



Nutritionally Speaking

With Renata Shiloah M.S., R.D., C.D.N

February is *Heart Health* Month



Are you "*Heart Smart*"?

Heart disease is the leading cause of death for both men and women in the United States. The good news is that it is also one of the most preventable conditions.

♥10 Small Changes for Your *Heart Healthy* Diet and lifestyle♥

- Eat fruit for a snack
- Add more variety of vegetables to your meals
- Choose low-fat/non-fat dairy
- Eat oatmeal for breakfast
- Substitute olive oil for butter
- Drink more water instead of sugary soda or juice
- Put away the salt shaker
- Skip the elevator and walk up the stairs
- Sit quietly for 15 minutes (de-stress)
- Think Happy thoughts and smile 😊

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Happy **Heart Healthy** Valentine's Day Recipe

Heart-Shaped Roasted Beets and Potatoes

-Serve these cute beet and potato hearts alongside your Valentine's Day meal!

Total Time: 1hr 30 min Servings: 4

Ingredients

- 3 large potatoes, sliced into 1/4-inch rounds
- 3 large beets, sliced into 1/4-inch rounds
- 1/4 cup olive oil
- 1 1/2 teaspoons salt
- 1 teaspoon pepper
- 2-4 cloves of garlic, grated
- A sprinkle of cayenne pepper (optional)
- 1/4 cup chopped fresh parsley

Directions

1. Preheat the oven to 400°F.
2. Using a small heart-shaped cookie cutter, cut potato and beet slices into hearts and place in a bowl with the olive oil, salt, pepper and garlic. If desired, toss in the scraps as well.
3. Toss until vegetables are well coated, then transfer to a sheet pan and spread out into a single layer. Roast in the oven for 45 minutes to 1 hour, or until brown and crisp. Flip twice with a spatula during cooking for even browning.
4. Remove from the oven, toss with parsley, season to taste, and serve hot.

**This recipe is adapted from Half Baked Harvest*





Dear Renata

Dear Renata: I feel frustrated that I have high cholesterol now. What should I do? Can I just take medication for that? **JK**

Dear JK:

First and foremost you should check your lifestyle habits. Do you smoke? Are you overweight? Do you eat foods that are high in fat? Are you physically active? All of these modifiable factors can affect your cholesterol levels. Before starting on medication, your physician will address your diet, exercise, and smoking habits. The doctor may suggest you try to improve your life-style such as including 30 minutes of moderately vigorous physical activity on five or more days of the week, managing your weight, and quitting smoking. If your cholesterol is still high at your next physical exam your doctor may prescribe medication. Even if you're taking medication, it's important to maintain a heart-healthy lifestyle. Always follow your doctors orders!

Dear Renata: My friends and I like to go dine out at least twice a week. I try to eat healthy and lose weight, but I often find it hard when I go to restaurants. They usually serve salty foods as well as very large portions. I usually cannot resist and I clean my plate! I would stop eating out but I don't want to miss having fun with my friends. What can I do? **HJ**

Dear HJ :

It is always okay to ask the waiter if they can substitute heart-healthy, lower-calorie ingredients and put less salt in your meal. If you're shy about asking in person, call in advance. Most restaurants offer a healthier option section on their menu. If the restaurant you frequent with your friends does not offer healthy choices you can suggest to your friends to try a new place to eat. Also, one of the best ways to control your weight is by self-restraint at the table, and never going out in a starving mode. You can also ask for a kid's meal, or for half to the meal to go before it arrives at the table. Share an entrée with friends, or just box up the leftovers for another time. You can still have fun and go out, you just have to be smart about your choices.

Have a nutrition question?
Email: rshiloah@betances.org
Drop a note: at the front desk
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For an appointment (212) 227-8401 ext 159

February 2017



Events February 2017

Upcoming

Weight-loss support group: Date to be announced

Ongoing

Individual Nutrition Therapy: by appointment

Acupressure Group: Tuesdays 1:30pm – 2:30pm



For more information please call:

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