

## Choosing Healthy Habits for Life

According to the American Heart Association's *Choose to Move* Program, healthy food habits can help reduce three of the major risk factors for heart attack – high cholesterol, high blood pressure, and excess body weight. Healthy habits also help reduce the risk of stroke, because heart disease and high blood pressure are major risk factors for stroke.

Here are some basic dietary and lifestyle guidelines from the American Heart Association:

- ◆ Choose an overall balanced diet with foods from all major food groups, emphasizing fruits, vegetables, and grains.
- ◆ Consume a variety of fruits, vegetables, and grain products – at least five servings of fruits and vegetables, and at least six daily servings of grain products, including whole grains.
- ◆ Include fat-free and low-fat products, fish, legumes, poultry, and lean meats in your diet.
- ◆ Choose healthy snacks, such as a piece of fresh fruit or a small carton of low-fat yogurt.
- ◆ Take salt off the table and cook without salt to help reduce overall salt consumption. Replace your salt shaker with a flavorful salt-free seasoning blend.
- ◆ Maintain a level of physical activity that achieves fitness and balances energy expenditure with caloric intake. Engage in at least 30 minutes of moderate physical activity most days of the week.

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at [www.pamsmith.com](http://www.pamsmith.com). Her new book, *When Your Hormones Go Haywire*, provides natural solutions for women over 40.



## Eating Healthy with Diabetes

If someone in your house has diabetes, knowing what to eat or prepare for a them can be confusing. According to the American Diabetes Association, here are several tips on making healthy food choices for you and your entire family:

- Eat lots of fruits and vegetables. Maximize your variety by choosing from the rainbow of colors available. Try eating non-starchy vegetables such as spinach, carrots, broccoli, or green beans with every meal.
- Select whole-grain foods over processed grain selections. Eat brown rice with your stir-fry or whole-wheat pasta with your favorite Italian dishes.
- Choose dried beans like kidney or pinto beans and lentils with your meals.
- Include fish in your meals at least two to three times a week.
- Select lean cuts of beef and pork that end in "loin," such as pork loin or sirloin. Always remove the skin from chicken and turkey.



- Consume non-fat dairy products such as skim milk, non-fat yogurt, and non-fat cheese.
- Drink water or seltzer instead of regular soda, fruit punch, sweet tea, and other sugar-sweetened drinks.
- Select liquid oils for cooking instead of solid fats that can be high in saturated and *trans* fats. Also, to keep weight under control, watch your portion sizes of added fats.
- Cut back or eliminate high-calories snack foods and desserts like chips, cookies, cakes, and full-fat ice cream. Select the lower-fat or fat-free options, or eat fresh fruit.
- Spread meals out over the day. Eat breakfast, lunch, dinner, and a couple of healthy snacks during the day. Try not to skip meals.
- Talk to your doctor or nutritionist about foods and how much you need to eat. Ask for help in meal planning.
- Take the right amount of insulin or pills at the right times if you need them to help manage your diabetes.

### SAUTEÉD CARROTS AND NEW POTATOES

- 1 lb. (8 to 10) small red-skinned potatoes, quartered
- 1 tsp. olive oil
- 2 cloves garlic, minced
- 1 cup baby carrots, shaved
- 1/2 tsp. Mrs. Dash seasoning
- 1/2 tsp. Creole seasoning
- 1 Tbsp. chopped fresh herbs (cilantro, basil, rosemary, and thyme)
- 1/4 cup chicken stock (fat-free/low salt)
- 1/2 lb. frozen sugar snap peas, thawed



Makes 4 servings

Place red-skinned potatoes in microwavable dish with 1/4 cup water. Microwave on high power for four minutes; drain. Spray a nonstick skillet with cooking spray, then add olive oil. Heat. Add garlic to pan; lightly sauté. Add potatoes, carrots, herbs, and seasonings. Sauté for five minutes, adding chicken stock as needed; add sugar snap peas and sauté until crisp tender.

From Pamela Smith's *Eat Well, Live Well*. Visit [www.pamsmith.com](http://www.pamsmith.com) for more information.

Each serving contains: 117 calories, 4 g. protein, 1.5 g. fat, 0 mg. cholesterol, 23 g. carbohydrates, 167 mg. sodium. Calories from fat 11 percent

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