

delicious living

feed your body / nourish your spirit

Chocolate FOR DINNER!

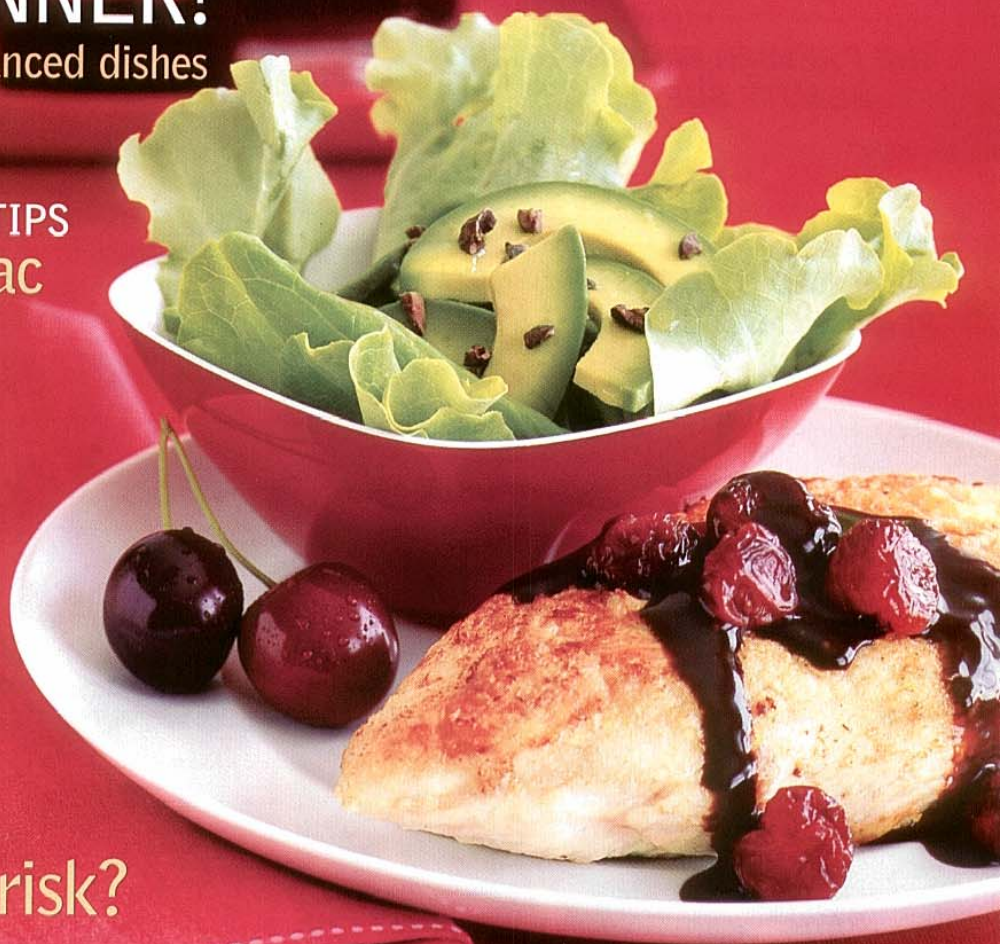
Five cocoa-enhanced dishes

6 NUTRITION TIPS
for cardiac
recovery

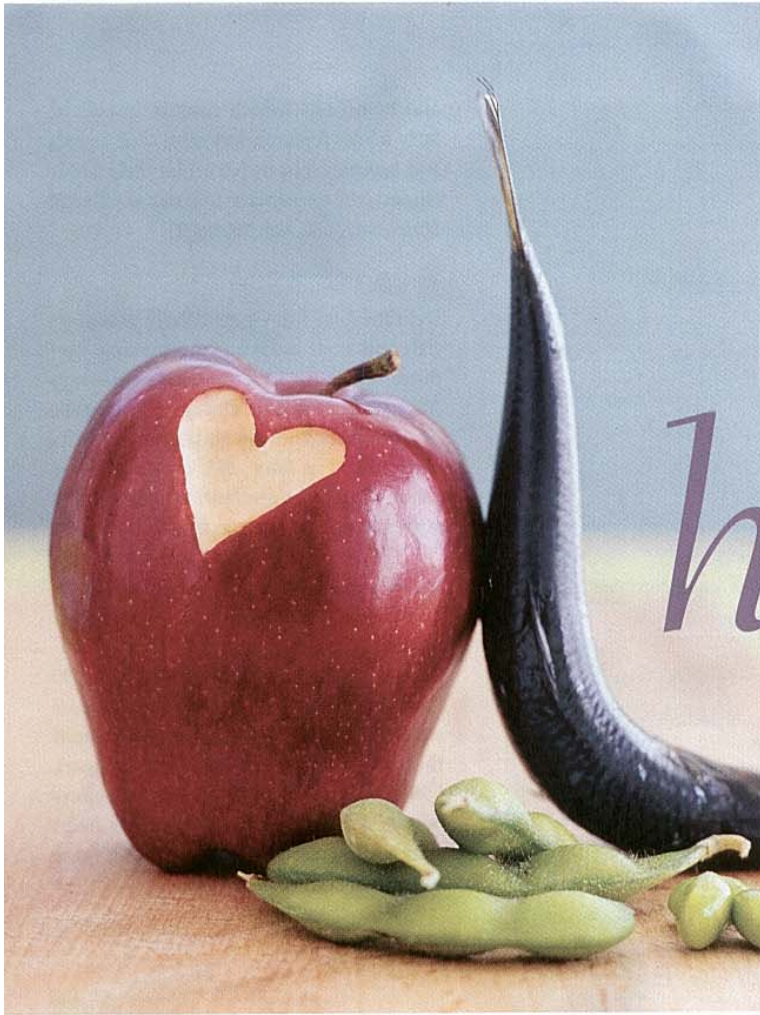
SHOPPING
secrets

OF NATURAL
HEALTH EXPERTS

INFLAMMATION:
Are you at risk?



Chicken with Cherry-Chocolate Sauce,
Cocoa-Nib Salad (pages 32 & 34)



FROM THE *heart*

Answers to the top health questions of cardiac recovery patients

By Cheryl Sternman Rule

If you've recently survived a heart attack or had cardiac surgery, you may feel overwhelmed with questions about recovery—especially regarding your diet. Hope and help are on the way: We've asked four heart-health experts to weigh in on your most pressing post-illness questions. Find out what to eat, what to avoid, and where to go from here.

Q Which foods will help heal and protect my heart?

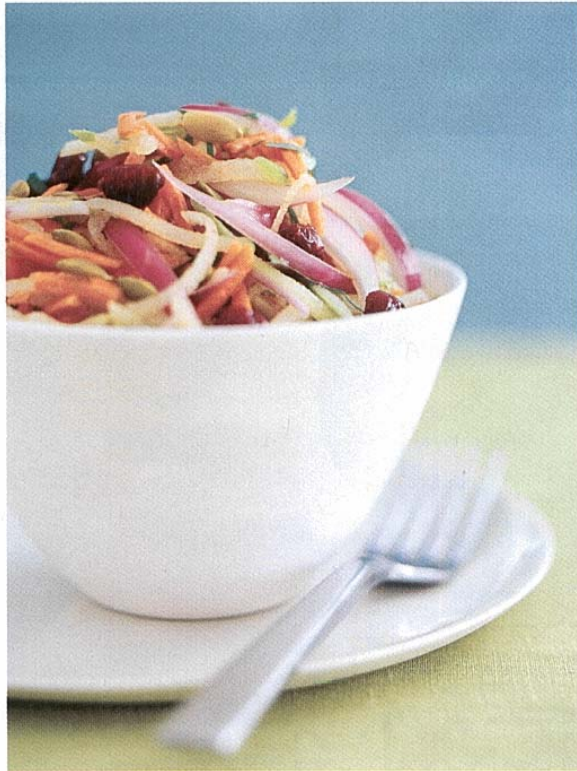
Good news: You can enjoy plenty of delicious foods, especially fruits, vegetables, and whole grains. "Highly pigmented, organic fruits and vegetables are best," says Decker Weiss, NMD, FASA, a naturopathic cardiologist at the Arizona Heart Hospital in Phoenix. He particularly recommends dark leafy greens, carrots, beets, and berries because "the antioxidants, beta-carotene, and bioflavonoids in these foods prevent cholesterol from oxidizing and causing further damage to the heart." According to a recent study, eating five or more fruits and vegetables every day can reduce cardiovascular disease risk by up to 72 percent, with an astonishing 10 percent risk reduction for every piece of fruit eaten daily (*Nutrition Journal*, 2003, vol. 2, no. 2).

Add high-fiber foods to your grocery list, too. "Fiber absorbs bile, clears toxins, and can lower [bad] LDL and raise [good] HDL cholesterol," says Weiss. He suggests stocking your pantry with beans and legumes, which are rich in fiber, low in fat, and cholesterol free.

Tofu and other soyfoods are also cardiac friendly because soy's isoflavones inhibit atherosclerosis (hardening of the arteries), improve vascular function, and lower cholesterol and triglycerides (*Journal of Nutrition*, 2000, vol. 130, no. 3). And you can still enjoy certain oils, especially olive, canola, soybean, flaxseed, ►

OUR EXPERTS

M. Laurel Cutlip, RD, LDN, author of *The Cardiac Recovery Cookbook* (Hatherleigh Press, 2005) ♥ Will Grossman, MD, FACC, New York City–based cardiologist ♥ Alice H. Lichtenstein, DSc, professor, Friedman School of Nutrition, Tufts University; chair of the American Heart Association's Nutrition Committee ♥ Decker Weiss, NMD, FASA, naturopathic cardiologist, Arizona Heart Hospital



« Carrot-Apple Slaw with Cranberries and Pumpkin Seeds

vegan quick staff favorite

Serves 8 / A fantastic alternative to mayonnaise-based slaws, this colorful side dish is full of vitamins, fiber, and heart-healthy unsaturated fat. Serve cold or at room temperature.

- 1/2 cup dried cranberries
- 1/2 cup fresh orange juice, divided
- 1 Granny Smith apple, unpeeled, cored, and shredded
- 1 pound carrots (about 4 large), peeled and shredded
- 1/2 small red onion, thinly sliced
- 3 tablespoons chopped fresh cilantro
- 1/2 cup raw, unsalted pumpkin seeds, toasted
- 3 tablespoons extra-virgin olive oil
- Freshly ground black pepper

1. In a small bowl, combine dried cranberries with 1/4 cup orange juice; set aside.
2. In a large bowl, toss apple with remaining 1/4 cup orange juice. Mix in carrots, red onion, cilantro, and pumpkin seeds.
3. Drain cranberries, reserving juice. Add cranberries to apple-carrot mixture.
4. Whisk together reserved orange juice and olive oil. Pour dressing over slaw. Toss well to combine, and season to taste with black pepper.

PER SERVING: 136 cal, 39% fat cal, 6g fat, 1g sat fat, 0mg chol, 2g protein, 20g carb, 3g fiber, 41mg sodium

Crispy Salmon Cakes with Herbed Yogurt

Serves 4 / These cakes put leftover cooked salmon to delicious use as a pretty lunch or light dinner rich in beneficial omega-3s. Accompany with lemon wedges over salad greens drizzled with olive oil and lemon juice.

SALMON CAKES

- 1 pound cooked salmon, bones and skin removed, chilled
- 1/4 cup finely chopped green onions
- 1/2 cup finely chopped red bell pepper
- 1 small jalapeño pepper, ribs and seeds removed, finely chopped
- Freshly grated zest of 1 lemon
- 1 teaspoon Dijon mustard
- 2 egg whites, lightly beaten
- 2 tablespoons light mayonnaise
- 1 1/2 cups panko bread crumbs, divided
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon olive oil, divided

HERBED YOGURT

- 1 cup nonfat plain yogurt
- 1 large clove garlic, crushed

The fatty acids in fish decrease heart lesion formation, inflammation, and triglyceride levels.

- 2 tablespoons fresh lemon juice
- 1/4 cup chopped fresh Italian parsley
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chopped fresh mint

1. Prepare salmon cakes: In a large bowl, flake salmon with a fork. Add green onions, bell pepper, jalapeño, lemon zest, mustard, egg whites, mayonnaise, and 1 cup panko. Stir with a fork to combine lightly. Form mixture into 8 cakes, each roughly 3 inches in diameter and 1/2-inch thick.
2. Combine remaining 1/2 cup panko with black pepper on a large plate. Working carefully and with one hand, press both sides of each cake into panko, squeezing the mixture gently so that it does not crumble. Refrigerate at least 30 minutes

while preparing herbed yogurt.

3. For herbed yogurt: Combine all ingredients in a small bowl. Allow to sit at room temperature, covered, 30–45 minutes.
4. Preheat oven to 375°. Spray a foil-lined baking sheet with nonstick cooking spray.
5. In a large nonstick skillet, heat 1/2 tablespoon olive oil over medium heat until nearly smoking. Working in batches, brown cakes well on both sides, then remove to prepared baking sheet. Repeat with additional cakes in remaining oil. Transfer cakes to the hot oven for 7–9 minutes, or until heated through. Drizzle with herbed yogurt and serve.

PER SERVING (2 cakes, 1/4 cup yogurt): 336 cal, 30% fat cal, 11g fat, 2g sat fat, 66mg chol, 34g protein, 24g carb, 2g fiber, 237mg sodium

Q Which foods should I avoid from now on?

Sharply reduce intake of saturated and trans fats, says M. Laurel Cutlip, RD, LDN, author of *The Cardiac Recovery Cookbook* (Hatherleigh Press, 2005). These fats raise blood cholesterol and contribute to atherosclerosis. Avoid "fatty meats, whole-milk products, processed foods such as bakery items, hard margarines, shortenings, and lard," says Cutlip.

Moderate alcohol consumption may reduce heart attack risk, and red wine contains added antioxidant benefits.

Q Do I have to worry about sodium?

"That depends," says New York City-based cardiologist Will Grossman, MD, FACC. "Not everyone who has cardiac problems needs to restrict sodium, but those who have high blood pressure, congestive heart failure, or a severely damaged heart should

be especially vigilant." Reducing sodium reduces blood pressure, which helps lower heart attack and stroke risk. To go salt-free, season your food with chopped fresh or dried herbs, spices, lemon juice and zest, or high-quality flavored vinegars.

Q Can I continue to drink alcohol?

Yes, in moderation. Alcohol can raise HDL (good) cholesterol levels, says Grossman, which have a protective effect on the heart. Moderate alcohol consumption has been shown to reduce heart attack risk, peripheral vascular disease, and sudden cardiac death, and it inhibits the formation of dangerous arterial blood clots. "Up to two drinks per day for a male or one for a female is fine," says Lichtenstein. "This isn't a recommendation to start drinking but to provide limits for those who already do." The alcohol in wine, beer, and spirits is equally effective, but red wine contains added antioxidant benefits.

Q Can I continue to eat out?

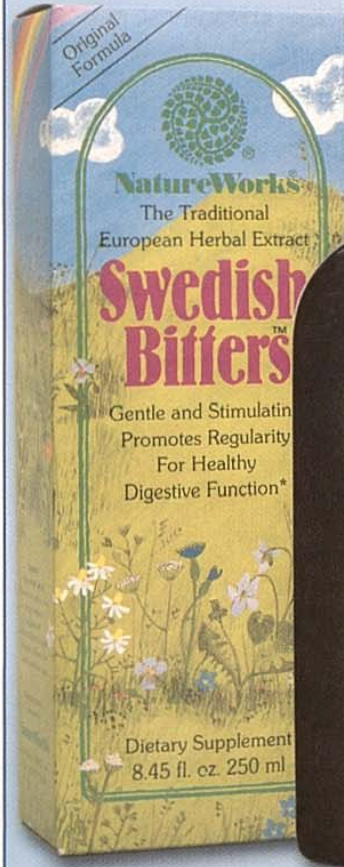
Yes, with caveats. After a heart attack or surgery, you need to become selective and assertive when dining out, says Lichtenstein. "Identify restaurants that will accommodate special requests, such as making fish or chicken baked or broiled, without added sauces, salt, or saturated fats." Make eating out the exception, not a routine, says Cutlip. "Even when choosing wisely, large portion sizes can tip your saturated fat and sodium scale for the day."

Q I haven't suffered a heart attack or heart surgery, but I have a family history of heart disease. Do these recommendations apply to me?

"Yes," says Grossman. "The recommendations are basically the same whether you have experienced a cardiac event yourself or have a family history of heart disease before age 50." ■

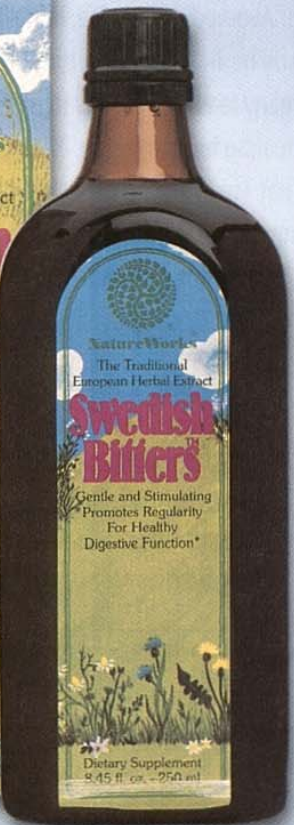
Cheryl Sternman Rule covers trends in food and nutrition from San Jose, California. Her last piece for *Delicious Living* was "Great Grains" in November 2005.

eat, drink & be healthy



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The Traditional European Herbal Extract
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- a daily tonic for overall well-being and improved health*
- cleanses the system, promotes regularity, improves digestion*
- soothes and energizes by providing the "bitter" principle - in sweet, sour, salty & bitter - typically missing from the Western diet*



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