



# WISEWOMAN UPDATE

September 2006

## National Cholesterol Education Month

September is National Cholesterol Education Month. This year's theme is "Knowing your cholesterol numbers – Knowing your risk – Give yourself some TLC." The National Heart, Lung, and Blood Institute's National Cholesterol Education Program is pleased to present the *2006 National Cholesterol Education Month Kit* to help you promote Cholesterol Month 2006. This kit is available online at:

[http://hp2010.nhlbihin.net/cholmonth/chol\\_kit.htm](http://hp2010.nhlbihin.net/cholmonth/chol_kit.htm).

The *2006 National Cholesterol Education Month Kit* highlights a new booklet to help the 65 million American adults with high blood cholesterol make the therapeutic lifestyle changes (TLC) needed to lower their cholesterol and, with it, their risk for heart disease. Here are some other items included in the kit:

- ♥ Suggestions on simple steps you can take to reduce your risk for heart disease
- ♥ Links to heart-healthy recipes, including African American, Latino, and Stay Young at Heart favorites
- ♥ Ten great ideas to help you promote National Cholesterol Education Month
- ♥ A *Chart your progress – Reach your goal* worksheet to help you keep track of your cholesterol numbers
- ♥ Questions and answers about the new food label: saturated fat, trans fat, and cholesterol

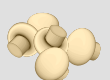
## Stats At-A-Glance

So far this fiscal year, we have screened 3,323 women, which puts us at 84.2% of our caseload goal of 3,949.

The CDC performance indicator for rescreening is greater than or equal to 75%. Our current rescreening rate for program duration is 35.05%.

The CDC performance indicator for the percentage of women who attend at least one lifestyle counseling session is 75%. So far in FY06, 92.1% of women have attended at least one counseling session.

The Michigan performance indicator for clients who adopt a healthier lifestyle throughout the year following their screening – as evidence by the client making progress toward established goals – is 50%. For program duration, 52.4% of clients have adopted a healthier lifestyle.



## Go Nuts Over Almonds

More and more studies are finding that incorporating certain nuts, such as almonds, into a heart-healthy diet brings many benefits. Almonds, for example, have an ideal combination of fats – monounsaturates with some polyunsaturates. They are also packed with vitamin E and magnesium, and are a good source of protein and fiber.

Research shows that eating an ounce of almonds a day in place of foods high in saturated fat can lower cholesterol...plus, they are easy to fit into your favorite dishes throughout the day – from cereals to baked goods to salads to desserts.

For example, opt for a handful of almonds instead of cookies or chips. You can also substitute them:

- For croutons on your salad
- By using almonds instead of bread crumbs when roasting chicken
- By using almond butter instead of cream cheese on your bagel
- For fried onion rings as a topping

## Keep Your Numbers in Check: Make Good Food Choices

Healthy food habits can help you reduce three risk factors for heart attack and stroke – high blood cholesterol, high blood pressure, and excess body weight.

Set the stage for success by:

- Eating a balanced diet with plenty of fruits, vegetables, cereal and grain products, legumes, nuts, fish, poultry, and lean meats.
- Mixing one-half regular soda with one-half diet soda until you get used to the taste of diet soda.
- Eating foods low in saturated fat, trans fat, and cholesterol.
- Enjoying a large glass of ice water, hot tea, or another calorie-free beverage. Garnish with a twist of lemon or lime and sip slowly.
- Dividing leftovers into containers to eat throughout the rest of the week.
- Eating with other people. You'll eat less than if you eat alone.
- Knowing your snack "triggers" and planning ahead. Be ready with healthy snacks to fight the urge for high calorie/high-saturated-fat foods and trans fat foods. Grab pre-cut carrots and celery when you're on the run.



# Healthy Weight: How to Use Fruits and Vegetables to Help Manage Your Weight

To lose weight, you must eat fewer calories than your body uses. This doesn't necessarily mean that you have to eat less food. You can create lower-calorie versions of some of your favorite dishes by substituting low-calorie fruits and vegetables in place of higher-calorie ingredients. The water and fiber in fruits and vegetables will add volume to your dishes, so you can eat the same amount of food with fewer calories. Most fruits and vegetables are naturally low in fat and calories and are filling.

Here are some simple ways to cut calories and eat fruits and vegetables throughout your day.

## Breakfast: Start the Day Right

- Substitute some spinach, onions, or mushrooms for one of the eggs or half of the cheese in your morning omelet. The vegetables will add volume and flavor to the dish with fewer calories than the egg or cheese.
- Cut back on the amount of cereal in your bowl to make room for some cut-up bananas, peaches, or strawberries. You can still eat a full bowl but with fewer calories.

## Lighten Up Your Lunch

- Substitute vegetables such as lettuce, tomatoes, cucumbers, or onions for 2 ounces of the cheese and 2 ounces of the meat in your sandwich, wrap, or burrito. The new version will fill you up with fewer calories than the original.
- Add a cup of chopped vegetables, such as broccoli, carrots, beans, or red peppers in place of 2 ounces of the meat or 1 cup of noodles in your favorite broth-based soup. The vegetables will help fill you up so you won't miss those extra calories.

## Dinner

- Add in 1 cup of chopped vegetables such as broccoli, tomatoes, squash, onions, or peppers, while removing 1 cup of the rice or pasta in your favorite dish. The dish with the vegetables will be just as satisfying but have fewer calories than the same amount of the original version.
- Take a good look at your dinner plate. Vegetables, fruit, and whole grains should take up the largest portion of your plate. If they do not, replace some of the meat, cheese, white pasta, or rice with legumes, steamed broccoli, asparagus, greens, or another favorite vegetable. This will reduce the total calories in your meal without reducing the amount of food you eat. BUT remember to use a normal- or small-size plate – not a platter. The total number of calories that you eat counts, even if a good proportion of them come from fruits and vegetables.

