



BalanceHealthSM Newsletter

February 2014 | Written by the wellness experts at eni



Heart Healthy Foods

Nutrition is a very important aspect of a heart healthy lifestyle! Therefore, to further celebrate American Heart Month and to compliment our heart healthy BalanceWorks Newsletter, the wellness experts at eni have provided a selection of heart healthy nutritional superstars to work into your diet.

Nutrition

When it comes to overall heart healthy nutrition, there are a few guidelines to follow. Avoid trans fat and limit your intake of saturated fats, cholesterol, and sodium. Fatty cuts of red meat as well as processed meats such as hot dogs or bologna are high in saturated fat and certain fried foods may contain trans fat. High sodium content can sneak up on you in packaged foods including soups, frozen meals, and pre-made rice or pasta dishes.

Focus on consuming a heart-healthy diet which includes a wide variety of fruits, vegetables and whole grains, as well as lean meats, poultry, fish, beans and fat-free or low-fat dairy products. The foods below are widely known to be healthy heart superstars, so be sure to incorporate them into your diet:

Tomatoes

Tomatoes are packed with vitamins and lycopene, which has been found to possess strong antioxidant properties. Add thick slices of tomatoes to sandwiches and salads, eat some grape tomatoes, for a sweet snack, smother your burger in ketchup or enjoy tomato sauce on whole wheat pasta. In fact, cooked and canned tomato sauce actually contains more lycopene than raw tomatoes.

Olive Oil

Olive oil reduces your risk of heart disease by lowering your LDL (bad) cholesterol levels. Choose olive oil for cooking, or make a nice dip for whole grain bread by pouring a bit of olive oil in a small bowl and add a bit of balsamic vinegar and a sprinkle of oregano.

Oats

Oats contain a soluble fiber called beta glucan that helps reduce total cholesterol and LDL cholesterol. Soluble fiber also helps keep your digestive system healthy. Enjoy oatmeal with

For more information or advice about heart healthy foods contact your Wellness Coordinator by calling:

1.800.327.2255

eni's BalanceHealth program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.





just a small amount of brown sugar and plenty of strawberries and walnuts for breakfast. Cold cereals made with oats are also great with low-fat milk or soy milk plus slices of fresh fruit.

Apples

Apples contain a phytochemical called quercetin which acts as an anti-inflammatory and can help prevent blood clots. Apples come in several delicious varieties and are portable. Eat an apple with a handful of walnuts or almonds as a healthy snack or add apple slices to your healthy salads.

Salmon

Fish is an excellent source of omega-3 fatty acids that protect your heart by reducing both inflammation and the risk of blood clots. These fats also work to keep your cholesterol levels healthy. Eat salmon or other oily ocean fish like tuna, sardines or herring at least two times per week. For a heart-healthy meal, try grilled salmon steaks with a green vegetable and a side salad with a sprinkling of lemon juice instead of high-calorie salad dressing.

Green Leafy Vegetables

Green leafy vegetables contain folate, which helps to keep homocysteine (an amino acid linked to heart disease) levels down. These vegetables also contain Vitamin E, which has antioxidant and anti-aging effects. Try using fresh spinach leaves, kale, or arugula in your favorite salad instead of iceberg lettuce.

Flaxseed

Flaxseed contains Omega-3 fatty acids; fiber and phytoestrogens. Flax has been shown to have anti-inflammatory properties, can help normalize the heartbeat and help lower blood pressure. Grind up some flaxseed and sprinkle it on top of yogurt or salad.

Almonds

Almonds are packed full of omega-3 fatty acids, vitamin E, magnesium, fiber as well as heart healthy monounsaturated and polyunsaturated fats. Almonds make a great grab and go snack for work. They are also great as an added healthy crunch to both salad and your morning yogurt.

Blueberries

Blueberries are packed with a wide variety of heart healthy vitamins and minerals including Beta-carotene and lutein (carotenoids), anthocyanin (a flavonoid), ellagic acid (a polyphenol), vitamin C, folate, calcium, magnesium, potassium and fiber. Blueberries make a delicious snack on their own. You can also add them to fruit salad or use them to add a nutritional element the next time you make muffins or pancakes.

Remember that eni's wellness experts are available to help you design a heart healthy eating program!

For more information or advice about heart healthy foods, contact your Wellness Coordinator by calling
1.800.327.2255

eni's BalanceHealth program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.