



Taking You in A Healthy Direction

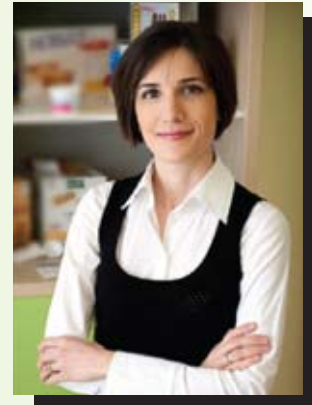
February 2010

A MESSAGE FROM BARBARA

SPECIAL EDITION

Be Good To Your Heart

February is national Heart Month. Keeping the heart healthy involves eating well and leading an active lifestyle. Elevated cholesterol and blood pressure can result in a heart attack or stroke. The **TIP OF THE MONTH** reviews the dos and don'ts of heart healthy eating. The Product Review and Recipe of the Month focus on high fibre, low sodium, and low saturated fat food choices that are heart healthy and full of flavour too. For more information on Heart Month visit www.heartandstroke.com



Healthy Eating,
Barbara Parisotto, RD

TIP OF THE MONTH

Eating Smart for your Heart

DO

- Eat sources of SOLUBLE FIBRE. This fibre helps lower blood cholesterol.
- Found in cereals containing oat bran, psyllium, legumes, okra, eggplant, and barley.
- Choose products labeled REDUCED SODIUM. High sodium intake contributes to high blood pressure.
- Eat plenty of FRUITS and VEGETABLES. These foods play a role in decreasing high blood pressure.

DON'T

- Over eat SATURATED FAT. This fat increases LDL (bad) cholesterol.
- Beef, bacon, cheese, cream, butter, lard and other animal products are sources of saturated fat.
- Desserts and pastries that are not traditionally considered "animal products" are made with ingredients high in saturated fat and can contribute to elevated cholesterol levels.
- Eat foods that contain TRANS FAT. This fat increases LDL (bad) cholesterol.
- Read nutrition facts table for 0g trans and avoid products with PARTIALLY HYDROGENATED OIL in the ingredient list.



HEADED FOR HEALTH: PRODUCT REVIEW

Dempster's Healthy Way Fresh Squares

1 Square
140 calories
2g fat (0.3g saturated)
7g fibre (6g soluble)
15mg sodium

- ✓ Heart Healthy – cholesterol-free, low in saturated fat, trans fat-free
- ✓ A convenient grab-and-go snack alternative to a granola bar



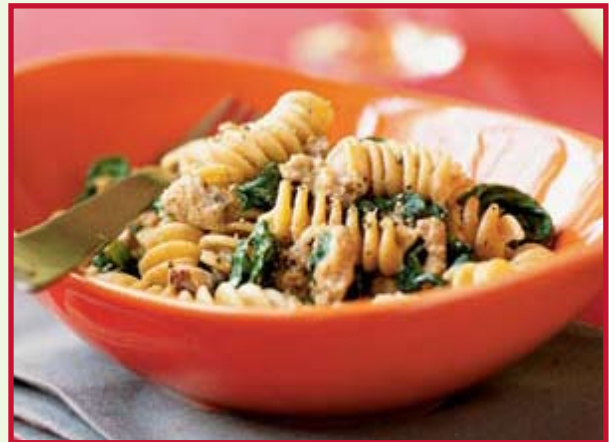
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RECIPE CORNER

This high fibre, vegetarian meal will satisfy your hungry heart. A great change from the typical white pasta and tomato meat sauce. This recipe I found in the Toronto Star (adapted from Food to Live By: The Earth-bound Farm Organic Cookbook 2006, Workman).

Makes 4-6 servings.

2 cups frozen shelled edamame (soybeans)
375g whole-wheat rotini pasta
1/4 cup extra-virgin olive oil
1lbs Portobello mushroom caps (about 4 large), sliced 1/4-inch thick
1 tsp kosher salt
6 large cloves garlic, minced or pressed
1 tsp red pepper flakes or to taste (optional)
1/4 cup minced flat-leaf parsley (optional)
Freshly grated Parmesan cheese to taste
Freshly ground pepper



1. Place edamame in colander. Rinse under hot running water 1 minute.
2. Bring large pot of salted water to boil over high heat. Add pasta and cook according to package directions until 2 minutes of cooking time remains.
3. Add edamame and cook 2 minutes. Drain well and return to pot.
4. Meanwhile, heat oil in large non-stick skillet over medium-high heat. Add mushrooms. Cook, without stirring, until bottoms begin to brown deeply, about 4 minutes. Add 1 tsp salt. Cook, stirring frequently, until mushrooms release their liquid, 2-3 minutes.
5. Stir in garlic and pepper flakes. Reduce heat to medium-low. Cook until garlic softens, about 2 minutes.
6. Add parsley. Cook, stirring for 2 minutes or until mushrooms are tender.
7. Add mushroom mixture to pasta in pot and stir well.
8. Serve pasta sprinkled with Parmesan. Season with pepper to taste.

2292 MAJOR MACKENZIE DRIVE
MAPLE, ONTARIO
L6A 0C4

TEL: 905.553.2766
EMAIL: BPRD@ROGERS.COM
WEB: WWW.BARBAPARISOTTO.COM



BARBARA PARISOTTO, RD
Nutritional Coach & Educator