



for your company
for your employees
for your future
February 13, 2012

WELLNESS WEEKLY

FEBRUARY IS AMERICAN HEART MONTH. THE FOODS LISTED HERE ARE ALL TOP-PERFORMERS IN PROTECTING YOUR HEART AND BLOOD VESSELS.

SALMON:

Grill salmon with a rub or marinade. Save a chunk to put in pasta or a salad later on.

FLAXSEED:

Ground flaxseed hides easily in all sorts of foods -- yogurt parfaits, morning cereal, homemade muffins, or cookies.

OATMEAL:

Top hot oatmeal with fresh berries. Oatmeal-and-raisin cookies are a hearty treat.

ALMONDS:

Mix a few almonds (and berries) into low-fat yogurt, trail mix, or fruit salads.

WALNUTS:

Add a flavorful crunch to salads, pastas, cookies, muffins, even pancakes.

TUNA:

Eat with salad greens and fresh fruit. Canned tuna makes a heart healthy lunch.



DARK

CHOCOLATE:

A truffle a day lowers blood pressure, but choose 70% or higher cocoa content.

RED WINE:

Toast your good health! A glass of red wine could improve "good" HDL cholesterol.

TOFU:

Thinly slice "firm" tofu, marinate several hours, grill or stir-fry.

ACORN SQUASH:

Baked squash is comfort food on a chilly day.

BROWN RICE:

Microwavable brown rice makes a quick lunch. Stir in a few chopped veggies.

BLACK OR KIDNEY BEANS:

Give soup or salad a nutrient boost -- stir in some beans.

CANTALOUPE:

A fragrant ripe cantaloupe is perfect for breakfast. Simply cut and enjoy!

SOY MILK:

Soy milk is great over oatmeal or whole-grain cereal. Or, make a smoothie with soy milk.

SPINACH:

Pick spinach (not lettuce) for nutrient-packed salads and sandwiches.

RED BELL PEPPERS:

Rub with olive oil, and grill or oven-roast until tender.

TOMATOES:

For a flavor twist, try oil-packed tomatoes in sandwiches, salads, pastas, pizzas.

ORANGES:

Citrus fruits can reduce blood cholesterol levels by 20-25%

PAPAYA:

Serve papaya salsa with salmon: Mix papaya, pineapple, scallions, garlic, fresh lime juice, salt and black pepper.

BLUEBERRIES:

Cranberries, strawberries, raspberries are potent, too -- for trail mixes, muffins, salads!

CARROTS:

Baby carrots are great for lunch. Sneak shredded carrots into spaghetti sauce or muffin batter.

BROCCOLI:

Eat it raw, steamed, stir-fried or cooked in the microwave

SWEET

POTATO:

Microwave in a zip-lock baggie for lunch. Eat au naturale, or with pineapple bits.

ASPARAGUS:

Grill or steam slightly, then dress with olive oil and lemon. It's a pretty side dish.

TEA:

Make sun tea: Combine a clear glass jar, several tea bags, and hours of sunshine.