

## 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!



## Happy Thanksgiving!

The traditional Thanksgiving dinner often includes a giant roasted turkey, buttery mashed potatoes with gravy, cornbread dressing, cranberry sauce, cookies, pies, and so much more.

While brining the turkey (soaking it in a salt water bath) is popular, stay away from this high-sodium method. There are plenty of ways to introduce moisture and flavor to your meat without the extra sodium. When you buy your turkey, check the packaging to make sure it has not been brined,

enhanced or basted in chicken broth or salt. Even if the label says "100% natural", it can still have added sodium, which is why it's important to read the labels. Use a dry rub instead with a simple herb mixture, or use fresh fruit and glazes.

When making mashed potatoes, use one-percent instead of whole milk. Instead of using butter, which has 100 calories per tablespoon, use light margarine or whipped butter. Gravy recipes usually call for turkey giblets or the drippings from the turkey, which are high in fat and cholesterol. Instead, heat low-sodium chicken broth and slowly add cornstarch until thick, then add mushrooms, parsley, and onion. Sauté fresh green beans in olive oil and sprinkle with garlic powder, instead of making sodium-packed traditional green bean casserole.

The traditional pumpkin pie filling is mostly pumpkin puree and sweetened condensed milk, which is high in saturated fat and sugar. This holiday, try a no-crust pie. Bake a can of ready-to-go pumpkin pie filling in a glass baking dish as is, and add low-cal whipped topping on top. Or, try the Lighter Pumpkin Pie recipe included in this newsletter.

## Featured Recipe:

### Lighter Pumpkin Pie

From The Heart Hospital Baylor Plano kitchen

#### Ingredients:

- 1 cup graham cracker crumbs
- 2 tbsp pecans, ground
- 1 tbsp unsweetened applesauce
- 2 whole eggs
- 1 cup canned pumpkin
- ¾ cup evaporated skim milk
- ¼ cup apple juice concentrate
- ¼ cup brown sugar
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- Pinch of ground cloves
- Pinch of salt
- 12 pecan halves
- 1 tsp maple syrup



#### Directions:

1. Preheat oven to 350 degrees F.
2. Coat a 9-inch pie plate with a small amount of canola oil. Combine cracker crumbs, pecans and applesauce in a bowl. Press into the bottom of the pie plate.
3. Combine remaining ingredients, except pecan halves and maple syrup in a large bowl. Mix.
4. Pour mixture into pie crust.
5. Bake for 20-30 minutes until a knife comes out clean. Let cool and slice into 12 pieces.
6. In a small bowl, coat pecan halves with syrup. Transfer to a lightly oiled baking sheet, reduce heat to 325 degrees F and bake for 4-5 minutes. Remove and place one pecan on the outer edge of each slice of pie before serving.

Makes 12 servings. Per serving: 125 Calories, 4 g Protein

## Science Corner

# What's the big deal about sodium?



The human body needs a small amount of sodium to maintain a balance of body fluids, keep muscles and nerves running smoothly and help certain organs work properly. However, about 90% of Americans eat too much of it – and they may not even know it.

Americans eat on average about 3,300 milligrams of sodium a day. The Dietary Guidelines for Americans recommends limiting sodium to **less than 2,300 milligrams per day** – that's equal to about 1 teaspoon of salt! You should reduce your intake further to **1500 milligrams per day** if you are in any of the following population groups who have been shown to be more susceptible to sodium's blood pressure-raising effects:

- People with high blood pressure, diabetes or chronic kidney disease
- African-Americans
- People ages 51 and older

Sodium attracts water and a high-sodium diet draws water into the bloodstream, which increases the volume of blood and over time can increase your blood pressure. High blood pressure (also known as hypertension) forces the heart to work harder and can damage blood vessels and organs – increasing your risk of **heart disease, kidney disease, and stroke**. Read food labels, look up the sodium content of restaurant foods before you go out, and eat as fresh as possible.

Source: FDA.gov



## Meet your RD

# Emily Hein, RD, LD

Clinical and Outpatient Dietitian

Hi, 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.

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

## Did You Know?

“Salt” and “Sodium” do not mean the same thing ...

The words “salt” and “sodium” are often used interchangeably, but are not the same thing. Salt, also known by its chemical name sodium chloride, is a crystal-like compound that is abundant in nature and is used to flavor and preserve food. Sodium is one of the chemical elements found in salt.

Source: FDA.gov

## Kitchen Tip of the Month:

For a quick entree for two, toss three cups of cooked whole-wheat pasta with a drizzle of olive oil, minced garlic, chopped fresh parsley, and a dash of parmesan cheese.

## Cardiac Fun Fact:

“Though weighing only 11 ounces on average, a healthy heart pumps 2,000 gallons of blood through 60,000 miles of blood vessels each day.”

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



## Food of the Month:

# Rosemary

**What:** Lemon and woody flavor

**When:** Potatoes, meats, seafood, breads

**Why:** High in antioxidants, anti-inflammatory and low in sodium

**How:** Simply remove leaves from the rosemary sprig.

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