

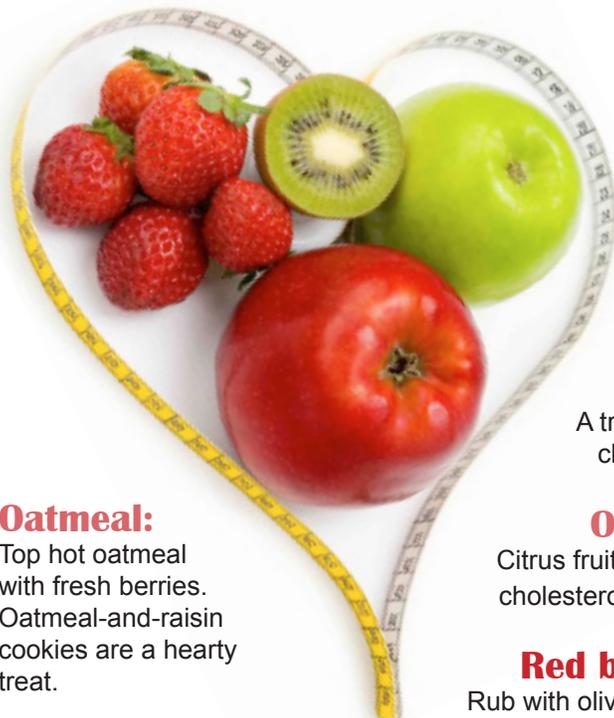


for your company
for your employees
for your future
February 10, 2014

WELLNESS WEEKLY

"Best of the Best" Heart-Healthy Foods

In recognition of American Heart Month, enjoy the following foods that are all top-performers in protecting your heart and blood vessels.



Oatmeal:

Top hot oatmeal with fresh berries. Oatmeal-and-raisin cookies are a hearty treat.

Almonds:

Mix a few almonds (and berries) into low-fat yogurt, trail mix, or fruit salads.

Walnuts:

Add a flavorful crunch to salads, pastas, cookies, muffins, even pancakes.

Tuna:

Eat with salad greens and fresh fruit. Canned tuna makes a heart healthy lunch.

Acorn squash:

Baked squash is comfort food on a chilly day.

Flaxseed:

Ground flaxseed hides easily in all sorts of foods -- yogurt parfaits, morning cereal, homemade muffins, or cookies.

Red wine:

Toast your good health! A glass of red wine could improve "good" HDL cholesterol.

Tofu:

Thinly slice "firm" tofu, marinate several hours, grill or stir-fry.

Cantaloupe:

A fragrant ripe cantaloupe is perfect for breakfast. Simply cut and enjoy!

Dark chocolate:

A truffle a day lowers blood pressure, but choose 70% or higher cocoa content.

Oranges:

Citrus fruits can reduce blood cholesterol levels by 20-25%

Red bell peppers:

Rub with olive oil, and grill or oven-roast until tender.

Spinach:

Pick spinach (not lettuce) for nutrient-packed salads and sandwiches.

Papaya:

Serve papaya salsa with salmon: Mix papaya, pineapple, scallions, garlic, fresh lime juice, salt and black pepper.

Soy milk:

Soy milk is great over oatmeal or whole-grain cereal. Or, make a smoothie with soy milk.

Tomatoes:

For a flavor twist, try oil-packed tomatoes in sandwiches, salads, pastas, pizzas.

Tea:

Make sun tea: Combine a clear glass jar, several tea bags, and hours of sunshine.

Salmon:

Grill salmon with a rub or marinade. Save a chunk to put in pasta or a salad later on.

Black or Kidney Beans:

Give soup or salad a nutrient boost -- stir in some beans.

Brown rice:

Microwavable brown rice makes a quick lunch. Stir in a few chopped veggies.

Blueberries:

Cranberries, strawberries, raspberries are potent, too -- for trail mixes, muffins, salads!

Carrots:

Baby carrots are great for lunch. Sneak shredded carrots into spaghetti sauce or muffin batter.

Broccoli:

Eat it raw, steamed, stir-fried or cooked in the microwave

Sweet potato:

Microwave for lunch. Eat au naturale, or with pineapple bits.

Asparagus:

Grill or steam slightly, then dress with olive oil and lemon. It's a pretty side dish.