

SPECIAL POINTS OF INTEREST:

- **Cardiac and Diabetic Diet**
- **Tips**
- **Tuna Patties**
- **Did you Know?**

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I have Heart Failure and Diabetes, What am I supposed to Eat?

Many individuals are told they are supposed to be on a heart healthy diet, a low sodium diet, and a diabetic diet. This begs the question, "What am I supposed to eat?" It can be overwhelming and then changes in diet may not occur at all. This happens very commonly because people just don't know what to eat or where to go to get help. The first point to drive home is that any change is helpful, even if it is small. Do not think it is insignificant. Let's break these diets down some and talk about the things that can be eaten. So what is a heart healthy diet? A heart healthy diet is really just a diet that is low in saturated fats, low in sodium, low in red meat, and low in sugar and sweetened



drinks. This diet includes fruits, vegetables, low fat dairy products, whole grains, skinless poultry and fish, nuts, legumes, and non tropical vegetable oils. Americans in general should take in less sodium. According to the CDC, most Americans take in more than 3400 mg of sodium per day. The new recommendation for anyone is less than 2300mg per day. For individuals with heart failure, hypertension, and kidney disease, a lower sodium recommendation between 2000mg-1500mg may be

advised. Lower sodium intake can be attained but there has to be an awareness for the nutritional label for that to happen. A good way to start is not to add any salt. Most foods, unless it is a fresh fruit or vegetable, are going to have some sodium in them already. One teaspoon of table salt has 2300mg of sodium in it. So that little sprinkle that is added onto the plate may just be enough sodium for the entire day. Again, just don't use table salt. Sea salt usually has about the same amount of sodium content as well so don't reach for it either. Unless a potassium restriction has been advised, a salt substitute may be used instead of table salt. There are many of these on the market (Mrs. Dash etc.). ...cont..pg. 3

Tip of the Month

Tips to Quit Smoking:

1. **Remove the Triggers.** These are different for everyone but there are some common themes. Remove ashtrays, clean the house good, ask friends and family not to smoke around you.
2. **Give it Time.** The cravings are usually the worse in the first 10 days. Many people relapse in the first 3 months but gradually overtime it will get easier.
3. **Wait out cravings.** They usually only last 3-5 minutes. Go for a walk, phone a friend, play a game, eat a healthy snack, drink some water..
4. **Plan Ahead.** You know there will be situations that will be a problem. Have someone to help you be accountable. If you can avoid these situations early on that may be best but have a game plan if not. (3).



Tuna Patties



Recipe from the book
Breaking the Salt Habit by
Erik Williams. (1).

Ingredients:

- 1-4.5 oz. can of Very Low Sodium Tuna (drained)
- 2 Large Eggs, beaten
- 1 1/2 cups Plain Panko Bread Crumbs, divided
- 3 Green Onions, finely chopped
- 3 Tbsp. Celery, finely chopped
- 2 tsp. Honey Dijon Mustard
- 1 tsp. Lemon Juice
- 1/4 tsp. Black Pepper
- 2 Tbsp. Olive Oil

Directions:

- Combine tuna, eggs, 2/3 cup Panko, onions, celery, mustard, lemon juice, and black pepper in a medium bowl.
- Divide mixture into 4 equal balls and set aside to rest for a couple minutes.
- Place remaining Panko in a shallow dish.
- Heat olive oil in a large skillet on medium high.
- Dip each ball into Panko and form into 1 1/2" patties.
- Place in skillet and brown on each side cooking approximately 4-5 minutes per side.

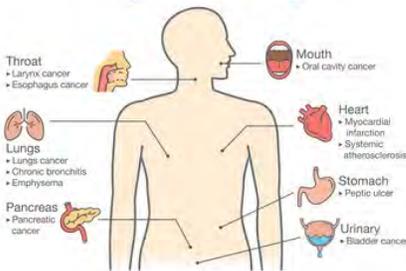
Health Information

Serving size: 1 tuna patty
Servings 4
Calories 307
Total fat 10g
Saturated fat 2g
Cholesterol 166mg
Sodium 106mg
Total fiber 1g
Protein 32g
Carbohydrates 21g
Potassium 420mg
Sugar 2g

Quote of the Month: “Action is the foundational key to all success.” Pablo Picasso

Did you Know?

Health Effects of Cigarette Smoking



Did you know that cigarette smoking is harmful? It causes one in every five deaths in the U.S. every year. Did you know that one cigarette has over 600 ingredients. When a cigarette is burned it creates more than 7000 chemicals. Sixty-nine of those chemicals are known to cause cancer. Some of the chemicals include arsenic (used in rat poison), tar (used in paving roads), and lead (used in batteries). Did you know that the average smoker in the United States spends anywhere from \$1500 to 3300 a year on smoking. Did you know if you invested \$1500 a year for 40 years that it could grow to \$968,740? That is right at a million dollars. And that is at the low end of what people spend on cigarettes. Did you know smoking can make hair turn grey faster? Smoking can increase the risk of a heart attack by 200

to 400 times compared to that of a non smoker. Did you know that smoking hookah delivers 25 times more tar than a single cigarette? Did you know that within 48 hours of quitting smoking, the body is already making changes. Nerve endings begin to regrow and senses of smell and taste start returning to normal. The heart rate becomes normal after 20 minutes of not smoking. Within the first 3 months the risk of a heart attack starts to drop and lung function starts improving. After a year of not smoking the risk of heart disease is about half of a smoker's. The health benefits continue the longer time goes by. It's not too late. If you need help there are many hotlines. One is 1-800-LUNGUSA. (2,4,5).

Some foods to watch out for that have hidden sodium include breads and rolls, pizza, deli meats or cured meats, soup, burritos and tacos. So what about the diabetic diet? A diabetic diet is very similar to a heart healthy diet. It includes healthy foods that are low in fat and also eating three times daily at regular times. With diabetes, carbohydrates such as sugar and starches break down into blood glucose, which raises the sugar level. So it is important when choosing carbohydrates to choose healthy carbohydrates such as fruits, vegetables, low fat dairy products, beans, peas, lentils, and whole grains. These are much healthier carbohydrates than eating a cinnamon roll or a dessert filled with sugar. Eating foods that are higher in fiber like fruits, vegetables, beans, peas, whole wheat flour and bran also help the body control the body's blood sugar. Eating fish twice a week such as salmon, tuna, cod, halibut, and mackerel help lower triglyceride levels in the blood. Include some good fats into the diet as well but do not overdo them because they are high in calories too. These foods can include unsalted almonds, pecans, walnuts, avocados, olive oil, canola oil, and peanut oil. Try to avoid foods that are high in sugar such as concentrated sweets and drinks that are sweetened.



Remember there are a lot of foods that can be eaten. It doesn't mean that a diet has to be perfect 100 percent of the time. It is not the occasional birthday parties or the occasional holiday that makes us unhealthy. It is the choices that are made day in and day out. You can do this. Here are some resources to help you.

<https://recipes.heart.org/categories>

<http://www.diabetes.org/mfa-recipes/recipes/recipes-archive.html>

https://www.cdc.gov/diabetes/ndep/cdcinfo/ndep_pdf/tasty-recipes-508.pdf

<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/diabetes-superfoods.html>

<http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/>

Breaking the Salt Habit by Erik Williams (Book)

https://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf

<https://healthyeating.nhlbi.nih.gov/default.aspx>

(6,7,8).