



HEALTHY AT 80

Cholest-WHAT?

We all hear people talking about cholesterol, but just what is all the fuss about and what can we realistically do today to improve our cholesterol levels?

- **Cholesterol is a type of fat in your blood.** Your body does need cholesterol, and your body can make all it needs on its own. But you also get cholesterol from the food you eat.
- **If you have too much cholesterol,** it starts to build up in your arteries, which carry blood away from your heart. This is called hardening of the arteries, which is the starting point for some heart and blood flow problems such as blood clots, heart attacks, and strokes.
- **There are different types of cholesterol:**
 - LDL is the "bad" cholesterol. It's the kind that can raise your risk of heart disease, heart attack, and stroke.
 - HDL is the "good" cholesterol. It's the kind that is linked to a lower risk of heart disease, heart attack, and stroke.

Talk to your doctor about your cholesterol levels, and see inside for easy ways to improve your cholesterol!

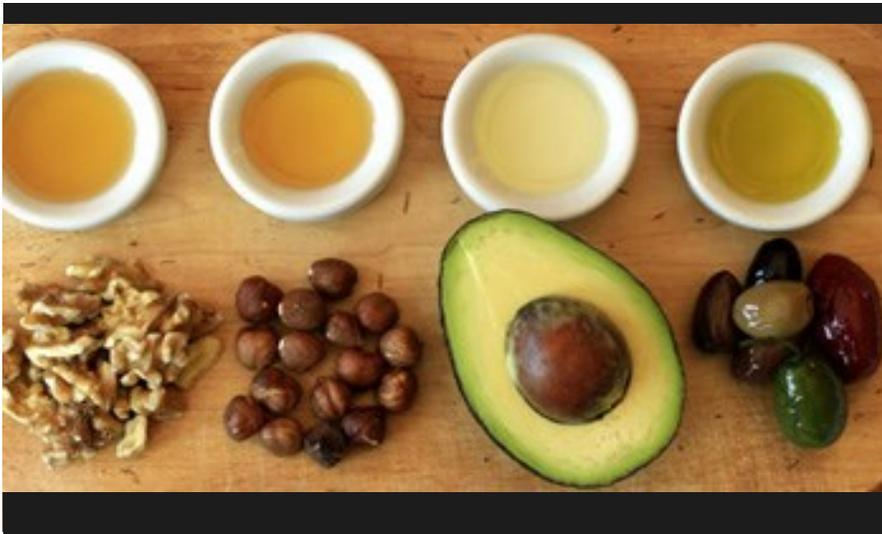


Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

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We Are What We Eat!

We might hear it a lot, but it's true—we are what we eat! What you eat has a direct impact on your cholesterol level. A diet rich in fiber and other cholesterol-lowering foods can help lower cholesterol!

- ⇒ **Choose Healthy Fats:** Saturated fat and trans fat raise your total cholesterol and the “bad” LDL cholesterol. Get no more than 10 percent of your daily calories from saturated fat. Monounsaturated fat — found in olive, peanut and canola oils — is a healthier option. Almonds and walnuts are other sources of healthy fat.
- ⇒ **Just Say No to Trans Fats:** Trans fats, which are often found in margarines and commercially baked cookies, crackers and snack cakes, are particularly bad for your cholesterol levels. Not only do trans fats increase your LDL (“bad”) cholesterol, but they also lower your HDL (“good”) cholesterol.

⇒ **You may have noticed more food labels now market their products as “trans fat-free.” But don't rely only on this label. *If a food contains less than 0.5 grams of trans fat a serving, it can still be marked trans fat-free.*** It may not seem like much, but if you eat a lot of foods with a small amount of trans fat, it can add up quickly. Instead, read the ingredients list. If a food contains a partially hydrogenated oil, that's a trans fat, and you should look for an alternative.

<http://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/>

Quitting for Good

Quitting smoking can improve your “good” HDL cholesterol level!

- 1) **Just 20 minutes after quitting smoking, your blood pressure decreases.**
- 2) **Within 24 hours of quitting smoking, your risk of a heart attack decreases.**
- 3) **Within one year after quitting smoking, your risk of heart disease is half that of a smoker's.**
- 4) **Within 15 years after quitting smoking, your risk of heart disease is similar to that of someone who's never smoked.**

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*		
		Total Fat	7g	11%	Total Carb.	20g	7%
Serv. Size 4 cookies (32g)		Sat. Fat	4.5g	23%	Dietary Fiber	1g	4%
Servings 9		Trans Fat	0g		Sugars	10g	
Calories 150		Cholest.	0mg	0%	Protein	2g	
Calories from fat 60		Sodium	115mg	5%			
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%							
INGREDIENTS: Enriched flour, riboflavin, sugar, partially hydrogenated vegetable oil, cocoa, cornstarch, hydrogenated oils, soy lecithin, salt, caramel color, artificial flavors.							

The TLC Diet!

In a previous issue we have talked about the TLC Diet—making Therapeutic Lifestyle Changes to take Tender Loving Care of yourself, improve your cholesterol levels, and reduce your risk of heart disease!

The TLC Diet calls for less than 7% of calories from saturated fat and less than 200 mg of dietary cholesterol per day, and increasing your soluble fiber intake. Good sources of soluble fiber include oats, fruits and vegetables, and beans.

<http://www.nhlbi.nih.gov/health/resources/heart/heart-cholesterol-hbc-what-html#lifestyle>

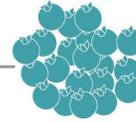


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1 Tbsp. chia seeds
= 4 g protein



¼ cup fresh blueberries
= 1 g fiber



½ cup milk
= 4 g protein



¼ cup chopped walnuts
= 3 g monounsaturated fat



*Delicious
Oatmeal
Add-Ins!*

Nutrition Bites!

Oct. 29 is Oatmeal Day, and fall is the perfect season to enjoy this healthy grain. Oatmeal is high in soluble fiber, which regulates blood sugar and slows digestion. Not all oats are created equal, though. The level at which oatmeal is processed impacts its fiber content and health benefits. Consider the following types of oats:

- ⇒ **Steel-cut oats** are minimally processed, and chopped by steel cutters to retain the entire oat grain and oat bran.
- ⇒ **Rolled (or old fashioned) oats** are de-hulled, then steamed to shorten cooking time.
- ⇒ **Instant oats** are similar to rolled oats but are steamed for longer and often contain flavoring or sweeteners.

A half cup of oatmeal is all you need to reap its benefits, and is especially delicious with some of the tasty additions above!

Delicious & Nutritious

This is an easy, delicious way to prepare winter squash, which are in season this month and a great value at the grocery store!

Mashed Winter Squash

- 1 pound butternut, kabocha, acorn, buttercup, or other winter squash
- 2 tsp sweet or smoked paprika
- 1/4 tsp garlic powder
- 1/2 tsp cinnamon
- 1 tsp sugar or honey



- ⇒ Peel, seed, and dice the squash (a sharp vegetable peeler is the easiest way to tackle the squash's thick skin).
- ⇒ Cook the squash in boiling water until tender—about 15 minutes.
- ⇒ Drain the squash, place in a mixing bowl, and mash with a fork.
- ⇒ Stir in the paprika, garlic powder, cinnamon, and sugar or honey. Season with salt to taste or as

recommended by your doctor. Enjoy!



Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

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