

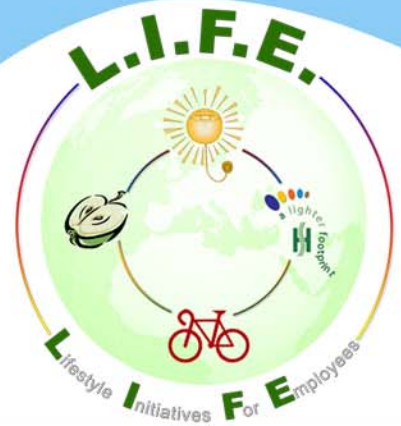
Welcome to **L.I.F.E....**

L.I.F.E. Newsletter

October, 2010

Issue 4

Heart Health



Did you know the #1 cause of death for both men and women in North America is heart disease? Did you also know that 2/3 of deaths are diet related? We certainly do have a lot of control over our life expectancy as well as our quality of life. If you're not sure where to start ... challenge yourself to consume 7 - 10 servings of fruits and vegetables every day. Only about 50% of Canadians consume an adequate number of fruits and vegetables. Try fresh, frozen, dried and canned fruits as well as fresh, frozen and canned vegetables.

*Cooking with **canola, safflower or olive oil** is a great way to increase intake of the good fat (unsaturated fat) while reducing intake of bad fats (trans fats and saturated fats). **Flaxseed oil** is also good for heart health*

What do oatmeal, strawberries and peas have in common? They're all good sources of soluble fibre. Soluble fibre is a soft fibre that helps control blood sugar and lower blood cholesterol. Other sources of soluble fibre include: Oat bran, oatmeal, legumes (dried peas, beans and lentils), parsnip, barley and psyllium (found in "Kellogg's Bran Buds and Psyllium" or as whole psyllium seeds found in healthfood and/or grocery stores)

Eat 3 servings of whole grains daily to improve heart health

It's common knowledge that whole grains are superior to refined grains in terms of nutrition. Now, research suggests that eating more whole grains can help lower blood pressure, which can improve heart health.

Three Options for 3 whole grains per day:

Day 1 - Bowl of oatmeal, sandwich on whole wheat bread, popcorn.

Day 2 - Whole-grain toast, mushroom and barley soup, stir fry over brown rice.

Day 3 - Buckwheat pancakes, quinoa salad, spaghetti made with whole wheat pasta.

The Fats of Life - A few simple guidelines:

- Reduce your fat intake to no more than about 65 g/day (women) and 90 g/day (men).
- Totally eliminate trans fats from your diet (check package labels)
- Consume minimal amounts of saturated fats (sources: cheese, ice cream, butter, shortening, fatty meat, chips, cheesies, baked goods, etc)
- Consume 2 - 3 servings of fatty fish per week (i.e., salmon, herring, sardines, mackerel, tuna, etc)
- Consume 1/4 cup unsalted nuts/seeds every day!

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