



Nutrition Nibbles

Show Your Heart Some Love

February is the month of love, romance, and chocolate. February also honors American Heart Month. Think heart disease won't happen to you? Then why are coronary heart disease and stroke the #1 and #3 killers of Americans? The sooner you begin protecting your heart (even starting in your 20s), the healthier you can stay! Follow these ABC's to keep your ticker in top condition:

A Avoid Tobacco. Smoking increases your chances of having high blood pressure, accelerates the rate of plaque formation in your arteries, and decreases your "good" HDL cholesterol. And this is just how tobacco affects your heart!

B Be More Active. Just 30+ minutes of moderate physical activity most days of the week can raise your "good" HDL cholesterol, improve your total cholesterol, lower your blood pressure, give your heart a healthy workout, while reducing your stress levels and helping you manage your weight. Get movin' today!

C Choose Good Nutrition. Eating a diet rich in fruits, vegetables, whole grains, and fiber, and low in sodium (salt), alcohol, saturated and trans fat can reduce your blood pressure, improve your cholesterol, and help manage your waistline. Need help with your eating habits? Talk to a dietitian today!

♥ For more information on heart health, visit the American Heart Association at: www.americanheart.org

♥ Wear **RED** in honor of heart health this month!



Favorite Food

Everyone always asks me "So, what does a dietitian eat?" Cara Cara oranges are back in season (yes!). Cara Cara's are navel oranges with a deep pink interior and an orange-colored peel. They're sweet, almost seedless, and not too acidic. Unfortunately they have a short season and are only available December through March. Pick up a few in the produce aisle the next time you are grocery shopping.



College Corner: Eating Disorder vs. Diet



You start off the new year determined to lose some weight. Before you know it, things seem to be spiraling out of control. All you can think about is food, calories, and exercising. Sound familiar? How can you tell if you are on a diet or on a path to an eating disorder?

An eating disorder is NOT an extreme or strict diet. Eating disorders, such as anorexia, bulimia, and binge-eating disorder, are illnesses often caused by a variety of emotional factors, including low self-esteem. Read these statements to see what camp your behaviors fall into...

DiETING is about losing some weight in a healthy way.

Eating disorders seduce you with false promises of a better life if you could just lose *enough* weight.

DIETING is about doing something healthy and positive for yourself.

Eating disorders thrive on seeking approval and acceptance from others in a negative way.

[More Details on page 2](#)

For more information on eating disorders, surf the web:

www.somethingfishy.org

www.nationaleatingdisorders.org

www.EDreferral.org

Fat Breakdown Part 2: Omega-Size Yourself



Last month I provided a basic breakdown between the different types of fat including saturated, trans, and unsaturated. The less saturated (or the more *unsaturated*) the fat, the healthier it tends to be. Every major health association encourages the incorporation of nuts, seeds, olive oil, and avocado into our diet. These monounsaturated fats are quite heart healthy. Lately, there has been a buzz in the media about omega fats. What are they? Are they healthy? Where are they found? How often should you eat them? You are just in luck! Let me explain...

Omega-6 and omega-3 fats are polyunsaturated and usually liquid at room temperature. Once touted as being the ultimate in healthy fat, new research shows that it is not quite that simple. Omega-6 and omega-3 fats are NOT created equal, in terms of health. In fact, they act oppositely of each other. While omega-3 fatty acids promote health and well-being, omega-6's can impair your body's functioning. Don't tune out quite yet...

Omega-6 fats are found in soybean oil, cottonseed oil, safflower oil, corn oil, sunflower oil, margarines, and many prepared salad dressings. Once heavily encouraged as a replacement for heart-clogging saturated and trans fats, research is investigating omega-6's link to health and disease. Studies are now showing that an *abundance* of omega-6's in our diet (look at almost any ingredient list on packaged foods and you'll find 'em) increase inflammation, promote blood clotting and insulin resistance. These conditions have been associated with arthritis, Alzheimer's, heart disease, mood disorders, cancer, and more.

On the other hand, omega-3 fatty acids, found in seafood, flax, walnuts, green leafy vegetables, and canola oil, are very health promoting. They decrease inflammation, reduce blood clotting and insulin resistance. In short, they undo the damage that an excess of omega-6's creates. Omega-3's combat heart disease, fight arthritis, reduce one's chances of stroke, Alzheimer's and cancer, while boosting your mood.

So what are you to do? Simply, decreasing your intake of omega-6's while increasing your consumption of omega-3's would be a smart health move. Consider replacing your omega-6-based margarine and mayonnaise with canola-based alternatives or better yet, olive oil (a monounsaturated fat low in omega-6's). Make your own salad dressings with olive oil, vinegar, and herbs. Eat more fish (at least twice weekly and please do not fry it). Sprinkle ground flaxseed on your cereal or yogurt for some plant-based omega-3's. Top a dark, green leafy salad with pinto and kidney beans (some more popular sources of plant-based omega-3's).

What about omega-3 or fish oil supplements? "Can't I just take those instead?," you might ask. Well, without decreasing the amount of omega-6's in your diet, omega-3 supplements will not provide as much of a health benefit as you are fishing for.

For a more in-depth discussion of this topic, I highly recommend: [The Ultimate Omega-3 Diet](#) by Evelyn Tribole, MS, RD.



Eating Disorder vs. Diet continued...

Dieting is about losing a little weight *healthfully* and in a *safe* manner.

Eating disorders are driven by a desire to lose weight quickly, without concern for any damage done to your body in the process.

Dieting is about losing some weight in a healthy way so that your "outside" matches your "inside," or how good you already feel about yourself.

Eating disorders convince you that your self-worth depends solely on how much you weigh or how you look.

Dieting is about trying to control your weight and your health a little bit more effectively.

Eating disorders are an attempt to control and improve your entire life and emotions through food (or lack of it), exercise, and/or purging.

If you are battling disordered eating behaviors, seek help. Your doctor, psychologist, dietitian, or student health center can help you find the treatment and resources you need. You are not alone.

February 24th — March 1st is National Eating Disorders Awareness Week

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