

Here's to You!

Tips for your good health provided by your district

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Take steps to protect your heart

Heart disease is the leading cause of death for men and women in the U.S.



Heart disease is a serious problem in the United States. The Centers for Disease Control and Prevention estimates that 610,000 people die of heart disease in the U.S. every year – that's one in four deaths.

The numbers are worse for women - one in three women's deaths are caused by heart disease and stroke. That's approximately one death every 80 seconds. <http://bit.ly/2jc8UL4>

The statistics are scary, but medical experts believe that 80 percent of heart disease and stroke events can be prevented through lifestyle changes.

Preventing heart disease

Lifestyle choices have a big impact on heart health and longevity and can help ensure that cholesterol, blood pressure and blood sugar are normal.

Key factors include:

Healthy diet. Low-fat, low cholesterol and high-fiber foods are healthy foods. See p. 2 for more information.

Healthy weight. Measure your body mass index (BMI) or calculate waist and hip measurements. Find calculators online or try this one: <http://bit.ly/2jb2tlb>

Physical activity. The recommended amount is two hours and 30 minutes of moderate-intensity exercise per week for adults.

Not smoking. Cigarette smoking increases your risk for heart disease.

Limiting alcohol. Alcohol can raise blood pressure. Men should have no more than two drinks per day; women no more than one.

Lower your stress and anxiety, increase your heart health

Stress can raise blood pressure and has been linked to changes in the way blood clots, which makes a heart attack more likely.

It is not a small problem. One in five Americans suffers from anxiety, and women are twice as likely to suffer as men.

The American Heart Association recommends four techniques to relieve stress that include:

1. Positive self-talk
2. Emergency stress stoppers for immediate relief.
3. Finding pleasure or distraction in things you enjoy.
4. Daily relaxation or meditation <http://bit.ly/2zMjKOv>



Here's to You! is published for school district staff members in the interest of your good health. We welcome your comments and suggestions.

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Eat healthy to live longer

Eating a healthy diet is one of the most important ways to maintain good health. Don't let your diet suffer because you don't think you have the time or money to eat well.

Build your diet around these Blue Zones Project guidelines based on dietary surveys from the world's longest-lived people. <http://bit.ly/2kJu1Q>

95/5 rule: Eat mostly plants. Ninety-five percent of your food should be fruits, vegetables, grains, greens, beans, and fruits.

Limit meat: Think of meat as a celebratory food. Portions should be no larger than a deck of cards, once or twice a week. Avoid processed meats such as hot dogs, bacon and sausages.

Fish is fine: Enjoy fish up to three times weekly. Wild-caught salmon or smaller fish like sardines, trout, snapper, cod and anchovies are okay choices.

Diminish dairy: Avoid dairy when possible. If cheese is a must, try ice-cube size portions to flavor foods. If you eat eggs, limit intake to three times per week.

Daily dose of beans: Eat a cup of beans daily spread out across breakfast, lunch or dinner. All beans count, including tofu. They contain high-quality protein and fiber. If you buy canned beans, avoid added salt, sugar and chemicals.

Slash sugar: Consume only 28 grams (seven teaspoons) of added sugar daily. Reserve cookies, cakes, and candies for special occasions. Read labels and avoid foods with more than eight grams of sugar. Make honey your go-to sweetener.

Snack on nuts: Eat a handful of nuts daily. Try different nuts so you don't tire of them. Avoid sugar-coated nuts.

Sour on bread: Eat only 100 percent whole grain breads or authentic sourdough bread made from live cultures. Limit bread to two slices daily. Choose whole grain corn tortillas over flour tortillas.

Go wholly whole: Try to eat only whole foods or processed foods with fewer than five ingredients: If it's manufactured in a plant, avoid it. If it comes from a plant, eat it.

Drink mostly water: Drink six glasses of water daily. Feel free to drink unsweetened teas and coffee. Enjoy wine with friends. Avoid all sugar-sweetened and diet sodas.



Healthy foods on a budget

New dietary habits may seem difficult enough without worrying about how to pay for new foods.

It's possible to eat well without spending a fortune. In fact, eating whole foods can be even easier and more cost-effective than a fast or processed diet.

Start with these basics:

- **Peanut butter**

Inexpensive (around \$.43 per serving) and protein heavy

- **Frozen chopped organic spinach**

Less expensive than fresh and highly versatile

- **Eggs**

Nutrient dense, easy-to-find and easy-to-make

- **Beans**

Dried beans are cheapest but require more time to prepare. Canned beans are still inexpensive. Beans work in dips, soups and salads.

- **Cabbage**

Healthy, versatile and one of the most vitamin-dense veggies

- **Lentils**

Loaded with fiber and about \$.13 per serving

- **Oats**

A comfort food, a kitchen staple and about \$.23 per serving