



Matters of the Heart

A monthly newsletter about cardiovascular disease prevention and wellness promotion.

Tri-County Health Network is a nonprofit entity committed to improving the quality and coordination of health and healthcare services by increasing healthcare access and integrative health services at lower costs.

Realistic New Year Resolutions

The New Year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.

- Melody Beattie

The start of a new year can fill us with so many emotions – hope for a fresh start, amazement that another year has passed, and resolve to reach new goals. But how can we make New Year Resolutions that will actually stick?

Here are a few tips:

- **Set goals that are realistic.** Choose resolutions that are within your grasp. If you have never tried ice-skating, don't expect to be able to do a triple axel by the end of the year. Research your goals so you have accurate expectations of what you can achieve in 12 months.
- **Set goals that are measurable.** Deciding to "lose weight" is a pretty vague goal. How much do you want to lose, and by when? A measurable goal would be: Lose ten pounds by March 1st and keep it off.
- **Plan how you will reach that goal.** Again, "lose weight" isn't specific enough. How will that weight come off? Will you be exercising, changing your eating habits, or both? Try: Jog on the treadmill 25 minutes 3 days a week and stop drinking soda pop.
- **Plan for setbacks.** You might catch a cold that interferes with your workout schedule, or slip up and drink that soda you wanted to quit. Changing habits is not easy, and setbacks are part of the process. Just be sure to get back on track as soon as possible.
- **Track your progress.** No matter what your goal is, keep track of your improvement over time so that you can celebrate the little victories along the way to reaching your goal. Good luck & Happy New Year!



Buyer Beware!

Health professionals encourage consumers to read the nutrition labels of the packaged foods. But sometimes when we're in a rush, it's easier to just take a peek at the front of the package to look for the latest buzzwords – natural, organic, whole grain, gluten-free, with antioxidants, and heart healthy. If the product says it's any of these things, it's got to be healthy, right?

A recent study from the University of Houston says no. According to the lead researcher, Temple Northrup, "While many individuals may be trying to increase the health of their diets, food marketers are taking advantage of them by misleading those consumers with deceptive labeling." Phrases like gluten-free create what Temple calls "a false sense of health." Food manufacturers are using buzzwords that mislead consumers and exaggerate the health benefits of certain foods.

One example of the products studied was a popular soda advertised "with antioxidants." The use of that phrase led study participants to rate the soda as a healthy beverage option. But this same soft drink is loaded with high fructose corn syrup, salt, and has only a fraction of Vitamin E. It's the equivalent of eating 8 teaspoons of sugar – there's nothing antioxidants can do to make that healthy!

Some buzzwords, such as all-natural, have no meaning whatsoever. Neither the US Food & Drug Administration nor the Department of Agriculture has criteria or requirements for what can and cannot be labeled all-natural. For these reasons, it is critical to read the nutrition label on foods and beverages. These labels aren't easy, but over time you too can become an expert at finding foods that are both tasty and healthy.

How to Read Food Labels

The Food and Drug Administration regulates what food manufacturers put on the Nutrition Facts Label of any given product. Here are the basics of what to look for. This example is from packaged macaroni and cheese.

1 Start Here →

Nutrition Facts																													
Serving Size 1 cup (228g)																													
Servings Per Container 2																													
Amount Per Serving																													
Calories 250	Calories from Fat 110																												
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2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Footnote

6 Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

- 1. Serving size** – check to make sure you are eating the suggested amount.
- 2. Calories** – total calories and calories from fat are included. Calories from fat should be 30% of your total calories.
- 3. Less healthy nutrients** – nutritionists recommend we limit our intake of saturated fats, trans fats, cholesterol, sodium and carbohydrates.
- 4. More healthy nutrients** – protein, fiber, vitamins, and minerals. Sugar is also in this section, but should be limited to 6-9 teaspoons per day.
- 5. Footnote** – this chart lets you know how much fat, cholesterol, sodium, carbohydrates, and fiber a typical adult should have.

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Herbs & Spices

Herbs and spices are calorie-free tools to cook flavorful dishes without too much fat, salt, or sugar.

- **Savory:** basil, cumin, garlic, oregano, rosemary, sage, thyme
- **Spicy:** black pepper, cayenne pepper, chili powder, paprika
- **Desserts:** allspice, cinnamon, ginger, nutmeg, vanilla

Mushroom Quiche

Ingredients

Nonstick cooking spray
1¼ cups sliced mushrooms
3 green onions, finely chopped
1 clove garlic, finely chopped
1½ teaspoons dried oregano
2 teaspoons dried basil
¼ teaspoon salt
1 teaspoon dried marjoram
¼ teaspoon dried thyme
¼ teaspoon ground black pepper
½ teaspoon dried mustard
1 cup egg substitute
¾ cup nonfat milk
½ cup shredded lowfat Cheddar Cheese

Preparation

1. Place an oven rack in the lower third of the oven. Preheat oven to 375°F.
2. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
3. Sauté mushrooms, green onions, and garlic until tender, about 5 minutes.
4. Stir in oregano, basil, salt, marjoram, thyme, ground black pepper, and dry mustard. Cook until liquid is evaporated, about 2 minutes.
5. Let the mushroom mixture cool for about 5 minutes.
6. In a medium bowl, combine egg substitute, milk, and cheese; beat well.
7. Combine the batter with the mushroom mixture and pour into a 10-inch pie dish.
8. Bake for 35 to 45 minutes until filling is puffed, set, and starting to brown. Serve while hot.

Makes 6 servings. 4-inch slice per serving.

Prep time: 15 minutes **Cook time:** 1 hour

Nutrition information per serving: Calories 58, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 8 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 280 mg

This recipe and more nutrition information can be found at www.cachampionsforchange.cdph.ca.gov/



Free Classes!!

Living Life Well with Chronic Conditions



**Are you tired of *enduring* life with a chronic condition?
Get ready to start *enjoying* life!**

If you or someone you love has health problems such as chronic pain, diabetes, arthritis, cancer, asthma, high blood pressure or other chronic conditions, the Living Life Well with Chronic Conditions workshop can help you take control of your life.

- Held once a week for six weeks
 - Set Goals
- Learn From Certified Leaders
 - Stanford-based Program
- Complementary Reference Book

Classes forming now in Ridgway

**Wednesdays at 1 pm, beginning February 18th
Ridgway Town Hall
FREE OF CHARGE**



**For more information contact Region 10 970-249-2436
or register at www.region10.net**

Chronic Disease Self- Management Program

The Chronic Disease Self-Management Program is a 6 week program for people living with diseases such as diabetes, cancer, asthma and other chronic illnesses. Individuals with different illnesses meet for 2 and 1/2 hour a week with trained facilitators to discuss strategies for managing their health challenges. The group covers topics like:

- How to deal with problems like tiredness, pain, depression, and isolation;
- How to stay physically active;
- Medication use;
- How to talk with friends, family and health professionals;
- Healthy eating;
- How to make important decisions;
- And how to evaluate treatment options.

Classes are interactive and are a chance to build a support system to deal with the challenges of chronic illness. If you or a loved one are living with chronic disease, please consider attending!

Free Confidential Health Screenings

Cholesterol, Blood glucose, Blood pressure, Height & Weight

Contact one of TCHNetwork's Community Health Workers to schedule an appointment or home visit:

Norwood, Naturita, Nucla &Paradox

Deon Tempfer 970.327.4004

Olathe & Delta

Darlene Mora 970.708.4719

Ridgway, Ouray & Telluride

Nicole Gans 707.273.7027