



Central MN Mental Health Center  
A time to heal, a place to start.



## WELLNESS BULLETIN

FEBRUARY 2017

### February is Heart Health Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

A heart attack strikes someone about every 43 seconds. It occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood can slowly narrow from a buildup of fat, cholesterol and other substances (plaque).

Don't wait to get help if you experience any of these heart attack warning signs. Although some heart attacks are sudden and intense, most start slowly, with mild pain or discomfort. Pay attention to your body — and call 911 if you feel:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

### Heart Attack Signs in Women

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Even though heart disease is the No. 1 killer of women in the United States, women often chalk up the symptoms to less life-threatening conditions like acid reflux, the flu or normal aging.

Many women think the signs of a heart attack are unmistakable — the image of the elephant comes to mind — but in fact they can be subtler and sometimes confusing.

(Cont.)

Some women experiencing a heart attack describe upper back pressure that feels like squeezing or a rope being tied around them. Dizziness, lightheadedness or actually fainting are other symptoms to look for.

### Take care of yourself. Heart disease is preventable.

- Schedule an appointment with your healthcare provider to learn your personal risk for heart disease.
- Quit smoking. Did you know that just one year after you quit, you'll cut your risk of coronary heart disease by 50 percent?
- Start an exercise program. Just walking 30 minutes a day can lower your risk for heart attack and stroke.
- Modify your family's diet if needed. Check out healthy cooking tips at <https://recipes.heart.org/>. You'll learn smart substitutions, healthy snacking ideas and better prep methods. For example, with poultry, use the leaner light meat (breasts) instead of the fattier dark meat (legs and thighs), and be sure to remove the skin.

Source: American Heart Association at [www.heart.org](http://www.heart.org)

## The Top Heart Healthy Foods



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## Upcoming Events or Activities:

Feb. 2nd—Groundhog Day

Feb. 14th—Valentine's Day

Feb. 18th—Wigs for Women—A Cancer Benefit at the River's Edge Convention Center (St. Cloud) 6p-10p, \$25 at door, \$20 in advance—Find out more at [wigsforwomenwithcancer.com](http://wigsforwomenwithcancer.com)

Feb. 20th—Presidents Day



### How to bake spaghetti squash:

1. Cut the squash in half lengthwise
  2. Scoop out the seeds and fibers with a spoon.
  3. Place on a baking sheet. Bake at 350° about an hour or until the skin gives easily under pressure and the inside is tender.
  4. Remove from oven and let it cool 10 minutes. Using a fork, scrape out the squash flesh a little at a time. It will separate into spaghetti-like strands.
  5. Place in a serving dish and serve hot.
- 1 cup spaghetti squash = 42 calories, 10 grams carbohydrate;
  - 1 cup cooked spaghetti noodles = 220 calories, 43 grams carbohydrate

## 4 Easy Food Swaps

Diane Giambruno, Registered Dietitian, CentraCare Heart & Vascular Center

Substituting healthy ingredients doesn't have to mean sacrificing flavor. "If it tastes good, spit it out!"

This is a comment I frequently hear from people as they try to make their diet more heart healthy. My job is to try to dispute that statement and here are some of the suggestions that I can give to help make eating more heart friendly without sacrificing flavor.

Instead of...

•**Spaghetti noodles, substitute spaghetti squash** •When cooked this squash will separate into long strands that you can top with marinara sauce and twirl around your fork, just like traditional spaghetti noodles.

•**Hamburgers, substitute veggie or soy burgers** •If you haven't tried soy or veggie burgers for many years, it's time to try them again. They've changed and improved! They come in many different flavors, such as black bean, Mediterranean, Asian and grillers, which more closely resemble hamburgers.

•Some research indicates that soy protein can help lower cholesterol. Soy also is a good source of protein, fiber and omega-3 fatty acids.

•Veggie/soy burgers typically have three times less total fat and seven times less saturated fat than beef burgers, according to the Academy of Nutrition and Dietetics. They also provide about 3 to 4 grams of fiber compared to beef burgers which have no fiber.

•**Butter, substitute avocado** •Avocados can be used as a substitute for butter or oil in your favorite baked good recipes like cookies, cakes or muffins.

•Avocado will increase the nutritional value of baked goods by contributing many vitamins and minerals. Avocados are high in unsaturated (healthy) fats (monounsaturated and polyunsaturated fats), which makes them a great substitute for ingredients typically used in baking that are high in saturated fat, such as butter.

•For most recipes you can substitute on a one to one ratio, although individual recipes may vary. In some, recipes it may be necessary to add a little bit of liquid to make the batter thinner.

•**White flour, use some whole wheat flour** •If you're looking for a way to boost fiber in your diet, substituting whole wheat flour for some of your white flour is a good option. One cup of whole wheat flour has 15 grams of fiber and one cup of white flour has 3 grams of fiber.

•Whole wheat flour has a nutty flavor and more nutrients than white flour but you get a heavier, denser end product. Substituting whole wheat flour for white flour takes a little trial and error, but replacing ½ the white flour with whole wheat flour will usually not be noticeable in recipes.

•Tip: mix half whole wheat flour and half white flour in your flour canister so you always have this higher fiber flour mixture available for baking.

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## Healthy Bites for February: Smart Snacking

Over the last 30 years, the average number of snacks consumed by adults per day has doubled, according to the USDA Food Surveys Research Group. Snacking by adolescents has also increased significantly in recent decades. On average, snacks provide about one-third of daily calories. For many, the snack foods and beverages contributing the most calories aren't always the most nutritious options. However, snacking can be part of a healthy eating plan. February is Snack Food Month, and healthy snacks can provide lots of nutrition with fewer calories. Check out the following information on making smarter snacking easier.

### Tips for Snacking Smarter:

**MyPlate and snack food selection.** Choose snack foods from the MyPlate food groups. Choose a variety of fruits and vegetables to help get the full range of vitamins, minerals, and fiber needed for health. Whole fresh fruits, dried fruits, and packaged pre-cut vegetables are easy snacks to carry along. Snack on whole grains such as popcorn, low-fat granola bars, brown rice cakes, or snack mixes with whole-grain cereal. Consume three cups per day of fat-free or low-fat dairy, such as yogurt, string cheese, or cottage cheese. Eat a variety of lean protein such as meat, poultry, beans, eggs, nuts, and seeds.

**Develop a smarter snacking plan.** To keep snacking under control, plan what to eat, how much, and when to eat a snack. Planned snacking reduces the likelihood of overeating on not-so-healthy foods at a fast-food restaurant, vending machine, or convenience store. To keep snacks from replacing meals, avoid eating snacks within one hour of meals.

Keep nutritious snacks handy: Research shows that availability often drives snack selection. If your cupboard is full of cookies, chips, and candy, it's easy to make them your snack. Fresh, frozen, dried, or canned fruits can be easy "grab-and-go" options that need little preparation. Store sliced vegetables in the fridge and eat them with dips like hummus or low-fat dressing. Have healthy snacks portioned into snack-size bags or containers.

**Compare food labels.** Read the Nutrition Facts Label on products to find food with the most nutrition for your money. Using the Nutrition Facts Label helps you compare fat, calories, fiber, sodium and sugar found in different items. They also provide information on the serving size and how many servings are in an item.

**Eat snacks only when hungry.** Thirst is often misinterpreted as hunger, so it's important to drink plenty of water during the day. Avoid eating snacks out of boredom or frustration; try physical activity instead. Every person has varying needs when it comes to snacking, depending on activity levels, portion sizes at meals, and work schedule. Elderly adults and toddlers may have difficulty eating large meals because of stomach capacity, and may do well with several small snacks throughout the day. Children and teens are more likely to need snacks because of their growth and higher physical activity levels. Plan ahead for children's snack needs to avoid last-minute unhealthy snacking decisions.

Authored by or Adapted from Lisa Franzen-Castle, PhD, RD, University of Nebraska-Lincoln Extension Nutrition Specialist. Healthy Bites Newsletter, <http://go.unl.edu/m4ts>, February 2015.



### CMMHC's Wellness Committee Mission Statement:

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community

*Brought to you by your*

### Central Minnesota Mental Health Center Wellness Committee

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"Together, Creating a Healthier Life"