Heart Healthy Living

Healthy Eating Tip of the Month
April 2014

Heart disease is the leading cause of death for both men and women in the United States. According to the American Heart Association (AHA), by the year 2020, heart disease will be the leading cause of death throughout the world. In an effort to prevent this from happening, the AHA has set the 2020 goal of improving the cardiovascular health of Americans by 20% while reducing the number of deaths by cardiovascular disease by 20%.

This month is all about raising the awareness of heart disease and cardiovascular health while promoting heart healthy living. So whether or not you follow heart healthy lifestyles or a heart healthy diet at home, this newsletter will provide you with all the need to know facts about making “heart smart” choices in your everyday life.

Did you know?

• Nearly 84 million Americans suffer from cardiovascular disease (CVD), which includes coronary heart disease, heart failure, stroke, and high blood pressure.

• CVD was the cause of nearly 33% of all deaths in America and was a contributing factor to 55% of deaths in 2009.

• More than 2,100 people die of CVD each day – one death in every 40 seconds.

Source: Heart Disease and Stroke Statistics 2013 Update, American Heart Association.
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Heart Health Terms You Need To Know

**Cholesterol**
A waxy substance that is found in the blood and cells of the body. 75% of cholesterol comes from the liver and body and 25% comes from food (animal products only).

Also known as “high density lipoprotein” and the “good” cholesterol. HDL carries cholesterol away from the arteries and back to the liver, decreasing the risk of heart attack.

**HDL**

**LDL**
This is also known as “low density lipoprotein” or the “bad” cholesterol. Too much LDL in the blood can cause buildup in the arteries, increasing the risk for a heart attack.

The buildup of fatty substances, cholesterol, and cellular waste products resulting in plaque in the inner lining of an artery.

A form of fat made in the body. When you eat, the extra calories your body doesn’t need to use right away are converted into triglycerides. People with high triglycerides tend to have high total cholesterol levels, including a high LDL and low HDL.

**Atherosclerosis**

**Triglycerides**

**Hyperlipidemia**
A medical condition meaning high levels of fats (lipids) in the blood. Many people with hyperlipidemia have high cholesterol and high triglycerides. It may be reversible through healthy eating and frequent exercise.

Also known as high blood pressure (HPB). Blood pressure is defined as the force of blood pushing against the wall of an artery as the heart pumps blood. The risk of heart disease increases if blood pressure remains elevated over a period of time.

**Hypertension**
**FAQ’s About Cholesterol**

What are desired Total Cholesterol levels?

<table>
<thead>
<tr>
<th>Total Cholesterol</th>
<th>Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 200 mg/dL</td>
<td>Desirable</td>
</tr>
<tr>
<td>200-239 mg/dL</td>
<td>Borderline High Risk</td>
</tr>
<tr>
<td>240 mg/dL and above</td>
<td>Very High Risk</td>
</tr>
</tbody>
</table>

What are desired LDL levels?

<table>
<thead>
<tr>
<th>LDL Cholesterol Level</th>
<th>Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 100 mg/dL</td>
<td>Desirable</td>
</tr>
<tr>
<td>100-129 mg/dL</td>
<td>Near/above optimal</td>
</tr>
<tr>
<td>130-159 mg/dL</td>
<td>Borderline high</td>
</tr>
<tr>
<td>160-189 mg/dL</td>
<td>High risk</td>
</tr>
<tr>
<td>190 mg/dL and above</td>
<td>Very high risk</td>
</tr>
</tbody>
</table>

What are desired HDL levels?

<table>
<thead>
<tr>
<th>HDL Cholesterol Level</th>
<th>Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 40 mg/dL for men</td>
<td>Major heart disease risk factor</td>
</tr>
<tr>
<td>Less than 50 mg/dL for women</td>
<td>Protection against heart disease</td>
</tr>
<tr>
<td>60 mg/dL or higher</td>
<td></td>
</tr>
</tbody>
</table>

What are desired Triglyceride levels?

<table>
<thead>
<tr>
<th>Triglyceride Level</th>
<th>Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 150 mg/dL</td>
<td>Desirable</td>
</tr>
<tr>
<td>150-199 mg/dL</td>
<td>Borderline-high risk</td>
</tr>
<tr>
<td>200-499 mg/dL</td>
<td>High Risk</td>
</tr>
<tr>
<td>500 mg/dL or higher</td>
<td>Very High Risk</td>
</tr>
</tbody>
</table>

Source: Levels of Cholesterol, American Heart Association.
Key Concepts of A Heart Healthy Diet

Total Fat, Saturated Fat, Trans Fat

Besides a high LDL, eating too much saturated fat and trans fat can also raise blood cholesterol levels. The American Heart Association advises the following guidelines for fat and cholesterol intake for anyone over the age of 2:

- Limit total fat intake to less than 25-35% of total calories each day
- Limit saturated fat intake to less than 7% of total daily calories
- Limit trans fat intake to less than 1% of total daily calories
- Limit cholesterol intake to less than 300 mg a day (200 mg a day for people with high LDL levels and heart disease)

What are some foods high in saturated fat?

Saturated fat is found mostly in foods from animals and some plant sources:

- Beef
- Veal
- Lamb
- Butter
- Whole Milk
- Cream
- Coconut oil
- Palm oil

What are some foods high in trans fat?

Trans fat or Trans Fatty Acids are formed during the hydrogenation process of foods. Sources of trans fat are mainly found in hydrogenated vegetable and cooking oils and other foods like:

- Stick Margarines
- Baked goods (cookies, pastries)
- Shortening
- Fried foods (French fries, doughnuts)
The “Good” Fats

**Monounsaturated Fats**

Add more of these fats to your diet!

This is a type of fat commonly found in oils (olive, canola, peanut, sunflower oils) and foods like:
- Avocados
- Nuts

Eating sources of monounsaturated fats can help decrease LDL cholesterol levels and reduce the risk of heart disease.

**Polyunsaturated Fats**

This is a type of fat that like monounsaturated fats, includes food sources typically liquid at room temperature.

Eating sources of polyunsaturated fats can also reduce cholesterol levels in the blood and reduce the risk of heart disease.

This type of fat also includes:
- Omega-3 Fatty Acids
- Omega-6 Fatty Acids

Both are essential fats the body can’t produce by itself. Omega-3 and Omega-6 Fatty Acids must be obtained from food sources.

**Omega-3 vs. Omega-6 Fatty Acids**

Sources of Omega-3 Fatty Acids:
- Fish (salmon, tuna, trout, mackerel, sardines, herring)
- Oils (canola, flaxseed, soybean)
- Nuts/seeds (walnuts, sunflower seeds)

Sources of Omega-6 Fatty Acids:
- Oils (soybean, corn, safflower)
- Nuts/seeds

Tips for adding more of these “good” fats to your diet:
- Replace solid fats (butter) when cooking with oils
- Have a ounce of dry roasted nuts as a snack or add them to your salad
Dietary Fiber

Dietary fibers are found in the plants that we eat and aren’t digested by our bodies.

Fiber is classified into two categories: soluble and insoluble fiber.

Soluble fiber can reduce LDL cholesterol levels and decrease the risk of cardiovascular disease.

Sources of soluble fiber include:
- Oatmeal
- Barley
- Beans
- Citrus fruits

Whole grains are generally good sources of fiber. There is little fiber in most refined or processed grains.

Dietary fiber from whole grains can help reduce blood cholesterol levels.

Understanding sodium content on food packages

<table>
<thead>
<tr>
<th>Sodium Free</th>
<th>Less than 5 mg of sodium per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very low sodium</td>
<td>35 mg or less per serving</td>
</tr>
<tr>
<td>Low sodium</td>
<td>140 mg or less per serving</td>
</tr>
<tr>
<td>Reduced (or less) sodium</td>
<td>Usual sodium level is reduced by 25% per serving</td>
</tr>
<tr>
<td>Light (for sodium reduced products)</td>
<td>If the food is “low calorie” or “low fat” food sodium reduced by 50% per serving</td>
</tr>
<tr>
<td>Light in sodium</td>
<td>If sodium is reduced by at least 50% per serving</td>
</tr>
</tbody>
</table>

The American Heart Association recommends eating foods with little to no salt in order to reduce the risk of cardiovascular disease.

Tips for reducing sodium in your diet:
- Avoid adding salt when cooking or eating
- Learn to use spices and herbs to enhance the taste of foods instead of salt
- Limit the amount of processed foods (canned foods, frozen dinners, lunch meats)

Source: Sodium Content, American Heart Association.
What does a Heart Healthy Diet Look Like?

A heart healthy diet consists of a variety of foods from the following food groups:

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Suggested Servings</th>
<th>Examples of One Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains (At least half your grains should be whole grains!)</td>
<td>6-8 per day</td>
<td>1 slice of bread, 1/2 cup cooked rice, pasta, or cereal</td>
</tr>
<tr>
<td>Vegetables (Eat a variety of colors and types)</td>
<td>4-5 per day</td>
<td>1 cup raw leafy vegetables, 1/2 cup cut-up raw or cooked vegetables, 1/2 cup vegetable juice</td>
</tr>
<tr>
<td>Fruits (Eat a variety of colors and types)</td>
<td>4-5 per day</td>
<td>1 medium fruit, 1/4 cup dried fruit, 1/2 cup fresh, frozen, or canned fruit, 1/2 cup fruit juice</td>
</tr>
<tr>
<td>Dairy Products (Fat-free or low-fat)</td>
<td>2-3 per day</td>
<td>1 cup fat-free or low-fat milk, 1 cup fat-free or low-fat yogurt</td>
</tr>
<tr>
<td>Lean meats, poultry, and seafood</td>
<td>6 or less per day</td>
<td>3 oz. cooked meat (about the size of a computer mouse), 3 oz. grilled fish (about the size of a checkbook)</td>
</tr>
<tr>
<td>Fats and Oils (Use liquid vegetable oils and soft margarines most often)</td>
<td>2-3 per day</td>
<td>1 tsp. soft margarine, 1 Tbsp. mayonnaise, 1 tsp. vegetable oil</td>
</tr>
<tr>
<td>Nuts, Seeds, and Legumes</td>
<td>4-5 servings per week</td>
<td>1/3 cup or 1 ½ oz. nuts, 2 Tbsp. peanut butter</td>
</tr>
<tr>
<td>Sweets and Added Sugars</td>
<td>5 or fewer servings per week</td>
<td>1 Tbsp. sugar, 1 Tbsp. jelly or jam, 1/2 cup sorbet and ices</td>
</tr>
</tbody>
</table>

Source: Suggested Servings From Each Food Group, American Heart Association.
## Sample 1-Day Menu

<table>
<thead>
<tr>
<th>Meal</th>
<th>Food Choices</th>
</tr>
</thead>
</table>
| **Breakfast** | ½ cup apple juice  
|         | ¾ cup oatmeal with 1 small banana and 1 cup skim milk  
|         | 1 cup brewed coffee  |
| **Lunch** | Turkey and cheese sandwich: 2 slices whole wheat bread, 2 oz lean turkey breast, 1 oz low-fat Swiss cheese, mustard, 1 medium sliced tomato, shredded lettuce  
|         | 1 pear  
|         | 1 cup skim milk  |
| **Dinner** | 3 oz broiled fish  
|         | 1 cup brown rice with 1 teaspoon soft margarine  
|         | 1 medium stalk broccoli and 1 medium carrot  
|         | Tossed salad with mixed greens, tomatoes, chickpeas, olive oil and vinegar dressing  
|         | 1 small whole grain roll with 1 teaspoon of soft margarine  
|         | 1 cup tea  
|         | ½ cup nonfat frozen yogurt with fruit  |
| **Snacks** | 1 oz trail mix made with nuts, seeds, raisins, and other dried fruit  
|         | 1 cup blueberries  
|         | 1 cup skim milk  |

Source: Heart-Healthy Nutrition Therapy, Academy of Nutrition and Dietetics.
Heart Healthy Eating
Label Reading Tips

Look for the following on the food label:

**Serving Size:** All the information on the label about calories and nutrients is for one serving. If you eat more than one serving, you get more calories and nutrients.

**Calories:** Choose foods that help you get the nutrients you need without going over your daily calorie goal.

**Total Fat:** Choose foods with less than 5 grams of total fat per serving. Try to pick foods with monounsaturated and polyunsaturated fats.

**Saturated/Trans Fat:** Choose foods with less than 3 grams per serving of saturated and trans fat. Make sure you read the ingredients! If a food contains partially hydrogenated oils, then it has trans fat.

**Sodium:** Look for foods that are low in sodium by finding foods less than 300 mg of sodium per serving. Each day, eat less than 2,400 mg sodium.

**Total Carbohydrates/Sugars:** If you have high triglycerides, choose foods with less than 30 g total carbohydrate and less than 15 g sugar per serving.

**Dietary Fiber:** Aim to get 25 to 30 g dietary fiber each day. Include foods with at least 5 g fiber per serving.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1/2 cup (57g)</th>
<th>Servings Per Container 15</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>240</td>
<td>Calories from Fat 70%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>8g</td>
<td>12%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>90mg</td>
<td>4%</td>
</tr>
<tr>
<td>Potassium</td>
<td>250mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>37g</td>
<td>12%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>18g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

**Dietary Fiber per gram:**
- Fat: 9 g
- Carbohydrate: 4 g
- Protein: 4 g

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Source: Heart-Healthy Eating: Label Reading Tips, Academy of Nutrition and Dietetics.
Eating out while on a heart healthy diet is possible if you know what to look for on the menu. Here are some tips on how to read a restaurant menu:

- Foods served fried, au gratin, crispy, scalloped, pan-fried, sautéed, buttered, creamed or stuffed are high in fat and calories. Instead look for food choices that are steamed, broiled, baked, grilled, poached, or roasted.
- Steer clear of high-sodium foods – including foods served pickled, in cocktail sauce, smoked, in au jus sauce, or in soy or teriyaki sauce.
- If you’re not sure about how the food is prepared or its ingredients based on the menu description, ask your server.
- Choose entrees that feature seafood, chicken, or lean meat, and avoid fatty meats. If you order meat, remove all visible fat or ask the chef to remove the skin from the chicken.
- Check for items marked “healthy” or ask the server what the healthiest choices are on the menu.

Ordering your meal also requires knowing some general guidelines. Below are some tips on what to ask your server when ordering your meal:

- Ask for butter, cream cheese, salad dressings, sauces, and gravies to be served on the side so you can control the amount you consume.
- Ask what kinds of oils foods are prepared with or cooked in. Monounsaturated oils (olive, canola, and peanut) and polyunsaturated oils (soybean, sunflower, corn, and safflower) are the most desirable.
- Ask if smaller portions are available or whether you can share entrees with a friend or family member. If smaller portions are not an option, ask for a to go box and place half the entrée in the box to eat later.
- Ask whether or not the restaurant can prepare your food to order - for example, leaving off or going light on dressings, butter, and cheese.
Try these substitutions!

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Substitution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream based soup (Clam Chowder)</td>
<td>Broth based soup (Chicken Noodle)</td>
</tr>
<tr>
<td>French Fries or Onion Rings</td>
<td>Baked potato with low fat sour cream and soft margarine on the side</td>
</tr>
<tr>
<td>Creamy Coleslaw</td>
<td>Side salad or fruit cup</td>
</tr>
<tr>
<td>Fried Chicken Sandwich</td>
<td>Grilled Chicken Sandwich</td>
</tr>
<tr>
<td>Hot Fudge Sundae or ice cream</td>
<td>Nonfat yogurt or sherbet</td>
</tr>
</tbody>
</table>

Heart-Check Mark Certification

If you see the heart-check mark certification next to a menu item, that item is heart-healthy approved by the American Heart Association. The AHA has set the following standards for certified heart healthy meals at restaurants:

**Calories** - 700 calories or less per the entire meal

**Total Fat** - 3 grams or less total fat per 100 grams, and 30 percent or less calories from total fat in the meal, and 26 grams or less total fat per the entire meal

**Saturated Fat** - 1 gram or less saturated fat per 100 grams, and less than 10 percent calories from saturated fat in the meal, and 5 grams or less saturated fat per the entire meal

**Cholesterol** - 20 milligrams or less cholesterol per 100 grams, and 105 milligrams or less cholesterol per the entire meal

**Trans Fat** - Less than 0.5 grams trans fat per the entire meal

**Sodium** - 900 milligrams or less sodium per the entire meal (through June 30, 2013); 800 milligrams or less sodium per the entire meal (starting July 1, 2013)

**Beneficial Nutrient** - 10 percent or more of the Daily Value of one of the following nutrients per the entire meal: vitamin A, vitamin C, calcium, iron, dietary fiber or protein

SUBWAY® was the first restaurant chain to have certified heart-healthy meals according to the AHA guidelines. The AHA has certified 20 meals plus a few seasonal options at all 25,000 SUBWAY® locations in the US!
What’s in the News?
Current Heart Health Research

Lipid-altering effects of a dietary supplement containing free plant sterols and stanols in men and women with primary hypercholesterolemia

Determining the effectiveness of plant sterols and stanols supplementation in lowering the cholesterol levels in men and women with hypercholesterolemia was the object of this study.

Plant sterols and stanols, also known as phytoestersols, are small components of plant membranes. Sterols and stanols are also naturally found in small amounts of vegetable oils, nuts, legumes, fruits, and vegetables and are believed to be effective in lowering cholesterol levels.

Participants in this study were either given a dietary supplement of plant stanols and sterols or a placebo tablet for 6 weeks as part of the therapeutic lifestyle (TLC) diet. After those first 6 weeks, participants that received the dietary supplement would now receive the placebo tablet and those that received the placebo would now receive the supplement for another 6 weeks.

Conclusion From Study: The use of a dietary supplement containing plant sterols and stanols was found to produce favorable lipid changes in men and women, and taking this supplement over a period of time could reduce the risk of cardiovascular disease. However, more research on this topic is needed.


Circulating and Dietary Omega-3 and Omega-6 Fatty Acids and Incidence of CVD in the Multi-Ethnic Study of Atherosclerosis

Despite the known benefits of polyunsaturated fatty acids (PUFA) in fish and oil consumption, there still remains some controversy. Previous studies have only relied on self-dietary assessments and have not taken into account the impact on ethnicity and PUFA consumption.

2,837 US adults from a variety of different ethnicities were the participants of this study. Plasma phospholipid PUFA’S were measured, along with dietary PUFA consumption using a food frequency questionnaire, and incidence of cardiovascular events.

Conclusions From Study: Increasing consumption of Omega-3 fats from seafood sources may prevent the development of CVD in multiethnic populations. There was no inverse relationship found between the consumption of Omega-6 PUFA’s and CVD incidence in this multiethnic population.

Paper-filtered coffee increases cholesterol and inflammation biomarkers independent of roasting degree

The consumption of coffee and the impact on heart health has been a topic of discussion and debate for years.

The aim of this study was to compare the effects of medium light roast coffee and medium roast paper-filtered coffee on cardiovascular risk factors in healthy participants.

For 4 weeks, participants were asked to consume 3-4 cups of medium light roast or medium roast coffee. Plasma lipids, lipoprotein (a), blood pressure, and inflammatory markers were measured for each of the participants after each consumption.

Results found that consumption of both roasts increased plasma cholesterol and LDL cholesterol.

**Conclusion from Study:** Moderate paper-filtered coffee consumption may have an undesirable effect on plasma lipid concentration and inflammation biomarkers in healthy individuals, despite possible antioxidant benefits. However more research on this subject is needed. It was not determined from this study if coffee consumption does in fact have an impact on heart disease.


Association of Coffee Consumption with All-Cause and Cardiovascular Disease Mortality

The object of this longitudinal study was to determine if coffee consumption has an impact on all cause and cardiovascular disease mortality.

44,963 participants were involved in this study from 1971-2002. Participants were given questionnaires to complete regarding their medical history, family medical history, and lifestyle habits (coffee drinking). Regular coffee consumption on the questionnaire asked the participant to estimate how many cups per week.

Results from this 31-year study found that 2,512 participants had died from CVD. Men and women, younger than 55, that consumed greater than 28 cups of coffee per week had a higher risk of all-cause mortality than those who did not drink coffee.

**Conclusion from Study:** Young people (less than 55 years old) may want to avoid heavy coffee consumption (28 cups of coffee or more a day) due to high risk of all-mortality. Further studies are needed in order to assess the effects of long-term coffee consumption over time on all-cause mortality and CVD mortality.

Other Heart Healthy Lifestyles
The Benefits of Exercise

Besides eating a heart healthy diet, frequent exercise is key towards living a heart healthy life. The American Heart Association (AHA) recommends:

- At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150 minutes per week
  OR
- At least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 minutes per week (you can do a combination of moderate and vigorous activity)
  AND
- Moderate to high intensity muscle-strengthening activity at least 2 or more days a week for additional health benefits

Tips on how to get active:
- Walking is the simplest way to start! Walking for at least 30 minutes a day has heart health benefits.
- Try to exercise at the same time of the day so it becomes part of your regular routine.
- Choose an activity that’s fun and not exhausting or boring. Don’t be afraid to try something new!

Do you know how to find your target heart rate?

Before finding your target heart rate, you need to know your resting heart rate. Your resting heart rate is the number of times your heart beats per minute while at rest. The average resting heart rate is 60-80 beats per minute, but it can vary from person to person.

- To find your target heart rate, first take your pulse on the inside of your wrist, on the thumb side.
- Use the tips of your first two fingers (not your thumb) to press lightly over the blood vessels on your wrist.
- Count your pulse for 10 seconds and multiply by 6 to find your beats per minute. You want to stay within 50 percent to 85 percent of your maximum heart rate. This range is your target heart rate.

Compare your target heart rate to the estimated target heart rates for different ages found on the table below!
Your maximum heart rate is about 220 minus your age. If your target heart rate is too high, you may be straining yourself and could benefit from slowing down when you exercise. If your target heart rate is too low, you could increase the exercise intensity if desired. If you’re just starting to work out, aim for achieving the lowest part of your target zone (50%) and gradually work your way up towards exercising at 85% of your maximum heart rate.

<table>
<thead>
<tr>
<th>Age</th>
<th>Target HR Zone 50-85%</th>
<th>Avg Maximum HR 100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 years</td>
<td>100-170 beats per min</td>
<td>200 beats per min</td>
</tr>
<tr>
<td>30 years</td>
<td>95-162 beats per min</td>
<td>190 beats per min</td>
</tr>
<tr>
<td>35 years</td>
<td>93-157 beats per min</td>
<td>185 beats per min</td>
</tr>
<tr>
<td>40 years</td>
<td>90-153 beats per min</td>
<td>180 beats per min</td>
</tr>
<tr>
<td>45 years</td>
<td>88-149 beats per min</td>
<td>175 beats per min</td>
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<tr>
<td>50 years</td>
<td>85-145 beats per min</td>
<td>170 beats per min</td>
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<tr>
<td>55 years</td>
<td>83-140 beats per min</td>
<td>165 beats per min</td>
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<tr>
<td>60 years</td>
<td>80-136 beats per min</td>
<td>160 beats per min</td>
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<tr>
<td>65 years</td>
<td>78-132 beats per min</td>
<td>155 beats per min</td>
</tr>
<tr>
<td>70 years</td>
<td>75-128 beats per min</td>
<td>150 beats per min</td>
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</tbody>
</table>

*Note: These are average target heart rates. This table should be used as general guidelines for determining target heart rate. Source: American Heart Association

Washtenaw County Heart Walk / 5K Run!  
May 10, 2014 – Eastern Michigan University

If you’re looking for a way to get active, register to walk or run in the Washtenaw County Heart Walk/ 5K Run 2014 sponsored by the AHA! All proceeds will go towards funding heart and stroke education and research. Registering for the walk is completely free! Walkers and runners that raise money can receive a full sized red super hero cape to wear during the event!

To register or donate, visit:

http://heartwalk.kintera.org/faf/home/default.asp?ievent=1075104
Heart Healthy Recipes

All recipes are from The American Heart Association “Meals in Minutes Cookbook” featuring over 200 quick and easy low-fat and heart healthy approved recipes.

White Bean and Pasta Soup

Serves 4; 1 cup per serving
Preparation time: 5 minutes
Cooking time: 10 minutes

**Ingredients:**
- 15 oz. can no-salt added Great Northern beans, rinsed and drained
- 1 cup low-sodium chicken broth
- 1 cup no-salt added canned diced tomatoes, drained
- ½ teaspoon dried oregano, crumbled
- ½ cup miniature pasta shells
- 1 tablespoon plus 1 teaspoon shredded or grated Parmesan cheese

**Directions:**

1. In a large saucepan, combine beans, broth, tomatoes, and oregano. Bring to a boil over medium heat.
2. Stir in pasta. Cook, partially covered, for 7 minutes, or until pasta is just cooked through.
3. To serve, ladle into soup bowls and sprinkle with cheese.

**Per Serving =** Calories: 177, Protein: 11 g, Carbohydrates: 29 g, Cholesterol 2 mg, Total Fat 2 g, Fiber 6 g, Sodium 154 mg
Tilapia with Artichokes and Sun-Dried Tomatoes

Ingredients:

- 4 tilapia or sole fillets (about 4 oz. each)
- 1 tablespoon all-purpose flour
- 2 tablespoons of extra virgin olive oil
- 1 teaspoon bottled chopped garlic, or 2 medium cloves garlic, chopped
- ½ cup dry white wine (regular or non-alcoholic)
- ½ cup fat free evaporated milk
- ¼ cup plus 2 tablespoons lemon juice, (2 medium lemons)
- ½ 9-oz package frozen artichoke hearts, or ½ 14 oz. can artichokes, quartered (rinsed, drained if canned)
- 2 sun-dried tomatoes, dry packed (4 halves), chopped

*Pepper to taste

Directions:

1. Rinse fish and pat dry with paper towels. Sprinkle flour on both sides of fish.
2. Heat a large skillet over medium heat. Add oil and swirl to coat bottom of the skillet.
3. Cook fish for 3 minutes. Turn fish over and cook for 2 minutes. Sprinkle with garlic and cook for 1 minute.
4. Increase heat to high and add remaining ingredients. Cook for 6 to 8 minutes, or until sauce thickens to desired consistency, stirring occasionally.

Per Serving = Calories: 238, Protein: 26g, Carbohydrates: 13g, Cholesterol: 61mg, Total Fat: 9g (1g Saturated Fat, 1 g Polyunsaturated, 5 g Monounsaturated), Fiber: 5g, Sodium: 226mg
Chicken Fajita Pasta with Chipotle Alfredo Sauce

Ingredients:

- 8 oz. dried penne pasta
- 8 oz. uncooked marinated chicken fajita meat, all visible fat removed
- 1 teaspoon olive oil
- ¼ cup frozen chopped onion or 1 large onion, thinly sliced
- 2 cups frozen bell pepper strips or 1 large green bell pepper and 1 large red bell pepper, thinly sliced
- ¾ cup fat-free evaporated milk
- 1 teaspoon bottled chipotle sauce
- 1 medium yellow tomato, cut into 8 wedges (optional)

Directions:

2. Heat a large nonstick skillet over medium-high heat. Add oil and swirl to coat bottom of skillet. Cook onion and bell peppers for 2 to 3 minutes, or until tender, stirring occasionally. Push to one side of skillet
3. Add chicken and cook for 6 to 8 minutes, or until no longer pink in center, stirring occasionally. When chicken is browned, stir onion mixture in and cook together until chicken is done.
4. Meanwhile, in a measuring cup or small bowl, combine milk, chipotle sauce, and pepper.
5. Add chicken and milk mixture to cooked pasta. Cook over low heat for 1 to 2 minutes, or until warmed, stirring occasionally.
6. To serve, garnish with tomato and olives.

Per serving: Calories: 266, Protein: 19g, Carbohydrates: 43g, Cholesterol: 21mg, Total Fat: 3g (1g Saturated Fat, 0 g Polyunsaturated Fat, 1 g Monounsaturated Fat), Fiber: 2 g, Sodium: 272 mg
Health Eating Tip of the Month
Promotional Prize!

Enter to win the newest edition of the American Heart Association Cookbook, featuring over 600 everyday recipes for the whole family!

In addition to 150 all new recipes, this cookbook also includes the most current dietary, exercise, and lifestyle recommendations for heart healthy living. Many of the recipes featured are quick and easy to make, so for those of you that love to cook but don’t always have the time this is the cookbook for you!

How Do I Enter To Win?
Visit the Healthy Eating Tip of the Month display board located in the University Hospital Cafeteria anytime during the month of April to enter your name in the prize drawing. The winner will be picked and contacted in May.
Helpful Websites To Visit

If you would like to learn more about heart and cardiovascular disease, the heart healthy diet, other heart healthy lifestyles, or healthy eating in general visit the websites below:

The American Heart Association:
www.heart.org/

The National Heart, Lung, and Blood Institute:
www.nhibi.nih.gov/

Mayo Clinic:
http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20046702

The Academy of Nutrition and Dietetics:
www.eatright.org

MyPlate Website:
http://www.choosemyplate.gov/index.html
http://www.choosemyplate.gov/supertracker-tools.html

The SuperTracker feature on the MyPlate website is a great tool that can help plan, analyze, and track your diet and physical activity.