

# News to Lose

*Happy National Heart Month!*



## February Support Group

Thank you to those who attended January's support group and are participating in the weight loss challenge! **First place prize is at over \$70!** If you are participating – make sure you continue to fill our your packets and bring them with you to March's support group!

**February's support group will be February 4th at 6:30 pm.** Dr. Stote will be speaking over self-love, acceptance, and body image. Many of our patients struggle with these topics both before and after weight loss! We hope you will take the time to attend. Patient Debbie Day will also be offering FREE makeovers afterward for anyone interested.

## The Mediterranean Diet

Try using Google to search the word "diet". Literally millions of results will appear. So how do you know which diet is okay to follow? The truth is, very few diets meet a dietitian's qualifications to be considered a "good" diet. However, the Mediterranean diet is one of the exceptions; it is especially good for improving heart health. Research has shown that following a traditional Mediterranean diet reduces the risk of heart disease as well as cancer, Parkinson's, and Alzheimer's.

### What the Mediterranean diet emphasizes:

- Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts
- Replacing butter with healthy fats, such as olive oil
- Using herbs and spices instead of salt to flavor foods
- Limiting red meat to no more than a few times a month
- Eating fish and lean poultry at least twice a week



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Community Health Noblesville

## Foods to Eat for Heart Health

Check out our featured heart healthy snack on page 4!



*Choosing the right foods can impact more than just your weight. Add some of the foods listed below to your diet to improve heart health and lower your risk of heart disease!*

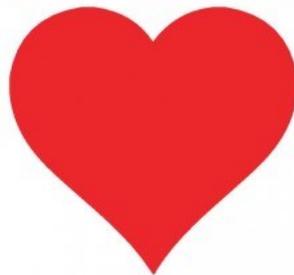
- **Salmon**—rich in omega-3s, a heart-health fat, this protein will fill you up and keep you full with the good kind of fats
- **Walnuts**—while nuts may be high in calories, the calories are from healthy fats like omega-3's. Stick to 1 oz. portions.
- **Raspberries**—or, any berry really, are rich in antioxidants which help prevent your heart from damage due to free-radicals. They are also high in fiber!
- **Chickpeas**—rich in soluble fiber and protein, these beans can help lower your cholesterol! Opt for “no salt added”
- **Avocados**—this great sub for mayo is rich in heart-healthy fats & packs potassium and fiber to help lower blood pressure

### Happy Heart Month!

Did you know your heart beats over 10,000 times each day and over 35 million times per year?! You may be resting but your heart is always hard at work making sure your body gets the oxygen it needs to function.

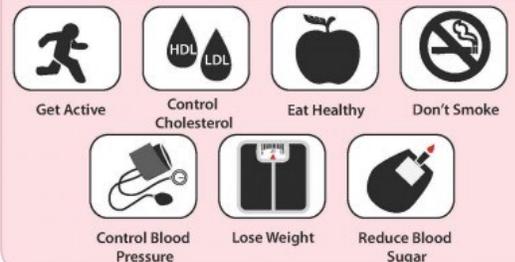
February is National Heart Month and I encourage you to celebrate by taking extra care of your heart. You can do so using some tips from the graphic to your right. Regular exercise is SO very important to keeping your heart healthy and strong for a lifetime.

## FEBRUARY HEART MONTH



80% of Heart Disease and Stroke Can Be Prevented

### 7 Steps to Reduce the Risk of Heart Disease



### Heart Healthy Nutrition



Eat at Least 5 Servings of Fruits and Vegetables a Day



Choose Whole Grains Over Processed (Refined) Grains and Sugars

Choose Healthy Fats (Monounsaturated & Polyunsaturated) Over Unhealthy Fats (Saturated & Trans)

### Regular Exercise



30 Minutes of Moderate Intensity Exercise a Day

### Tobacco Control

Cigarette Smoke Claims 443,000 Lives in the U.S. Every Year



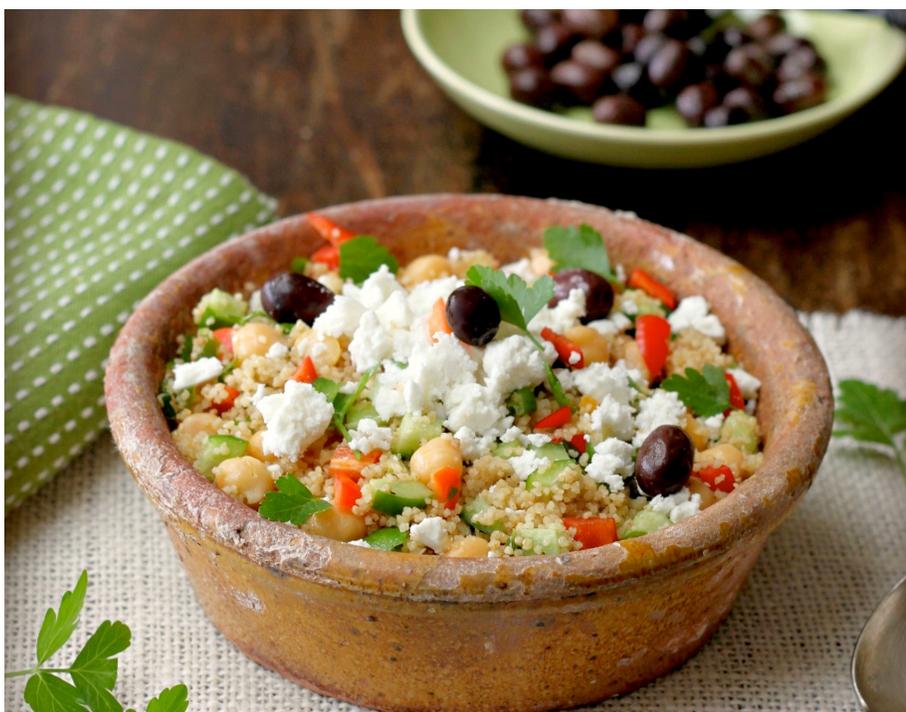
Increases Risk for Heart Disease and Stroke



Increases Risk for Blood Clot



Decreases Ability to Exercise  
Decreases Good Cholesterol (HDL)



## Heart Healthy Greek Couscous Salad

*Make this dish ahead for a quick and delicious lunch that you can eat all week!*

### INGREDIENTS

- 1 (14.5 oz.) can of low sodium chicken or vegetable broth
- 3/4 cup whole wheat couscous
- 1 can Garbanzo beans (rinsed and drained)
- 1 cup cubed Roma tomatoes (3 medium)
- 1 cup cubed, unpeeled, cucumber
- 1/2 cup, halved and pitted, Kalamata olives
- 1/4 cup sliced red onion
- 1/2 cup chopped flat leaf Italian parsley
- 2 Tbsp. Olive Oil
- 2 Tbsp. Fresh lemon juice
- 1/4 tsp. freshly cracked pepper
- 1/8 tsp. sea salt
- 1/2 cup crumbled feta cheese

### INSTRUCTIONS

1. In 2-quart saucepan, heat broth to boiling. Stir in couscous; remove from heat. Cover; let stand 5 minutes.
2. In large bowl, place Garbanzo beans, tomatoes, cucumber, olives, onions and parsley. Stir in couscous.
3. In small bowl, beat lemon juice, oil, pepper, and salt with wire whisk until well blended; pour over vegetable mixture and toss. Cover; refrigerate 1 hour to blend flavors.
4. Just before serving, sprinkle with cheese

## Lowering Sodium

*Sodium (salt) is an important factor in heart health. Too much sodium and blood pressure begins to climb. Implement these 5 tips to keep your sodium, and blood pressure in check..*

1. Avoid processed, cured meats such as bacon and ham and opt for fresh cuts instead like pork loin, chicken breast, etc.
2. Choose fresh fruits and vegetables, as well, since they are very low in sodium. Canned and frozen fruits are also low in sodium if noted on package but make sure you check the label.
3. Begin reading food labels on every food you buy. Sodium content is always listed on the label. You should aim for <500 mg of sodium at each meal and 2300 mg per day.
4. Select spices or seasonings that do not list sodium on their labels, i.e. choose garlic powder over garlic salt. Mrs. Dash is a great example.
5. Before dining out, do your research. Visit the restaurant's website which should list the sodium content of various dishes served there.

*From EatRight.org, Jan 2016*

## Have a Savory Snack

Tired of overly-sweet granola and meal replacement bars? You are not alone! Mediterra recently introduced a line of “savory” bars designed to provide a snack bar without the added sugar found in most other options.

Mediterra is based on the Mediterranean Diet and focuses on whole grains, heart-healthy fats, and vegetables. Try something different :)

## Product Spotlight—Mediterra Savory Bars



## Follow Us!!

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### Facebook

<https://www.facebook.com/MCEWENMD>

### Twitter

@lapbandindiana

## New Patient Seminar!

Tell your family and friends to join us to hear Dr. McEwen talk about lap band surgery and to hear from guest speakers about their experience. The next seminar will be:

When: **Wednesday, February 3rd at 6 pm**

Where: **Hamilton Healthcare Campus**

9669 East 146th Street  
Noblesville, IN 46060

## Know Your Macronutrients!

Between all of the different diet trends and conflicting research findings out there, it seems we're more confused than ever about what and how much to eat, particularly when it comes to protein, carbohydrates and fat. While there's no one combination that will make the pounds magically melt off you can optimize your diet for weight loss by adjusting the composition of your calories. Here's how:

### Fill Your Plate!

**Protein:** Roughly 15-30% of your calories should come from a lean protein such as chicken or turkey \*( 60 gram minimum)

**Carbs:** 40-50% of calories should come from complex carbs like vegetables, fruits, and whole grains. \*(120-150 grams/day)

**Fat:** Last but not least, 20-30% of your calories should come from a heart-healthy fat source such as olive oil, nuts, or avocado. (40-50 grams/day) \*based on 1200 kcal diet

