINE'S DAY IS NO EXCUSE FOR THE LOVE CHUB!

Try these reduced-guilt chocolate dessert ideas to satisfy your chocolate craving without ruining your weight loss goal!

#### **Chocolate covered strawberries**

(1 medium sized strawberry = about 40 calories)

**Diet Swiss Miss Hot Chocolate** (25 calories per pack)

Jello-O Sugar Free Chocolate Pudding cups w/fat-free whipped topping (60 calories per pudding cup)

Keebler 100 Calorie Right Bites Fudge Shoppe Mini Fudge Stripes

**Emerald 100 Calorie Packs Cocoa Roast Almonds.** 

Dark Chocolate Flavor

**Triple Chocolate Chunk VitaTops** 100 calories (find these in the freezer section)

Fudgesicles (100 calories)

## " And the beat goes on..."

As mentioned above, the closer we are to a healthy weight, the better off the beat of our heart. When it comes to losing weight, it is important to choose the right foods to eat fewer calories and choose foods that will benefit our body and all of its organs. It is also important to know that even though a food may be good for us, it does not mean we can eat as much of that food as we want. For instance, olive oil is a better fat choice than butter because it is a monounsaturated fat that can help lower our blood cholesterol, whereas butter can raise our LDL or "bad" cholesterol. But olive oil, although beneficial to our heart, is still very calorie dense. Just one tablespoon is 120 calories. Make goals each week to work on one weight loss and one heart healthy tip provided here!

#### **WEIGHT LOSS TIPS**

- Eat at least three times per day and do not skip meals. Plan healthy snacks options for in between meals the night before so you do not choose whatever is available. Schedule a time to eat your snacks and meals in the day to avoid grazing. When we go too long without eating we tend to become ravenous later on and make poor food choices.
- Take at least 20-30 minutes to eat meals/ snacks before you go back for seconds or look for more food. Put your fork down in between bites, take one-minute breaks in between bites or enjoy conversation with friends or family.
- If you still feel hungry or unsatisfied after a meal or snack, wait at least 10 minutes before you have more food or drink water or a calorie-free beverage. Often, the craving will go away.
- Rate your plate: choose a smaller plate for meal times and when at buffets or events. Make half your plate non-starchy vegetables, one quarter carbohydrates/starch and one quarter lean protein.
- Keep all food in the kitchen. Eat only in a chosen place, such as at the table. Make it a rule to only put food in your mouth when you are in this place.

- Cut back on sugar. Drink less fruit juice and regular soda. Try to eat fruit or low calorie/sugar free snacks for dessert.
- Cook and grocery shop when you are not hungry or drink water instead of picking at ingredients during cooking. Try to cook and refrigerate tomorrow's dinner after you have finished eating tonight.
- Keep trigger-food and snacks off counters, away from your desk at work, out of the car or just don't buy them.
- Make a list of activities you can do instead of eating when you are stressed, bored or out of habit. For example, try to break the habit of snacking while watching TV every night. Instead go for a walk or call a friend. You can also try to drink plain caffeine-free herbal tea, water or other calorie beverages instead of snacking.
- Get plenty of fiber. Vegetables, fruits, and whole grains are good sources. Try a high-fiber cereal at breakfast or a small portion for a snack.

## " And the beat goes on..." continued

#### **HEART-HEALTHY DIET TIPS**

- Pick lean meats, low-fat or nonfat cheese, and skim (nonfat) or 1% fat milk instead of higher-fat/higher-calorie choices.
- Soluble fiber is especially helpful in lowering LDL (low-density lipoprotein, or "bad") cholesterol. Beans, oat bran, barley, oatmeal, almonds, flaxseed, vegetables and fruit all are sources of soluble fiber. Try oat bran or rice bran on cereal. Add almonds to salad. Include dried beans in soup or mix ground flaxseed into muffins to increase your intake of soluble fiber.
- Limiting the amount of sodium that you eat and drink helps prevent and control the buildup of fluids around the heart, lungs, or in your legs. Too much fluid makes your heart work harder. This may make your blood pressure too high. Select foods with no more than 140 mg per serving and do not add salt to food (1/4 teaspoon has almost 600 mg of sodium). Season foods with herbs, spices, garlic, onions, peppers, and lemon or lime juice to add flavor.
- Limit the intake of canned and frozen food as well as sausages, hot dogs, bacon and some cheeses. These foods are high in sodium and saturated fats. Other foods high in saturated fat are fatty meat, whole milk, cream, poultry skin and butter.



- Also limit trans fats found in stick margarine, shortening, some fried foods, and packaged foods made with hydrogenated oils such as pre-packaged desserts.
- When baking, reduce the amount of sugar in recipes. It can often be cut in half. Instead of sugar, use noncaloric sweeteners in drinks and sucralose (Splenda).
- When eating out or cooking select lean cuts of beef and pork, such as those labeled "loin" or "round," take the skin off poultry (such as chicken or turkey) before serving or eating it. Bake, broil, roast, stew, or stir-fry lean meats, fish, or poultry (or choose foods on a menu prepared in these ways). Cook ground meat and then drain off the fat. When making stews or soups, refrigerate the broth and skim off the fat with a spoon before reheating. Avoid cream-based soups.
- Cook with healthier oils, such as canola, olive, or soybean oil, in recipes and for sautéing.

## FEATURED RECIPE FOR HEART MONTH

#### BAKED SALMON DIJON W/ DILL SAUCE

Caroline Lazur, RD Servings: 4



### **INGREDIENTS**

#### FOR THE SALMON

1.5 lbs salmon

1.5 tsp dijon mustard

½ teaspoon salt

Pepper to taste

2 tbsp olive oil

Lemon slices for garnish

#### FOR THE DILL SAUCE

1 ¼ cup fat-free, plain Greek yogurt 4 garlic cloves, grated or minced 2 – 3 tbsp fresh dill, chopped Juice and zest of ½ lemon 1 tsp. additional dijon mustard

### **DIRECTIONS**

Preheat oven to 450 degrees F.

In a small bowl, **whisk** together yogurt, lemon juice, mustard, garlic, lemon zest, and dill.

Place in refrigerator.

Line a rimmed baking dish with foil.

**Divide** salmon into 4 equal portions. In a small bowl, **combine** mustard, olive oil, salt and pepper.

**Brus**h each portion of salmon on all sides with mixture and top with lemon slices.

**Bake** for 12-15 minutes or until just cooked through. Do not over cook to prevent fish from being dry.

**Serve** with Dill sauce for dipping. Recommend serving with steamed asparagus (steam for 4 min).

## TRY THESE TOFU NOODLES AS AN ALTERNATIVE TO PASTA!

http://www.house-foods.com/tofu\_shirataki/

They are available in fettuccini, spaghetti, angel hair and macaroni. Each serving has only 20 calories and you can prepare it with your favorite tomato sauce or check out HungryGirl. com for some creative recipes!

