

Words of Wellness

March 2013

HEART HEALTH

Thanks to Chantal Frenette, Neil Boyce, Chris Platis and Eileen Anderson

HEART HEALTHY MISSION: Take Stock of What is in Your Fridge

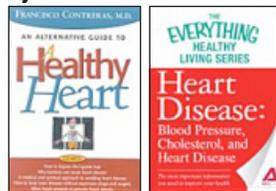
Separate the “better for you” foods from the rest. Make sure you have low fat, low cholesterol, and high fiber foods available.

Hide desserts: Store indulgent foods in the crisper so that they are out of sight, out of mind. Put fruits and veggies (easy snacks) in the front and center.

Substitute the high fat foods with lower fat ones: Some examples include skim milk for whole or 2% milk, soft trans-free margarine for butter (such as squeeze and tubs, and smart balance); low fat yogurt for full cream, egg whites for whole eggs, and lean meat, chicken breast and fish for fattier meats.

Top 10 tips for a healthy heart

1. Stop smoking.
2. Cut down on salt.
3. Watch your diet.
4. Monitor your alcohol.
5. Get active.
6. Manage your weight.
7. Get your blood pressure and cholesterol levels checked by your GP.
8. Learn to manage your stress levels
9. Check your family history.
10. Make sure you can recognize the early signs of coronary heart disease.



Roasted Red Pepper Soup (serves 6)

5 whole Red or green Peppers
½ tablespoon olive oil
1/3 cup finely chopped carrots
1/3 cup finely chopped celery
1 large onion, chopped
salt to taste
freshly ground black pepper
1 small Russet potato
1 bay leaf
¼ vegetable stock
fresh basil leaves



Broil peppers in oven for 5-8 mins (or until skin blister). Low heat olive oil in a saucepan Add the carrots, celery and onions, season lightly salt and pepper, and cook for 10 minutes. Simmer until vegetables are tender (15 mins). Add roasted red peppers and simmer 10 minutes more. Remove the bay leaf and puree in a blender. Adjust the salt and pepper to taste. Chop the basil last to prevent discoloration. Serve soup in warm bowls, sprinkle with basil. Cals: 76, fat: 2g, Fiber 3g, carbs:15g

www.heartandstroke.com

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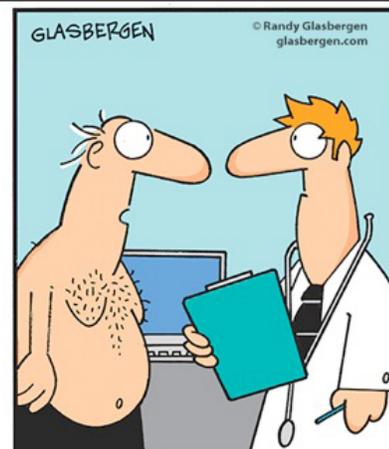
Joke

A man needing a heart transplant is told by his doctor that the only heart available is that of a sheep. The man finally agrees and the doctor transplants the sheep heart into the man.

A few days after the operation, the man comes in for a check-up.

The doctor asks him “How are you feeling?”

The man replies “Not BAAAAD!”



“Gravity has lowered my chest, my stomach and my butt. Why hasn’t it lowered my cholesterol?!”