

Celebrate! *A Healthy You*

A newsletter devoted to helping individuals of every size live in a healthy body

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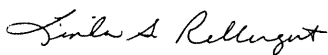
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Love Your Unique Self

The way we feel about ourselves has a powerful and pervasive impact on us. People who feel good about themselves are more likely to make good decisions in many areas, especially regarding choices that affect their health like what and how much they eat and physical activity.

Each of us can help promote a love of self in ourselves and others in many small things we do every day. Here is a list of suggestions you might want to use or share with a friend.

♥ Move more every day—walk, swim, dance, play, run, skate—have fun.



♥ Help someone else. Encourage someone else.

♥ Call a friend or write them a letter.

♥ Learn a new skill like quilting, golf, woodworking, painting.

♥ Accept compliments gracefully with a simple “thank you” rather than dismissing them.

♥ Ask your family or friends to remind you about all the things they love about you.

- ♥ Smile and say hello to at least one new person every day.
- ♥ Keep a gratitude journal. Before you go to bed, write down at least three good things that happened to you or that you did during the day.
- ♥ Spend some time with nature. Watch a beautiful sunrise or sunset, take a walk in the woods, wade in a stream.
- ♥ Learn to view advertising with a critical eye. Remember, the primary purpose of ads is to make people feel needy so they buy, buy, buy.
- ♥ Tackle some chore you’ve been putting off for a while like cleaning the garage or straightening the pantry.
- ♥ Create a collage of favorite memories with ticket stubs, play programs or other mementos.
- ♥ Volunteer with a community organization, animal shelter or senior center.
- ♥ Praise effort in self or others as well as successes.
- ♥ Refrain from teasing others about their body or physical abilities.
- ♥ Use positive rather than negative talk with yourself and others.

Help Your Heart—Eat More!

Often it seems that nutrition advice is about making do with less. But, when it comes to omega-3 fatty acids, the advice is just the opposite. Eat more!

Omega-3 fats can help improve health in a number of ways, yet most of us eat less than is thought to be desirable. First, let's look at the benefits of this kind of fat.

- **Arthritis:** Omega-3 fats may reduce inflammation that is common to rheumatoid, psoriatic and osteoarthritis.
- **Cancer:** Omega-3s may slow tumor growth and tumor cells may die more easily. As a result, chemotherapy is more effective and has fewer side effects when omega-3 fats are included in the diet of cancer patients.
- **Heart disease and strokes:** Omega-3s reduce the “stickiness” of blood platelets and so lowers the likelihood that blood clots will form and stick to artery walls. Omega-3 fats may help prevent hardening of the arteries and keep blood pressure, cholesterol and triglycerides low.

Omega-3 fats are sometimes known by their initials of EPA, DHA and ALA which are shorthand for their chemical names: eicosapentaenoic acid, docosahexaenoic acid and alpha linolenic acid. The names are not as important as knowing which foods are good sources. While supplements of omega-3s are available, they are not recommended for most people. They

have not been shown as helpful as eating foods high in omega-3 fats, and they increase the risk of internal bleeding for some people. In addition, some supplements have been found to be contaminated with heavy metals.

If you were waiting for the catch, here it is. The key to achieving the benefits of omega-3 fats is to include them as part of your heart-healthy eating plan. That means generally moderate amounts of *all* fat and using omega-3 foods to replace other less healthy choices not to *add* on extra calories.

These foods are high in omega-3 fatty acids. Plan to include them often in your meals:



♥ Grains and cereals made from them

oat germ
wheat germ
flaxseed
flaxseed meal



♥ Nuts

walnuts
Brazil nuts
pine nuts

Timely Tip #23

Heart disease is the number one killer of men and women in this country. Each year, about 370,000 women die of heart disease. This is not just a problem for men.

Most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs from the American Heart Association that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.
- **Other signs:** These may include breaking out in a cold sweat, nausea or lightheadedness

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

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- ♥ **Fish**
- salmon
- anchovies
- sardines
- tuna
- herring
- whitefish
- halibut
- bluefish



- ♥ **Vegetables**
- leeks
- spinach

cauliflower
broccoli
leafy greens



- ♥ **Spreads and oils**
- canola oil
- soft or liquid margarine made from canola oil

Sources: "Omega-3s: Fats You Should and Can Eat," by Barbara Lohse Knous, PhD, RD, LD, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, and American Dietetic Association Complete Food and Nutrition Guide, second edition by Roberta Larson Duyff, MS, RD, FADA, CFCS, John Wiley & Sons, Inc., 2002.

Survey Reminder

Thanks to all of you who have already returned the survey included in the January issue of *Celebrate!* Although the deadline for returning surveys has just passed, we would still greatly appreciate hearing from all our readers. Please take a moment to complete it, fold with address on the outside, add your stamp and drop in the mailbox. Or, if you prefer, you may fax it to 636-279-3310. If you've misplaced your survey and would like another one, call us at 636-970-3000 or send an email to rellergertl@missouri.edu. Thanks!

Activity Suggestion for February

Heart Healthy Aerobics

Be good to your heart by engaging in activities that increase your heart rate and breathing for an extended period of time. These activities improve the health of not just your heart but also your lungs and circulatory system. The result will be improved endurance so you can continue to do things like climb stairs, walk on hilly terrain, do household chores and play with children and grandchildren.

If you are currently very inactive, check with your doctor before beginning an aerobic exercise program if you are a man over age 40 or a woman over age 50, or if you have a medical condition like heart disease that might be worsened by exercise.

- ♦ Start with as little as 5 minutes of endurance activities at a time if you are not accustomed to being physically active.
- ♦ Gradually over several weeks work your way up to a moderate to vigorous level that increases your breathing and heart rate. You should feel that you are working somewhat hard during your workout.
- ♦ Build up to a total of at least 30 minutes of endurance exercise on most or all days of the week.
- ♦ Cool down after your workout with 5 to 10 minutes of stretches.

Examples of Moderate Aerobic Activity

Swimming
Bicycling
Cycling on stationary bicycle
Mowing the lawn, raking leaves
Tennis (doubles)
Walking briskly on level surface
Mopping or scrubbing floor
Golf, without a cart



Examples of Vigorous Aerobic Activity

Climbing stairs or hills
Shoveling snow
Brisk bicycling up hills
Digging holes
Tennis (singles)
Swimming laps
Skiing
Hiking



Menu of the Month

Taking care of your heart is the theme of this month's issue of *Celebrate!*. For the Menu of the Month, that means a quiet candlelight dinner of special heart-healthy foods, shared with those you love. This might include children or dear friends as well as spouse or sweetheart. Make the table setting special with your best dishes and glasses. Who deserves them more than the people you love most?

Start off with a Valentine-red glass of spiced low-sodium tomato or vegetable juice. For the entrée, splurge on grilled salmon or tuna fillets with lemon and herbs, nutty brown rice, steamed asparagus and tossed salad with raspberry vinaigrette. For dessert, Fresh Raspberries in Chocolate Shells are a fitting end to this elegant meal. Nonfat or lowfat yogurt helps to keep the calorie and fat content reasonably low and preparation simple. Substitute strawberries for the raspberries if you wish.

Fresh Raspberries in Chocolate Shells

Foil muffin liners

½ cup semisweet chocolate morsels

1 teaspoon shortening

6 oz. nonfat or lowfat vanilla flavored sugar free yogurt

1 cup fresh raspberries



Set foil muffin liners in four muffin tins. Place semi-sweet chocolate and shortening in a small microwave-safe bowl, and microwave for 60 seconds. Stir to melt chocolate and shortening. If needed, heat again in 20 second increments until both melt completely. Be sure to stir thoroughly between heating. Do not overheat or chocolate will scorch. Working on one chocolate shell at a time, spoon about 1 tablespoon melted chocolate into foil liner, and, using a small pastry brush, "paint" chocolate about half-way up each liner. Chill in refrigerator or freezer until hardened, about 10-15 minutes.

Shortly before serving, gently peel muffins liner from chocolate shell and arrange each on a dessert plate. Spoon yogurt into chocolate shells. Top with raspberries and serve.

Makes 4 servings. Nutrition information per serving when made with nonfat yogurt: 151 calories, 2.4g protein, 22g carbohydrate, 7.5g fat, 23mg sodium.



Words to Consider

"Beginning today, treat everyone you meet as if he or she were going to be dead by midnight. Extend to them all the care, kindness, and understanding you can muster, and do so with no thought of any reward. Your life will never be the same again." -Og Mandino

"A single rose can be my garden . . . a single friend, my world."
-Leo Buscaglia

"Be true to your work, your word, and your friend." -Henry David Thoreau

"The place to improve the world is first in one's own heart and head and hands." -Robert M. Pirsig

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