

## Welcome to HeartSmart Kitchen!

According to the Centers for Disease Control and Prevention, most Americans eat too much sodium, and, as a result, more people are being diagnosed with high blood pressure.

The average intake of sodium is 3,400 milligrams per day, more than double the 1,500 milligrams that the American Heart Association recommends. By following a heart-healthy, low sodium diet you can decrease your chance of developing high blood pressure and other harmful effects. The objective of this newsletter is to provide you with easy-to-read articles about how to reduce your sodium intake and help you understand why it's important to follow a heart-healthy lifestyle. Join us monthly for feature articles and recipes, tips, nutrition "Myth Busters" and more!

## Featured Recipe:

### Light Party Popcorn

Try this quick recipe to jazz up popcorn but not overload on calories at your next sports watch party.

#### Ingredients:

- 1 Tablespoon of olive oil
- 1 teaspoon of lemon pepper seasoning
- 2 Tablespoons of parmesan cheese
- 6 cups of popped light popcorn

#### Directions:

Drizzle the olive oil over the popped popcorn. Combine the lemon pepper and parmesan cheese in a small bowl and mix well. Sprinkle over the top of the popcorn. Mix well.

## Stop Sports Games from Expanding Your Waistline

Each winter brings not only the holidays with their rich and lavish meals, but also football games full of salty snacks. Ever find yourself nervously eating nachos or fries when your team isn't winning? You aren't alone. A recent study<sup>1</sup> found that on Mondays following a Sunday national football league game, participants in the study consumed sixteen percent more saturated fat and ten percent more calories when their team lost. A healthy perception of your team's success and failures is important — fans who perceive these as their own tend to overeat and reach for high fat comfort food. Emotional eating is a form of self-medication and used as a form of celebration. High calorie and high fat foods provide the brain with instant pleasure, but is short lived and with consequences. Common sports game snacks include chips, dips, hamburgers and wings, which are full of calories, saturated fat and sodium. All of these eaten in overabundance and too frequently can lead to obesity and heart disease. Not only are we expanding our waistlines, but also increasing the chance of having a heart attack.

Whether facing defeat or victory, engage yourself with friends and family watching the game with you and share your feelings of excitement or disappointment with them. Keep healthy snacks in the



kitchen and not in front of the television. Switch to lower calorie snacks such as baked chips and lightly salted popcorn. Smaller versions of popular snacks can help control portions — try mini hamburgers made from lean ground turkey, and try low-sodium cheese and vegetables to garnish. Try hummus and salsa instead of queso (cheese) dip, and serve with whole grain crackers and baked chips. A fruit tray is always a good option, served with a yogurt fruit dip.

Popcorn can be a great snack option when prepared with less salt and butter. Try using lightly-salted and lightly-buttered popcorn sprinkled with Parmesan cheese and Italian seasoning, or mix in nuts and chocolate to make a trail mix. Try the popcorn recipe included in this newsletter. No matter how devoted a sports fan you are, remember to take care of the most important player in life: YOU!

<sup>1</sup>Cornil, Yann. "From Fan to Fat? Vicarious Losing Increases Unhealthy Eating, but Self-Affirmation Is an Effective Remedy." *Psychological Science*. (2013): 1-11.



## Science Corner

# The Real Salt Source

Salt is such an integral part of the world's history — used as a preservative, flavor enhancer and even used as valuable trade. Salt was highly valued and production was restricted in ancient times, so it was used as a method of trade and currency. Its ability to preserve food was a main contributor to civilization, eliminating the dependence on seasonal food and allowing food to travel long distances.

Our body's need for sodium hasn't changed, but the way we eat and the types of food available have changed drastically since ancient times. Salt is used often today in processing techniques to bind ingredients, improve flavor and increase shelf life. The majority of salt you eat has already been added to processed foods you buy from the grocery store and restaurants. Only about five percent of the salt we eat is added by the salt shaker at the table.

Processed foods are foods that aren't directly taken from the source, such as a plant or animal. For example, fresh ground turkey is unprocessed. If that fresh turkey meat is commercially prepared and other ingredients are added, such as preservatives, salt, and fillers, the turkey meat is a processed product. Processing affects the end product, and depending on the additives, can make foods less nutritious.

If you are used to a high sodium intake, you may find that lower sodium foods have less flavor at first. Once you get used to eating less salt, you'll be able to taste the natural flavor of the foods which takes about six weeks. You can begin lowering your sodium intake today by reading your food labels — aim for less than 150 milligrams of sodium per serving. Shop the perimeter of the grocery store, buying foods as fresh as possible and avoiding the pre-prepared, processed foods. The top sources of sodium in today's foods are breads, cold cuts, soups, cheese and snacks like chips and popcorn. Eat less of these foods and look for low-sodium alternatives.



## Meet your RD

# Emily Hein, RD, LD

*Clinical and Outpatient Dietitian*

My name is Emily Hein, and I am your Registered Dietitian. I have been working with the patients at the *Center for Advanced Cardiovascular Care* since May 2013. I graduated from Texas Woman's

University with a Bachelor's degree in Nutrition and recently completed my dietetic internship at Baylor University Medical Center in Dallas. I am registered and licensed in the state of Texas to practice as a dietitian.

My mission is to help you and your family understand why it's so important to follow a heart healthy lifestyle, and to make the transition for you as easy as possible. In my spare time, I enjoy cooking for my family and friends, hot yoga and working on my healthy living blog. I believe that moderation and enjoyable physical activity are the keys to a healthy life.

Feel welcome to request a nutrition consultation with me at any time during your visit at the clinic. I'm looking forward to working with you and your family!

## Cardiac Fun Fact:

Your system of blood vessels — arteries, veins and capillaries — is over 60,000 miles long and would stretch around the world more than twice!

*Tina L. Mooney, RN, MSN, FNP, APN  
Center for Advanced Cardiovascular Care*

## Did You Know?

Sea salt has been the center of attention in the media lately, promoted as a natural source of salt. Although sea salt contains more natural essential trace minerals, it contains the same amount of sodium as regular table salt. Some people find that since sea salt has a stronger taste, they tend to use less of it than table salt.

## Kitchen Tip of the Month:

Use a Julienne peeler to cut a zucchini into long strips. Stir-fry in olive oil until soft, and then combine with spaghetti in any pasta dish for a great vegetable addition.

## Food of the Month:

# Kale

**What:** Dark, leafy green vegetable. Kale belongs to the cruciferous family which includes cabbage, collards, and broccoli.

**When:** Kale is available year-round and is in-season during the winter. Try to include cruciferous vegetables two to three times per week.

**Where:** Use in soups, salads, side dishes. Drizzle with olive oil and bake at 350 degrees F for ten minutes for homemade chips.

**Why:** Kale is very high in beta carotene, vitamin K, vitamin C, and rich in calcium. These vitamins and minerals have been shown to reduce the risk of cancer and lower cholesterol.

**How:** Look for kale with firm, dark leaves and moist stems. The leaves should be fresh, unwilted and colorful. Chop the leaf portion into half inch slices for quick and even cooking.



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