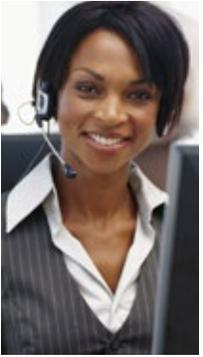




BalanceHealthSM Newsletter

February 2016 | Written by the wellness experts at eni



Heart Healthy Foods

In honor of American Heart Month, show your heart some love with delicious heart healthy foods. Nutrition is a vital aspect of heart health. Eating a healthy balanced diet is an effective way to lower your risk for heart disease.

Let's start by reviewing foods to avoid or limit. In general, it's best to avoid foods with trans fat and limit your intake of saturated fat, sodium, and cholesterol. Always read labels carefully to watch for things like excessive sodium and high levels of saturated fat. Experts recommend limiting the following foods for heart health:

- Processed meats like bologna, bacon, and hot dogs
- Fatty cuts of red meat
- Baked goods like doughnuts
- High sodium packaged soups and frozen meals
- Fried foods

To keep your heart healthy it's important to eat a balanced diet that includes a wide variety of fruits and veggies, along with fish, poultry, lean cuts

of meat, low fat dairy, and whole grains. There are also many specific foods that are famous for being especially great for your heart. Try to include at least one of the following foods into your diet every day or even better at every meal!

- Salmon
- Oatmeal
- Dark Chocolate
- Blueberries
- Oranges
- Potatoes
- Tomatoes
- Nuts
- Extra Virgin Olive Oil
- Legumes
- Broccoli
- Spinach & Kale
- Green Tea
- Avocado
- Flax Seeds
- Pomegranate
- Yogurt
- Raisins
- Whole Grains
- Beans
- Apples
- Bananas

For more information or advice about heart healthy eating, 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.





Ready to get started? Try these heart healthy recipes, courtesy of Cooking Light, for dinner and dessert this week!



Herb-Crusted Salmon

Ingredients:

1/2 cup dry breadcrumbs
2 teaspoons chopped fresh oregano
2 teaspoons chopped fresh rosemary
2 teaspoons chopped fresh flat-leaf parsley
1 1/2 teaspoons grated lemon rind
1/2 teaspoon black pepper
2 garlic cloves, minced
4 (6-ounce) salmon fillets (about 1 inch thick), skinned
Cooking spray
1/4 teaspoon kosher salt

Preparation:

1. To prepare salmon, combine the first 7 ingredients in a shallow dish or pie plate. Lightly coat both sides of fillets with cooking spray, and sprinkle evenly with 1/4 teaspoon salt. Dredge both sides of fillets in breadcrumb mixture.

2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add fillets to pan; cook 3 minutes. Reduce heat to medium; carefully turn fillets over. Cook 4 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Oatmeal-Raisin Cookies

Ingredients:

1/2 cup granulated sugar
1/2 cup packed brown sugar
1/3 cup butter or stick margarine, softened
1 teaspoon vanilla extract
1/8 teaspoon salt
1 large egg
1 cup all-purpose flour
1 cup regular oats
1/2 cup raisins
Cooking spray

Preparation:

1. Preheat oven to 350°.
2. Beat first 6 ingredients at medium speed of a mixer until light and fluffy. Lightly spoon flour into a dry measuring cup and level with a knife. Add flour and oats to egg mixture; beat until blended. Stir in raisins. Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray. Bake for 15 minutes or until golden brown. Cool on pan for 3 minutes.

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