

# HEALTHY HABITS

February 2018

## Heart Healthy for Life

February is American Heart Month. The year is young and it's a great time to give your heart some love and commit to staying heart-healthy all year long.

### Eating Right Starts at Home

To get started and stay on track with heart-healthy eating, plan on cooking at home more. When you're bombarded daily with fast-food temptations, as most of us are, it can be hard to make cooking a habit. It's easy to just drive through and get dinner, but by preparing your own meals, you'll know exactly what's in your food. Plus, you can save the leftovers for lunch the next day. Stock your kitchen with nutrient-dense foods—ones that are high in minerals, protein and whole grains but are relatively low in calories. Limit saturated fat, trans-fat, sodium, red meat, sweets, and sugary sodas. It's time to invest in yourself and start making smarter food choices.

### Bring On the Cardio

There are many reasons to exercise on a regular basis. It's a natural mood lifter and can also:

- Lower blood pressure
- Help maintain a healthy body weight
- Lessen the risk of developing diabetes
- Reduce inflammation throughout the body

"One of the key benefits of exercise is that it helps to control or modify many of the risk factors for heart disease," says Dr. Kerry J. Stewart, Professor of Medicine, Division of Cardiology, Johns Hopkins School of Medicine. "Smoking is another big factor for heart disease, and if you exercise regularly you're unlikely to take on a bad habit like smoking, and more likely to quit if you already are a smoker." A number of studies have also shown that people who exercise regularly are less likely to suffer a sudden heart attack or other life-threatening cardiac events. The American Heart Association recommends combining aerobic exercise (jogging, swimming or biking) with resistance training (moderate weightlifting). Together, these two categories of exercise produce the greatest benefit for preventing and managing heart disease.

Heart disease is the leading cause of death for men and women in the United States. Every year, one in four deaths are caused by heart disease. The good news? It can often be prevented when people make healthy choices and manage their health conditions.

### Healthy Inspiration

*Your body hears everything you mind says, stay positive.*

### Did You Know

*Aluminum dumped in a landfill will remain there for over 200 years!*

**WANT MORE INFORMATION? LEARN MORE AT [FMCHEALTH.ORG](http://FMCHEALTH.ORG)**



**First Medical  
Occupational Health**  
an affiliate of Fairfield Medical Center

#### CLINIC HOURS:

MON., WED. & FRI.: 9 A.M.—4:30 P.M.

TUES & THURS.: 10 A.M.—5:30 P.M.

1199 RIVER VALLEY BLVD  
LANCASTER, OH 43130



# KNOW YOUR ABC'S

**A****SPIRIN** Talk to your healthcare provider to see if taking an aspirin each day is right for you.

**B****LOOD PRESSURE CONTROL** High blood pressure is one of the leading causes of heart disease and stroke. One in three American adults has high blood pressure—that's about 70 million people. Unfortunately, less than half of people with high blood pressure have their condition under control. Work with your healthcare team to find out if you have high blood pressure. If you do, take steps to reduce it:

- Get active by exercising for at least 30 minutes most days of the week.
- Eat a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated or trans-fats, and cholesterol.
- Follow your healthcare provider's instructions when it comes to taking medicines or measuring your blood pressure at home.

**C****HOLESTEROL** High cholesterol affects one in three American adults. Getting a simple blood test is the only way you can know if you have high cholesterol. Your doctor can suggest steps you can take to prevent high cholesterol or to reduce your levels if they are high.

**S****MOKING** Cigarette smoking greatly increases your risk for heart disease. If you're a smoker, quit as soon as possible, and if you don't smoke, don't start!

## Golden Baked Pork Cutlets

Makes: 4 servings | Active Time: 15 minutes | Total Time | 35 minutes

These quick breaded pork cutlets made with just a few ingredients are so delicious everyone will be wishing they helped make them. Cutting the low-fat pork tenderloin into long filets makes it quick-cooking. Serve with a medley of steamed vegetables and a side of mashed potatoes for a healthy and comforting meal.

1 pound pork tenderloin, trimmed  
 1/2 cup dry breadcrumbs  
 1 teaspoon sugar  
 1/2 teaspoon paprika  
 1/2 teaspoon onion powder  
 1/2 teaspoon salt  
 4 teaspoons canola oil  
 1 large egg white, lightly beaten  
 4 teaspoons cornstarch

1. Preheat oven to 400°F. Coat a rimmed baking sheet with cooking spray.
  2. Holding a chef's knife at a 45° angle and perpendicular to the tenderloin, slice the pork into 4 long, thin "fillets."
  3. Mix breadcrumbs, sugar, paprika, onion powder and salt in a shallow dish.
  4. Drizzle with oil and mash with a fork until the oil is thoroughly incorporated.
  5. Lightly beat egg white with a fork in another shallow dish. Sprinkle cornstarch over the pork slices and pat to coat evenly on both sides.
  6. Dip the pork into the egg, then press into the breading mixture until evenly coated on both sides. (Discard leftover mixture.)
  7. Place the pork on the prepared baking sheet. Bake until just barely pink in the center and an instant-read thermometer registers 145°F, 14 to 16 minutes.
- Tip: To make fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about 1/2 cup fresh crumbs. For dry breadcrumbs, spread the fresh crumbs on a baking sheet and bake at 250°F until crispy, for about 15 minutes. One slice of fresh bread makes about 1/3 cup dry crumbs. Or use prepared coarse dry breadcrumbs.