

# WELLNESS NEWSLETTER

## Whoever Said Winning Isn't Everything...Wasn't Fighting High Cholesterol



We have made significant strides in reducing the prevalence of high cholesterol in the United States. The percentage of people who have had their cholesterol checked has risen from 35% in the early 1980's to nearly 75% today. By initiating diet and drug treatment our cholesterol levels have steadily declined as well. Cholesterol education has made a significant impact. High cholesterol increases your risk for heart disease. Now is a good time to have your cholesterol checked and learn about food and lifestyle choices that assist you in lowering or maintaining your cholesterol levels. Here are your target numbers for your total cholesterol.



### 5 Myths About Cholesterol

#### **1. *Having High HDL (Good Cholesterol) Directly Protects You Against Heart Disease.***

Although it's long been thought that having high HDL (good cholesterol) is protective, a new study suggests that is not necessarily the case across the board. This doesn't mean that HDL isn't still a good thing, it is rather *why* your HDL is high that makes a difference. Healthy habits like diet and exercise happen to raise your HDL and lower your risk of heart disease.

#### **2. *You Can't Eat High-Cholesterol Foods If You Have High Cholesterol.***

It used to be that if you had high cholesterol you were supposed to avoid foods containing dietary cholesterol at all costs. We now know that saturated fats have a bigger impact on raising your cholesterol levels. So it is fine to eat eggs, shrimp and other foods that contain cholesterol...in moderation!

#### **3. *Potato Chips Contain Cholesterol.***

Dietary cholesterol only comes from animal foods. So even potato chips, along with fruits, vegetables and whole grains, have no cholesterol. However, be sure to check the chips label for saturated fat, which causes your body to produce more cholesterol. Finally, be careful of the serving size and do the math, so you aren't doubling your fat and calorie intake.

#### **4. *Toasted Oat Cereal Is One of the Best Cholesterol-Lowering Foods.***

Toasted oat cereals do have some soluble fiber, which helps reduce cholesterol. But you can get even higher doses from whole foods like oatmeal, Brussels sprouts, bananas, pears, beans and citrus fruit. So if you enjoy your Cheerios, try toasting it with fruit to get the extra fiber.

#### **5. *Eat More Soy to Lower Your Cholesterol.***

Eating more soy only has a small effect, if any, on lipid levels. The real benefit may be related to the use of soy as a substitute for high-saturated-fat foods. There is research to support that eating a diet rich in soy protein, fiber, plant sterols and nuts, such as almonds, can help lower cholesterol.

So, bottom line, start by taking actions that naturally lower your LDL and raise your HDL. Exercise regularly, limit your intake of saturated and trans fat, and eat more soluble fiber. Work with your doctor to control your cholesterol levels. Often, despite your best efforts, medication is the answer.

## Backpack Awareness Day

Carrying too much weight in a backpack or wearing it the wrong way can lead to pain and strain. Here are some tips to remember:

- ◇ A backpack should weigh no more than about 10% of your body weight.
- ◇ Load the heaviest items toward the back of the pack.
- ◇ Use both straps and keep the weight evenly distributed.
- ◇ The bottom of the pack should align with the curve in your lower back, never more than 4 inches below your waistline.

Source: [www.aota.org](http://www.aota.org)

## Library Card Sign-Up Month

The American Library Association and libraries across the country want to remind parents that the most important school supply of all is at your library...it's your library card.



Joining your local library is good for the whole family, you can get books, movies and music. So take advantage of what your local library has to offer.

Source: [www.ala.gov](http://www.ala.gov)

## Grilled Caprese Portabella

September is National Mushroom month. Mushrooms are a great source of nutrients—including vitamin D, riboflavin, niacin, potassium, selenium and B vitamins. They are also low in calories, fat, sodium and cholesterol-free.

### Ingredients

- 2 portabella caps
- 4 slices fresh mozzarella
- 1/2 C cherry tomatoes, sliced
- 3 Tbsp olive oil
- 2 cloves chopped fresh garlic
- 1/4 C fresh basil, chopped



## HAPPY LABOR DAY

## Mold Awareness Month

Molds are part of the natural environment. Outdoors they play a part in nature by breaking down dead organic matter like leaves and dead trees. But indoors, mold should be avoided, because they produce allergens and in some cases potentially toxic substances.

Studies have shown that there is an association between factors related to indoor dampness like, mold and mildew, and a wide variety of respiratory illnesses. These include asthma, asthma exacerbation, respiratory infections and upper respiratory tract symptoms such a cough, wheezing and shortness of breath.

If there is a mold growth in your home, you must clean up the mold and fix the moisture source. To remove mold on a hard surface, you can simply use detergent and water and dry completely. Absorbent or porous materials, such as ceiling tiles and carpet, may have to be thrown away if they become moldy. In extreme cases you may want to consult a professional to make sure all the mold is removed properly.

Source: [www.epa.gov](http://www.epa.gov)

### Directions

1. Preheat oven to 425 degrees or preheat the grill.
2. Drizzle portabellas with olive oil, chopped garlic, and sprinkle generously with salt and pepper.
3. Grill on a hot grill, or place on a baking sheet lined with parchment paper inside the preheated oven and cook for 15 minutes.
4. Top with mozzarella and tomatoes. Return to oven for 8-10 minutes more or pop back on the grill until the mozzarella is melted.
5. Remove from the oven or grill and top with fresh basil.
6. Serve and enjoy.

Source: [www.mushroominfo.com](http://www.mushroominfo.com)