

## Eat Your Fruits and Vegetables



“Eat your fruits and vegetables.” You’ve likely heard this statement since childhood. Research shows us why it is such good advice.

- Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
- Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances important for good health.
- Most fruits and vegetables are naturally low in fat and calories and are filling.

You can add more fruits to your diet by having a piece of fruit

as a mid-morning snack. Add strawberries, blueberries, or bananas to your cereal or toast. Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or berries.

Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet.

Canned, dried and frozen fruits and vegetables are also good options. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.

Visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) to learn how many fruits and vegetables you need each day. Depending on your age, sex, and activity level, the amount will vary.

Source: CDC  
[www.cdc.gov/nccdphp/dnppa/nutrition/nutrition\\_for\\_everyone/fruits\\_vegetables](http://www.cdc.gov/nccdphp/dnppa/nutrition/nutrition_for_everyone/fruits_vegetables)

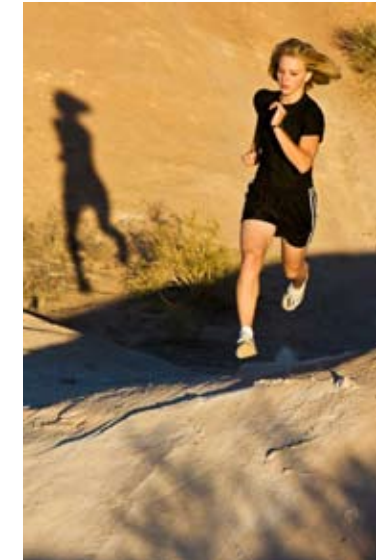
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## Heart Failure Disease Management Newsletter

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### Exercise – It’s Full of Benefits

There are many benefits to be gained from regular exercise. We have been told since youth that physical activity helps build strong bones, muscles and joints. It also helps to reduce feelings of depression and anxiety and improve your mood. In addition, regular physical activity can help reduce or eliminate some of the risk factors for cardiovascular diseases. Some of these additional benefits include:



1. *Reduced blood pressure* – regular exercise can lower blood pressure.
2. *Reduction or cessation of smoking* – smokers who begin to exercise are more likely to quit.
3. *Decrease in weight for those who are overweight* – regular exercise can help people lose weight or stay at their ideal weight.
4. *Decrease risk of diabetes* – people at their ideal weight are less likely to develop diabetes. Physical activity may also decrease insulin requirements for those with diabetes.
5. *Decrease in triglycerides level* – physical exercise helps reduce triglycerides.
6. *Increase in HDL (“good cholesterol”)* – regular exercise can increase HDL cholesterol levels and help to decrease LDL (“bad cholesterol”).

Most adults lead busy lives and have trouble fitting exercise into their daily routine. Below are some tips to

help you find time and make opportunities for exercise at home and at work.

#### At home:

- Go for a short walk before and/or after meals. (Start with 5-10 minutes and work up to 30 minutes.)
- Stand up while talking on the phone.
- Walk the dog.
- Park further away when going to the store and walk the extra distance.
- Wear your walking shoes to the mall and get in an extra lap.
- Keep exercise equipment repaired, free of clutter—and use it.

#### At work:

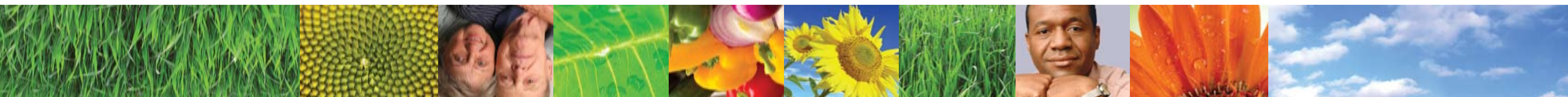
- Brainstorm an idea while taking a walk with a co-worker.
- Stand while talking on the phone.
- Walk down the hall to tell someone something instead of using the phone.
- Walk while waiting on a plane at the airport.
- Stay at hotels with fitness centers and use them while on business trips.
- Join a fitness center near your job.
- Schedule exercise on your calendar.
- Walk around your building on a break or during lunch.
- Take the stairs instead of the elevator.

Exercise can be worked into daily routines with just a bit of thought and planning. Remember: always speak with your physician before beginning any exercise program.

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

Health Information Audio Library  
Available 24 hours a day,  
7 days a week at: 877-217-7946

Health and Wellness web site:  
[www.humana-military.com](http://www.humana-military.com)



## Diet And Managing Your HEART FAILURE – The Food Nutrition Label Tells All

Diet is a major component in the management of your heart failure. A well-managed diet can assist in keeping blood pressure, blood glucose levels and cholesterol within normal ranges. The ability to interpret the information provided on food nutrition labels is important in making healthy food choices.

There are three major sections on a food label:

- Serving Size and Servings Per Container** – The serving size on the food label is probably not the same as the serving size you normally eat. In the example above, there are two servings per container. If you would normally consume the entire container at once, you would need to double all of the numbers listed on the label.
- Nutrient Content** – The left side of the label contains the amounts of different nutrients per serving. Your physician may have asked you to monitor or restrict one or more of these nutrients. We'll review these nutrients in more detail to the right.
- Percent Daily Value** – The right side of the label and across the bottom contain the percent daily values. This is a general guide to help you connect your nutrient intake to your overall daily dietary totals. It can help you decide if a food is high or low in a nutrient. A general rule is 5% or less is low, 20% or more is high. It is typically based on a 2000 calorie diet.

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*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

### Nutrition Information in Detail

**Calories** – Monitoring your caloric intake is important if you are attempting to lose or maintain your weight. Losing weight is based on consuming fewer calories than your body burns. Often, your physician or nutritional counselor will provide you with a number of calories that you should attempt to limit yourself to on a daily basis.

**Total Fat** – Total fat is sub-divided into as many as four sub-categories. Saturated fats and trans-fats are not good for you. They often contribute to increased cholesterol and increased risk of heart disease. Mono and polyunsaturated fats are healthier. Replacing the bad fats with these healthier alternatives can help to lower your cholesterol.

**Sodium** – Sodium (from salt) is normally consumed in much larger quantities than is needed by the body. Although you can taste how salty some foods are, there is hidden salt in others such as canned foods, prepared dressings, and pre-packaged foods.

**Cholesterol** – Your body makes some cholesterol. The remainder comes from the foods that you consume. Foods that come from animals are major sources of cholesterol.

**Total Carbohydrate** – This category includes sugars, complex carbohydrates (starches) and fiber. Using the total carbohydrate number when planning meals can help prevent you from excluding nutritious foods such as fruits and milks or overeating foods such as cereals that have little sugar but lots of carbohydrates. Fiber comes from parts of plants that are not digested when we eat them. If the dietary fiber is over 5 grams in a serving, you can subtract it from the total carbohydrate number for a more accurate estimate of carbohydrates ingested. Limit your intake of foods with added sugars. These add calories but add no nutritional value.

**Protein** – This nutrient is found in meat, poultry, fish and dried beans to name a few sources. Most Americans get plenty of protein but not always from the healthiest of sources. It is important when selecting foods for their protein content that you choose foods that are lean, low-fat or fat free.

## Food Chart - Making Better Choices

The chart below can help you make better food choices in each food group.

Type of food	Tips
Protein and meat: two to three daily servings of meat, eggs, cheese, fish, poultry, dry beans.	Skinless meat and fish are best. Avoid frying - bake, roast or broil.
Dairy: two to three daily servings.	Low or non-fat milk or yogurt. Yogurt may contain added sugar or sugar substitutes and contains natural sugar. It is best to limit your calories by choosing yogurt with sugar substitutes.
Fruits: two to four daily servings of fruits or fruit juices. Fruits are low in fat and add minerals, vitamins and fiber to your diet.	Whole fruits are best and preferable over juices because they add fiber. Fruits like oranges, grapefruits or tangerines are recommended. Read your labels and avoid juice with added sweeteners.
Grains: six daily servings of grains, beans and starchy vegetables.	Whole grains are best. Look for bread that is whole wheat or rye. Brown rice and beans are high in fiber. Low-fat bread like pita, English muffins and bagels are preferred.
Vegetables: three to four daily servings. Vegetables provide needed nutrients, are low in fat and contain fiber.	Choose fresh or frozen without added sauces, fat or salt. Vegetables considered dark green or deep yellow are preferable. Choose broccoli, romaine lettuce, carrots, spinach, peppers.
Sweets, alcohol and fats: avoid high fat, high sugar foods.	Sweets are high in sugar and fat and should be avoided. Consult your doctor about drinking alcohol. If you do drink it is best to drink with a meal. Solid fats, known as saturated fats like butter and cheese should be reduced.

Resource: [http://www.diabetes.com/diabetes\\_and\\_diet.html](http://www.diabetes.com/diabetes_and_diet.html)

## Diabetes Recipe Corner

### Chicken Jambalaya

Number of servings: 6

#### Ingredients

6 chicken breast halves, skinned, all visible fat removed	¼ cup chopped fresh parsley
1 cup low-sodium chicken broth	½ teaspoon basil
½ cup chopped onion	1 small bay leaf
¼ cup chopped green bell pepper	½ teaspoon thyme
1 cup white wine	1 cup uncooked rice
	½ cup cubed low-fat ham
	1 cup canned no-salt-added tomatoes, drained

#### Instructions

Preheat oven to 350° F.  
Rinse chicken pieces and pat dry.

In a saucepan, combine broth, onion, bell pepper, wine, parsley, basil, bay leaf and thyme. Bring to a boil, stirring constantly. Remove from heat and set aside.



Place rice, ham, tomatoes and chicken in a large casserole dish. Pour herb sauce over all. Cover tightly and bake 25 to 30 minutes. Turn oven heat off; allow casserole to remain in oven for 10 to 15 minutes.

#### Nutrition Information:

Calories: 354	Polyunsaturated Fat: 1 g
Protein: 44 g	Monounsaturated Fat: 2 g
Carbohydrates: 28 g	Cholesterol: 104 mg
Total Fat: 6 g	Sodium: 251 mg
Saturated Fat: 2 g	

Source: American Heart Association