

EXOS[®]

NUTRITION INSIDER

with Amanda Gilles, EXOS Performance Dietitian

EDITION #27

LOVE YOUR HEART

February is National Heart Health Month

In honor of National Heart Health Month, here are 5 nutrition tips to keep your heart healthy!

IN THIS NEWSLETTER...

- Nutrition for Heart Health
- Superfood for EXOS Superheroes

1. REDUCE YOUR SUGAR INTAKE

A 2014 review in the *American Journal of Clinical Nutrition* concluded that the more added sugars people consumed, the higher their triglyceride levels, total and LDL cholesterol, and blood pressure, and that this association was independent of sugars' effect on body weight.

2. EAT YOUR VEGGIES!

Plant based diets may slow the progression of atherosclerosis (plaque buildup within the arteries), and decrease LDL cholesterol and overall reduce inflammatory biomarkers.

3. GRAB A CUP OF JOE

Data from the *Framingham Heart Study* (one of the country's longest running studies) states drinking coffee consumption (up to six, 8oz cups per day!) was linked to lower risk of heart failure, stroke, and coronary heart disease.

4. INCREASE HEALTHY FATS

Inflammation in the body can damage your blood vessels and lead to heart disease and strokes. Omega-3 fatty acids help to 'cool' inflammation within the body, and may decrease triglycerides, lower blood pressure, and overall decrease stroke and heart failure risk. Incorporate the following healthy fats into your diet: salmon, tuna, walnuts, ground flaxseed, olive oil, or avocado.

5. LOVE YOUR REDS

Red fruits and vegetables are especially good for heart health. Lycopene, a phyto-nutrient, which gives foods their vibrant red color, has been shown to help reduce LDL cholesterol, keep blood vessels open and lower risk of heart attack. Not to mention these bright hued fruits and vegetables are full of antioxidants, which help reduce inflammation in the body.



MAYO CLINIC SPORTS MEDICINE POWERED BY EXOS

SUPERFOODS FOR EXOS SUPERHEROES

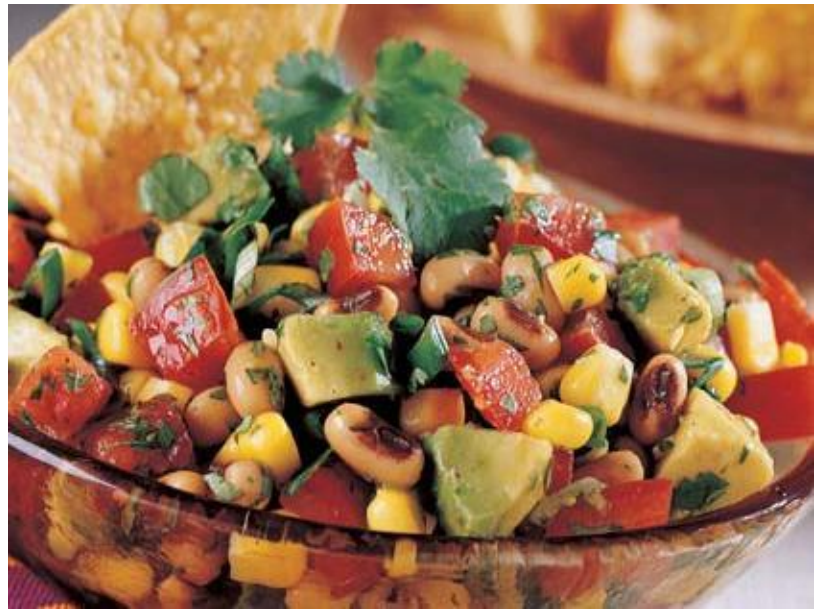
Research supports that just 2/3 cup of beans a day can lower cholesterol levels by 18% in 8 weeks that lowers your risk for heart disease by 36%!!! This is more substantial than a statin drug! Did you know that statin drugs (Crestor, Lipitor, Simvastatin, etc.) can cause low testosterone, vitamin D deficiency, muscle aches/pain, depression, and increase risk for diabetes?

COWBOY CAVIAR

This recipe is loaded with antioxidants, vitamins, and fiber. It can be served with whole-grain tortilla chips or with lettuce cups. Yield: 15-18 appetizer servings.

INGREDIENTS:

- 3 Tablespoons red wine vinegar
- 2 teaspoons hot sauce
- Juice of 1 lime
- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 1/4 teaspoon black pepper
- 2 avocado, ripe (about 10 oz.)
- 1 can (15 oz.) black-eyed peas
- 1 can (15 oz.) black beans
- 1 orange and 1 red bell pepper, chopped
- 2/3 cup thinly sliced green onions
- 2/3 cup chopped fresh cilantro
- Sea salt, to taste



DIRECTIONS:

1. In a large bowl, mix vinegar, hot sauce, lime juice, oil, garlic, and pepper. Peel, pit, and cut avocado into 1/2-inch cubes. Add to vinegar mixture and mix gently to coat.
2. Drain and rinse peas and black beans. Add peas, beans, bell peppers, onions, and cilantro to avocado; mix gently to coat. Add salt to taste.

Nutritional analysis per appetizer serving.

Calories: 159, Protein: 3.9g, Fat: 7g (sat 1g), Cholesterol 0g, Carbohydrate: 20g, Fiber: 5g, Sodium: 270mg

TO CREATE A PERSONALIZED NUTRITION GAME PLAN,
SCHEDULE AN APPOINTMENT WITH THE **EXOS** PERFORMANCE DIETITIAN
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