



The Heart Health Edition!

# Food Fabulous Food

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## Put your **Heart** into it!

### High blood pressure

is a major risk factor for heart disease and a leading cause of stroke. This condition affects 20% of Canadian. It is known as the silent killer because most times individuals do not experience any symptoms. In fact 43% of people with high blood pressure are unaware they have it.

### Do you know your blood pressure?

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### February is **HEART MONTH!** Learn all about heart disease and your heart health!

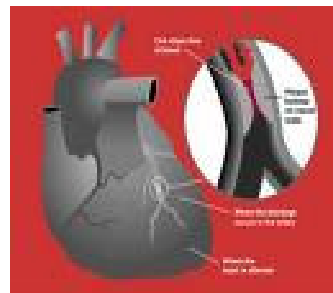
Your **heart** is the power house of your body. Your heart is in fact a muscle that pumps your blood containing oxygen (energy) and nutrients throughout your body. A strong healthy heart works very efficiently when receiving and outputting a constant supply of blood. But when the heart is impaired, this can lead to serious conditions such as heart disease. **Heart disease** is often thought of as one sole condition but in fact it is many conditions affecting the function and structure of your heart and body.

Some common conditions related to heart disease include:

**Coronary artery disease** is narrowing of the arteries due to a build up of plaque. This narrowing can limit or stop the flow of blood to the heart, resulting in a **Heart Attack**.

The plaque buildup can be caused by numerous factors such as smoking, high blood cholesterol (fat), and high blood pressure.

**Heart Failure or Congestive Heart Failure** occurs when the heart muscles are weakened/damaged due to a heart attack or a certain medical condition. The weakened heart is unable to properly



circulate the blood containing oxygen and nutrients throughout the body causing difficulty breathing and lack of energy.

**Angina** occurs when there is a depleted flow of blood to the heart due to plaque buildup in the arteries. Individuals with angina will complain of a pain or burning/squeezing sensation in their chest. This can lead to a heart attack.

### What you can do?

Heart disease is preventable and manageable! Your best defense is controlling the risk factors such as high blood pres-

sure, high cholesterol, diabetes, smoking, stress, excessive alcohol consumption, physical inactivity and being overweight.

If you've been diagnosed with a heart condition, there are treatments to help you manage your illness. You can further reduce your risk by considering these heart-healthy steps:

- ✦ Be smoke-free
- ✦ Be physically active
- ✦ Know and control your blood pressure
- ✦ Eat a healthy diet that is lower in fat, especially saturated and trans fat
- ✦ Achieve and maintain a healthy weight
- ✦ Manage your diabetes
- ✦ Limit alcohol use
- ✦ Reduce stress

Visit your doctor regularly and follow your doctor's advice.

**Take care your HEART and I assure you it will LOVE you back!**

Heart and Stroke Foundation. Last reviewed August 2009. Source: [http://www.heartandstroke.ns.ca/site/c.inKMIPNIEiG/b.5058667/k.4AEC/Heart\\_Disease\\_\\_What\\_is\\_heart\\_disease.htm](http://www.heartandstroke.ns.ca/site/c.inKMIPNIEiG/b.5058667/k.4AEC/Heart_Disease__What_is_heart_disease.htm)

**Learn more about health healthy foods in this Heart Health edition of Food Fabulous Food!**

## Heart Healthy Sea Trout



Staying on the topic of heart health...Fatty fishes such as salmon, mackerel, sardines and trout provide a great source of a heart healthy fat called **omega-3** fatty acids.

Whether you are healthy individual, at risk for heart disease or you have heart disease, omega-3 can benefit everyone's health. Research suggests that omega-3 fatty acids improves triglyceride levels (fat in the

blood), decreases and prevents the buildup of plaque in the arteries, and helps lower blood pressure. It may also decrease the risk of abnormal heart beat, a condition called arrhythmia.

Pete's has local **Sea Trout** also known as Steelhead trout from the coast of Newfoundland. This trout is known to be one of the tastiest varieties you can buy.

Nutritionally and taste wise, it is similar to salmon with its

tender texture and mild flavour. It can be easily substituted for salmon in all recipes. Prepare it by baking it, pan frying, broiling it, or add it to pasta or chowder. **Aim to consume fish at least 2 times a week to ensure you're getting all the heart healthy nutrients.**



## Orange Glazed Trout



Makes 4 servings

Cutting down salt by using simple ingredient of orange zest and orange juice to enhance flavour, heart healthy trout has never tasted this good. Enjoy the benefit of omega-3 without giving up on taste. The original recipe called for salmon but you can use either one.

### Ingredients:

12 oz (360 g) trout fillet (without skin)  
1 tsp (5 mL) orange zest  
1 whole (4.5 oz/131 g) fresh orange (juiced)  
1 tsp (5 mL) honey  
½ tsp (2 mL) pepper  
2 tsp (10 mL) olive oil

### Directions:

- Thoroughly wash and dry orange before zesting.
- Use a medium-fine grater, grate the orange until only the white pith remains over the fruit. The orange zest will be used to flavour the trout. Be careful not to use any white pith as it is bitter in taste.
- Cut orange in half and squeeze out all the juice.
- Mix orange juice, honey, pepper and orange zest together to make marinade for the trout.
- Pour marinade over trout and marinate salmon for 15 minutes.
- Remove salmon from marinade. Save marinade to make the glaze for the trout later on.
- Brush trout with olive oil before placing them on the heated grill. Cook until fish turn opaque and turn the trout over once during cooking. It will take approximately 7-9 minutes altogether pending on the thickness of the fillet.
- In a small pot using high heat, reduce the leftover marinade to a glaze.
- Drizzle the glaze over trout before serving.

**Nutritional information per serving (3 oz/85 g)** Calories: 194, Protein: 17 g, Fat: 12 g, Saturated Fat: 2 g, Dietary cholesterol: 48 mg, Carbohydrate: 4 g  
Dietary fibre: 0 g, Sodium: 70 mg, Potassium: 312 mg  
Source: By Sosan Hua, RD. ©The Heart & Stroke Foundation.



# Going Nuts over your Heart!

## Go nuts over the health benefits of nuts!

Nuts are high in fat but this fat is a healthy unsaturated fat providing a positive impact on heart health and blood pressure. They also provide a source fibre, helping in weight maintenance and lowering cholesterol levels.

The DASH diet (Dietary approaches to Stop Hypertension/High Blood Pressure) is a researched based diet that is proven to lower blood pressure through diet alone. One of the recommendations of the diet is to eat seeds, nuts and legumes 4-5 times a week.

Nuts also have protective effect on your heart, decreasing levels of cholesterol and triglycerides in your blood. Keep in mind though, fat is fat so consuming too much can override the health benefits. It's also best to choose unsalted nuts.

### What a serving of nuts?

1/3 cup (75ml) or 1.5 oz (45g), 2 Tbsp (30ml) peanut butter or almond butter.

Enjoy them alone as a snack, in yogurt, sprinkled over hot cereal, in muffins, salad or in a homemade trail mix.

If you're looking for variety, Pete's is your one stop shop!

### Filberts



**Pecans** (whole and pieces)



**Walnuts** (whole and pieces)



**Brazil nuts**



**Cashews**

**Almonds**  
(slivered and whole)



**Pine nuts**



**Pistachios**



**Soy nuts**



**Granola** adds a delicious crunch to yogurt or fruit salad. Just check the nutritional information because it can be high in fat and sodium.

## Fruit-and-Nut Granola

### Ingredients

- 3 cups large-flake rolled oats
- 1/2 cup coarsely chopped pecans, almonds or walnuts
- 1/4 cup dried cranberries, sour cherries or raisins
- 1/4 cup chopped dried apricots
- 2 tbsp hulled pumpkin seeds
- 2 tbsp flaxseeds
- 3 tbsp vegetable oil

3 tbsp liquid honey

### Preparation

- In large bowl, combine oats, pecans, cranberries, apricots, pumpkin seeds and flaxseeds. Sprinkle with oil and honey, toss to coat.
- Bake on parchment paper-lined or lightly greased rimmed baking sheet in 350° F (180°C) oven, stirring oc-

asionally, until golden, 12 to 15 minutes. Let cool on pan on rack.

### Nutritional info per 2

**Tbsp:** 55 calories, 2 g protein, 3 g fat, 1 g fibre, 1 mg sodium.

Source: Canadian Living Magazine: March 2009 from: [http://www.canadianliving.com/food/fruit\\_and\\_nut\\_granola.php](http://www.canadianliving.com/food/fruit_and_nut_granola.php)



# Valentines Made Easy but Thoughtful!

Back by popular demand, our **Wine & Dine Valentine Offer** is here for a limited time. Anyone can make a dinner reservation, but make a real statement by treating your loved one to a meal you have thoughtfully prepared with wine, flowers, candles, and all the finishing touches.

There's nothing wrong with occasionally indulging, especially on special occasions and when in good company! But if you prefer to stay health conscious this Valentines, here are tips on how to save on calories ... Limit the amount of sauce added to the chicken and the infused butter to the salmon. Be conscious of the amount of dressing/oil you pour over your vegetables. Limit yourself to a small glass of wine and perhaps split your dessert. Most importantly, Enjoy and Relax with your Sweetheart!

To Pre-order, order your Valentine's Day meal by **5pm on February 11th...**

- 1) **Place your order online** and call to confirm payment details;
- 2) **Pick up your order bag at your preferred Pete's location** on February 12, 13 or 14;
- 3) **Assemble the measured ingredients** and cook the entrees.
- 4) **Enjoy** with someone special!

## 3 Course menu ingredients for 2:

Bundle of Love Salad

Sensual Chicken Supreme (stuffed with risotto, on a red wine sauce) OR Succulent Stuffed Salmon (stuffed with crab, drizzled with infused butter)

Each accompanied by a bundle of green beans wrapped in bacon, acorn squash & baby potatoes drizzled in rosemary oil.

Chocolate heart Throb Brownie with whipped cream & strawberry top.

## Easy to follow preparation instructions

Fresh baguette

Bottle of Wine

10 local tulips

2 candles in votive holders



**It's in the bag!**

All for just \$99 (plus tax)

**Tasta'  
Gouda!**



Although wine and cheese is suitable to enjoy any-time, it's definitely a nice added touch to serve it to your sweetheart this Valentines Day. With the wide selection of

cheeses at Pete's, the staff at Tasta' Gouda recommend **Cheddar with Claret** as the cheese of the month. The English use the term 'claret' also known as "Windsor red" to refer to red wines from the Bordeaux region of France. This cheese is a blend of wine from France and the cheese from England.

The pink color is suitable for the occasion and it's sharp flavour with complimenting wine undertones pairs up perfectly with a glass of your favorite red wine.



# Healthy, Delicious Bagels!

**The best bagels have just gotten healthier!**

**Montreal Bagels now come in 100% whole wheat** but still provide the delicious taste and texture that everyone loves. As we know whole wheat is the way to go, providing more fibre compared to their opponent products

made with enriched white flour. Many bagels are high in calories and provide 3-4 grain servings per bagel. Montreal bagels are smaller than the average providing 220 calories, equivalent to about 2 servings of grain or 2 slices of bread. They are low in sodium as well- unlike many commercial types of bread

with an upward content of 400mg of sodium per 2 slices. These bagels are considered very low in sodium with only 5mg (0% Daily-Value).

Enjoy your bagel as a sandwich, toasted with peanut butter and banana, light cheese or with your favorite jam.

## Consider Your Heart in the Morning!



It can be challenging finding a cereal that is healthy. Even those cereals that appear to be a healthful choice can be high in unsuspected sugar, sodium and lack the fibre that should be available in your breakfast food. It's especially difficult finding one with all these qualities. Names and marketing can be deceiving.

All-Bran cereal is marketed as a healthy heart healthy choice. To its credit, it does provide a good source of fibre, and the sugar (4g) content is reasonable but you may be surprised that it contains an 290mg (12 %DailyValue) of sodium. Kashi GoLean is a slightly better choice being low in sodium, provides a good source of fibre but contains 23g of sugar.

**So what's a good choice? *Barbara's Puffins Original and Cinnamon*** is a great choice. This cereal tastes great and has a crunchy texture that does not go soggy quickly in milk. An added bonus... you won't find any unpronounceable ingredients on the label because they are all natural. Importantly, Puffins cereal is a good source of fibre which is beneficial to control cholesterol, blood pressure and weight. It is not overly sweetened and the salt content is reasonable.

Check out the nutritional facts for yourself...

Per 2/3cup (30g): Calories 100kcal, Fat 1g, Cholesterol 0mg, 150mg, Carbohydrates 26g, Fibre 6g, Sugar 5g, Protein 2g.



## Pete's Nutrition Centre



### Looking for an expert in health and nutrition?

Pete's Registered Dietitian, Maureen Tilley can answer your nutrition related questions. You can come to one of Pete's locations or Maureen can come to you.

#### Services include:

- School and community group presentations
- Pete's Scavenger Hunt for children
- Personal consultation
- Group/corporate Lunch and Learns sessions
- Healthy store tours

Ask about our exotic fruit samples and fruit smoothies!

Contact Maureen at  
[mureen\\_t82@hotmail.com](mailto:mureen_t82@hotmail.com)  
or (902)425-5700 for more  
information or bookings.

Published by:  
Maureen Tilley, BScAHN,  
Pdt.