

# **FEBRUARY 2015 - TOPS Norfolk and Bristol Counties**

**Gail Lewis - Area Captain**

Hey Everyone: I hope and pray all survived "Juno", the Nor'easter of 2015. If you were anything like me, you shoveled and shoveled and shoveled your way out of your home. Remember that February is Heart Month - spread the word.....and be healthy. This Newsletter will be short and sweet!!!

## ***INSPIRATION WORKSHOP***



**Saturday, March 7, 2015.**

**Wavering Wanda &**

**Sensible Samantha**

**Look forward to seeing  
a lot of leprechauns there -  
wear something Green!!**

Barbara and I will be having an Inspiration Workshop on March 7<sup>th</sup> at the Faith Chapel Assemblies of God, 340 Pleasant Street, Bridgewater, MA. The cost is \$3.00 per person. Registration 8:45 AM-9:15 AM. Program starts at 9:30 – 1:00. We are still working on the details. I am sure it will be informative and fun. If you attended our last workshop May 31<sup>st</sup> 2014 be sure and fill out the weight slip if you had a loss or KOPS at or below goal. Will there be a pot of gold at the end of the rainbow??????? You will never know unless you are there!!!

## **INFORMATION**

### **25 Top Heart-Healthy Foods**

With the help of these nutrition experts from The Cleveland Clinic and the American Dietetic Association, we've put together a list of the "best of the best" heart-healthy foods.

The foods listed here are all top-performers in protecting your heart and blood vessels. We've also got menu ideas -- so you can easily bring heart-healthy foods into your daily breakfast, lunch, and dinner.

1. **Salmon** Omega-3 fatty acids. Grill salmon with a yummy rub or marinade. Save a chunk to chop for a pasta or salad later on.

2. **Flaxseed (ground)** Omega-3 fatty acids; fiber, phytoestrogens. Ground flaxseed hides easily in all sorts of foods -- yogurt parfaits, morning cereal, homemade muffins, or cookies.
3. **Oatmeal** Omega-3 fatty acids; magnesium; potassium; folate; niacin; calcium; soluble fiber. Top hot oatmeal with fresh berries. Oatmeal-and-raisin cookies are a hearty treat.
4. **Black or Kidney Beans** B-complex vitamins; niacin; folate; magnesium; omega-3 fatty acids; calcium; soluble fiber. Give soup or salad a nutrient boost -- stir in some beans.
5. **Almonds** Plant omega-3 fatty acids; vitamin E; magnesium; fiber; heart-favorable mono- and polyunsaturated fats; phytosterols. Mix a few almonds (and berries) into low-fat yogurt, trail mix, or fruit salads.
6. **Walnuts** Plant omega-3 fatty acids; vitamin E; magnesium; folate; fiber; heart-favorable mono- and polyunsaturated fats; phytosterols. Walnuts add flavorful crunch to salads, pastas, cookies, muffins, even pancakes.
7. **Red wine** Catechins and resveratrol (flavonoids). Toast your good health! A glass of red wine could improve "good" HDL cholesterol.
8. **Tuna** Omega-3 fatty acids; folate; niacin. Here's lunch: Salad greens, fresh fruit, canned tuna. Keep "Salad Spritzer" - a light dressing -- in your office fridge.
9. **Tofu** Niacin; folate; calcium; magnesium; potassium. Tasty tofu is easy: Thinly slice "firm" tofu, marinate several hours, grill or stir-fry.
10. **Brown rice** B-complex vitamins; fiber; niacin; magnesium, fiber. Microwavable brown rice makes a quick lunch. Stir in a few chopped veggies (broccoli, carrots, spinach).
11. **Soy milk** Isoflavones (a flavonoid); B-complex vitamins; niacin; folate, calcium; magnesium; potassium; phytoestrogens. Soy milk is great over oatmeal or whole-grain cereal. Or, make a smoothie with soy milk.
12. **Blueberries** Beta-carotene and lutein (carotenoids); anthocyanin (a flavonoid); ellagic acid (a polyphenol); vitamin C; folate; calcium, magnesium; potassium; fiber. Cranberries, strawberries, raspberries are potent, too -- for trail mixes, muffins, salads!
13. **Carrots** Alpha-carotene (a carotenoid); fiber. Baby carrots are sweet for lunch. Sneak shredded carrots into spaghetti sauce or muffin batter.
14. **Spinach** Lutein (a carotenoid); B-complex vitamins; folate; magnesium; potassium; calcium; fiber. Pick spinach (not lettuce) for nutrient-packed salads and sandwiches.

15. **Broccoli** Beta-carotene (a carotenoid); Vitamins C and E; potassium; folate; calcium; fiber. Chop fresh broccoli into store-bought soup. For a veggie dip, try hummus (chickpeas).
16. **Sweet potato** Beta-carotene (a carotenoid); vitamins A, C, E; fiber. Microwave in a zip-lock baggie for lunch. Eat *au naturale*, or with pineapple bits.
17. **Red bell peppers** Beta-carotene and lutein (carotenoids); B-complex vitamins; folate; potassium; fiber. Rub with olive oil, and grill or oven-roast until tender. Delicious in wraps, salads, sandwiches.
18. **Asparagus** Beta-carotene and lutein (carotenoids); B-complex vitamins; folate; fiber. Grill or steam slightly, then dress with olive oil and lemon. It's a pretty side dish.
19. **Oranges** Beta-cryptoxanthin, beta- and alpha-carotene, lutein (carotenoids) and flavones (flavonoids); vitamin C; potassium; folate; fiber. Got orange juice? Check out the new nutrient-packed blends.
20. **Tomatoes** Beta- and alpha-carotene, lycopene, lutein (carotenoids); vitamin C; potassium; folate; fiber. For a flavor twist, try oil-packed tomatoes in sandwiches, salads, pastas, pizzas.
21. **Acorn squash** Beta-carotene and lutein (carotenoids); B-complex and C vitamins; folate; calcium; magnesium; potassium; fiber. Baked squash is comfort food on a chilly day. Serve with sautéed spinach, pine nuts, raisins.
22. **Cantaloupe** Alpha- and beta-carotene and lutein (carotenoids); B-complex and C vitamins; folate; potassium; fiber. A fragrant ripe cantaloupe is perfect for breakfast, lunch, potluck dinners. Simply cut and enjoy!
23. **Papaya** Beta-carotene, beta-cryptoxanthin, lutein (carotenoids); Vitamins C and E; folate; calcium; magnesium; potassium. Serve papaya salsa with salmon: Mix papaya, pineapple, scallions, garlic, fresh lime juice, salt and black pepper.
24. **Dark chocolate** Resveratrol and cocoa phenols (flavonoids). A truffle a day lowers blood pressure, but choose 70% or higher cocoa content.
25. **Tea** Catechins and flavonols (flavonoids). Make sun tea: Combine a clear glass jar, several tea bags, and hours of sunshine.

**That's it for February - have a great month!!! HAPPY HEART MONTH**

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