

February 2010

American Heart Month



CASEY HEPBURN, NUTRITION CONSULTANT

# Wellness at Work

## February is American Heart Month



February is American Heart Month! It is a great time to treat your nutrition profile to a hearty check-up. A healthful eating pattern and lifestyle enriched with exercise is the best approach for staying healthy and preventing disease.

Each day your diet should be filled with a variety of nutrient dense foods such as hearty whole grains, lean proteins, low-fat dairy foods, and plenty of fruits and vegetables. At the same time, make sure you limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.

Calories are important to be aware of when ensuring

a healthy weight. Check out your daily energy (calorie) needs by visiting the [MyPyramid.com](http://MyPyramid.com) website.

Physical activity is very important to maintaining good health and also burns calories. Aim for 30 minutes of aerobic activity



most days a week. Try to include strength training exercise at least two days a

week. You can make a significant difference in your health and cardiovascular fitness by including exercise into your daily routine.

Remember that with a healthy diet and exercise also comes a healthy lifestyle. Make sure to get adequate sleep, practice some stress relieving techniques such as yoga, and just maybe this month do something really great for your heart if you are a smoker...quit.

A healthy heart can lead to a happy you!

## What are phytonutrients?

It is time to take advantage of nature's palette of color to enhance health benefits.

Not only will your eyes enjoy the appeal of the variety of colors, but your body will thank you when you discover the benefits of the pigment-related phytonutrients.

Phytonutrients are plant derived chemicals that are

not considered to be one of the essential nutrients (vitamins, minerals, protein, fat, carbohydrate, or water), but is believed to have a beneficial effect on human health.

The good news is that similar phytonutrients are found in the same color groups of fruits and vegetables. There are five colors of fruits and

vegetables that you need to eat to stay healthy: Red, Green, Yellow/Orange, Blue/Purple, and White.

Create a palette of nutrients and phytonutrients on your plate so you are able to enjoy a bundle different health benefits...from oxidizing free radicals that may damage healthy cells, to lowering your cholesterol.

### Fresh Tomato and Pesto Sauce with Whole Wheat Pasta

4 Cups Fresh Basil  
3 Cloves Garlic  
 $\frac{1}{4}$  Cup pine nuts  
 $\frac{1}{3}$  Cup Grated Romano or Parmesan Cheese  
 $\frac{1}{4}$  Cup Extra Virgin Olive Oil  
Blend ingredients together in a food processor and top over whole wheat pasta. Add chopped canned tomatoes for flavor and color!



### Fun Fact about Red:

Just eating one tomato a day provides one-third of your daily requirement of vitamin C and one to two grams of fiber. They are also great sources of potassium and pack plenty of the phytochemical-lycopene. Research shows that more lycopene is absorbed by the body from cooked tomatoes-such as canned tomatoes, tomato paste, tomato sauce and spaghetti sauce-rather than fresh.

Visit [reddietitians.com](http://reddietitians.com) for more healthy recipe ideas