

Heart TALK

Heart-healthy and Stroke-free Living with Amy L. Doneen, MSN, ARNP

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Amy's Notes

Thoughts from
Amy Doneen
MSN, ARNP

March is National Nutrition Month—Let's Eat Right!

With March being National Nutrition Month, it seems fitting that this issue should highlight this vital topic.

To that end, I asked Registered Dietitian, Craig T. Hunt, to share some of his key thoughts on nutrition. Within this issue Craig shares answers to some of my own questions about nutrition. Thank you, Craig!

This issue also features HASPC client, Karen Williams, who decided to take control of her health destiny with an extended stay at the Biggest Loser Camp. See Karen's story on page 2 of this issue.

Finally, on February 28, 2012, the Food and Drug Administration announced changes to the safety information on the labels of statins regarding memory loss, diabetes risk, and liver function testing. Please follow the link to view the Bale/Doneen white paper issued as a response. <http://bit.ly/ya91sa>

Amy

Nutrition Insights from Craig T. Hunt, Registered Dietitian

Craig responds to Amy's questions.

AD: Hi Craig. March is National Nutrition Month. What does that mean?

CTH: The Academy of Nutrition and Dietetics (formerly American Dietetic Association) uses March as its launch month for tuning Americans' attention toward their food intake. The emphasis for this year is "Getting Your Plate in Shape" to help you get /stay in shape.

AD: Do you believe there is truly a "super food" – something we should try to eat every day?

CTH: One person's super food might be different than another's. For example, I eat Dave's Killer Good Seed bread as part of a sandwich for lunch. It contains a lot of protein, fiber, and some omega 3 fats. But many people are sensitive to the wheat/gluten, so it's not a good food for them.

If you follow Dr. Oz you'll see a number of super foods that he recommends: wild salmon, blueberries, dark chocolate, and flax seeds. I like the idea of super foods, with a variety of fibrous vegetables like kale, broccoli, bok choy, carrots, zucchini, onion, tomato, mushrooms, etc. They provide phytochemicals that help strengthen our immune system, fill us up, and cleanse our digestive tract. (cont. right)



AD: There is so much information out there about various "shake" driven diets – please share your thoughts?

CTH: If you're skipping breakfast, having a quick and easy shake is beneficial on many levels. Some people, because of their fast metabolisms, are not satiated with just a shake for a meal, and need extra protein and healthful fat. A shake driven diet can help a person get away from a trigger food that is habitually eaten such as a pastry for breakfast. We've tried shakes in my own family, but everybody ends up hungry in 30 to 90 minutes. But they can work quite well for other people. You have to know what your body's needs are.

AD: As a mother of three active teens, I wanted to ask you about the 'new' food pyramid change to a plate analogy. What are your thoughts?

CTH: The switch from a pyramid to a plate is huge. With a plate you and your family can get a visual sense of what dinner should look like, especially when compared to a pyramid. (See *Healthy Heart Bites* on the next page for tips on how to "Get Your Plate in Shape.")



Thanks to Craig for his expert advice! Contact Craig at:

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In May 2011, the USDA unveiled the “Food Plate” to replace the more confusing “Food Pyramid.”

The plate graphic helps people easily choose the best foods to eat.

Tips to “Get Your Plate in Shape” - The Key to Balancing Your Diet

Craig T Hunt, RD, offers these recommendations when using the new USDA “Food Plate.”

Make half your plate fruits and vegetables.

- * Eat a variety of vegetables, especially dark-green, red and orange varieties, as well as beans and peas.
- * When buying canned vegetables, choose "reduced sodium" or "no salt added" if possible.
- * Dried and frozen fruits and those canned in water or their own juice are good options when fresh varieties are not available.

- * Make sure every meal and snack has at least one fruit or vegetable or both.



Make at least half of your grain choices whole grain.

- * Choose brown rice, barley, oats, and other whole grains for your sides and ingredients.

- * Switch to 100% whole grain breads, cereals and crackers.
- * Check the ingredients list on food packages to find foods that are made with whole grains.

Vary your protein choices.

- * Eat a variety of proteins each week. Choose seafood, nuts and beans, as well as lean meat, poultry & eggs.
- * Eat more plant-based proteins such as nuts, beans, whole grains and whole soy foods like tofu and edamame.
- * At least twice a week, make fish and seafood the protein on your plate.



Karen Before



Karen After

HASPC Client, Karen Williams, Changes Her Health—and Life

Karen responds to Amy’s questions.

AD: Karen, what motivated you to seek care with me at the Heart Attack & Stroke Prevention Center?

KW: My parents had been coming to see you and Dr. Gray and they were concerned about my health and wanted me to see you.

AD: What motivated you to go to the Biggest Loser Camp? What was the scariest and most exciting element of your decision?

KW: I actually almost auditioned for the show but decided that I didn’t want my life to be that public so quickly. What really motivated me, though, is I just couldn’t live the way I was living any longer. I was tired of being in constant pain and being so unhappy. I couldn’t stand being in my own skin.

AD: What was your proudest moment?

KW: That’s hard to pick. I have had so many “proudest moments.” But if I can only choose one, I would have to say it was in December when you and I talked on the phone and you told me that you were taking me off two of my diabetic medications. That was huge. It really validated to me that all the hard work, pain, and tears had been worth it!

AD: Did you reach your personal goals?

KW: Yes, and beyond my personal goals.

My ultimate goal has not been met yet – but I will get there.

AD: What are you excited about with the future?

KW: Fulfilling my dreams and knowing that I can do anything I put my mind to it if it’s really what I want. Nothing is going to stop me now.

AD: What scares you about the future?

KW: I would have to say the unknown. Not knowing where my life is headed. I would also have to say that I still have fear that I am going to gain all my weight back again.

AD: How do you feel your lifestyle fits into your cardiovascular health?

KW: This is not a temporary thing. This is a lifestyle. I have to choose every single day that I am going to continue with this lifestyle. I know if I go back to my “old” ways, my health will deteriorate and I may end up dying at a young age. Lifestyle is a key component to your cardiovascular health. If you don’t make it a lifestyle, it just isn’t going to work long-term.

AD: Karen, you are beautiful and I’m so proud of you and excited about your future.

KW: You are beautiful too – thank you for your encouragement to keep going!