

## Healthy Recipes Resources:

- [www.eatingwell.com/recipes](http://www.eatingwell.com/recipes)
- [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/eat/recipes.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/recipes.htm)
- [www.mccormick.com/healthysubstitutions](http://www.mccormick.com/healthysubstitutions)
- <https://www.hsph.harvard.edu/nutritionsource/recipes-2/home-cooking/>
- [www.foodnetwork.com](http://www.foodnetwork.com)
- <https://ohsheglows.com/>
- <https://www.mayoclinic.org/healthy-lifestyle/recipes>
- <https://recipes.heart.org/>
- <https://www.ambitiouskitchen.com/healthy-meal-prep-recipes/>
- <https://www.cancer.org/healthy/eat-healthy-get-active/eat-healthy/find-healthy-recipes.html>
- <https://www.aicr.org/cancer-prevention/recipes/>
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## Talking Points

### Heart Disease

- The leading cause of death among Americans.
- Coronary artery disease develops when the blood vessels that supply the heart with blood, oxygen, and nutrients become damaged or diseased.
  - Plaque, which contains cholesterol, can build up in the arteries and causes a blockage as well as inflammation.
- Coronary artery disease develops over decades and is often unnoticed until a significant blockage causes a heart attack.
- Causes include a history of smoking, high blood pressure, high cholesterol, diabetes or insulin resistance, and a sedentary lifestyle.
- Limiting foods high in saturated fat, trans fat, salt, and sugar can decrease risk of coronary artery disease.

### Cancer Prevention

- Consuming a plant-based diet high in fruits, vegetables, whole grains, and legumes.
- Obesity can increase risk of cancer. Choose fewer high-calorie refined foods that have a high fat and sugar content. Consume meals that are nutrient dense.
- Limit processed meats. Consuming larger amounts can increase risk of certain types of cancer.
- Maintain a healthy weight by being physically active. 150 minutes of moderate aerobic activity a week is recommended.
- Consume alcohol in moderation. Risk for breast, colon, lung, kidney, and liver cancer increases with the amount of alcohol you drink and length of time you've been drinking regularly.

### Diabetes

- Diabetes is a disease that occurs when blood glucose, or blood sugar levels, are consistently too high. It occurs when a person either cannot produce enough insulin naturally (Type 1 Diabetes) or when the body can produce insulin, but it is not functioning in the way that it should (Type 2 Diabetes). Insulin is produced by the pancreas and helps glucose from food enter your cells so that it can be used for energy.

- Over time high blood glucose can cause other problems such as heart disease, stroke, kidney disease, eye problems, dental carries, nerve damage and foot problems.
- A balanced healthy diet can help keep blood sugars controlled.
  - Focus on complex carbohydrates such as fruits, vegetables and whole grains which contain more fiber. These are slowly digested and prevent spikes in blood sugar level.
- Simple carbohydrates are those that are refined such as sweets, white flour, and white sugar.
  - These can still be consumed, but in moderation and very small amounts.
- Consider the plate method.
  - Fill half of your plate with non-starchy vegetables
  - Fill a quarter of your plate with a lean protein
  - Fill the last quarter with a whole grain
  - Include healthy fats in small amounts.

#### Brain Health

- Your brain functions best when you're getting the right fuel. Fat is the primary source of fuel for the brain. Healthy fats including polyunsaturated and monounsaturated fats such as olive oil or avocado oil are best.
  - Omega 3's are abundant in fatty fish and they help reduce inflammation and possibly protect memory as you age.
- Consuming a diet high in nutrient dense foods that contains vitamins, minerals, and antioxidants nourished the brain and protects it from oxidative stress (cellular damage).
- Increasing fruit and vegetable consumption will increase consumption of nutrients like folic acid which helps with memory.
  - Peas, broccoli, spinach, artichokes, beets, and oranges are good sources.
- Iron deficiency prevents adequate oxygen delivery to the brain. This can cause fatigue and poor mental performance.
  - Iron is found primarily in animal foods such as chicken, turkey, fortified cereals, and white beans.
- Limit foods high in fat, cholesterol, and sodium.

#### Arthritis

- Excessive body weight can worsen symptoms of osteoarthritis.
- Healthy dietary fats can influence inflammation, which is a major factor in arthritis.
  - Some fish are a good source of omega-3 fatty acids which help reduce inflammation.
  - Monounsaturated fats such as olive oil can help decrease inflammation.
  - Saturated fats and trans fats are linked to increased chronic inflammation.
- Some studies have linked low blood levels of vitamin D to increased risk of osteoarthritis and rheumatoid arthritis.
  - Food sources of vitamin D include oily fish and fortified milk and orange juice.
- Brightly colored vegetables contain carotenoids which have been shown to help decrease inflammation
- Talk with your doctor about incorporating physical activity to help keep joints and muscles healthy.