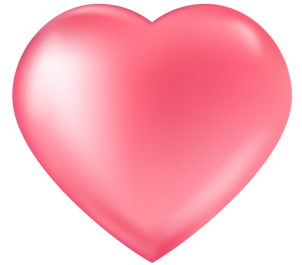


Food and Fitness

February 2023
Volume 247



Identifying Metabolic Syndrome

Metabolic syndrome is a diagnosis used for someone who is at a higher risk of developing heart disease. Metabolic syndrome can be diagnosed when someone exhibits three or more of the five risk factors. The five risk factors, according to the American Heart Association, are:

- High blood glucose (blood sugar) levels
- Low levels of HDL (good) cholesterol
- High levels of triglycerides
- Large waist circumference or “apple –shaped” body (obesity)
- High blood pressure

Each of these risk factors has a risk for developing heart disease, but when a person has three or more factors, they are diagnosed with metabolic syndrome. Metabolic syndrome is a condition that increases the risk for more serious cardiovascular conditions. With metabolic syndrome, one is at a much higher risk of heart disease, developing diabetes, or having a stroke.

There are many causes of metabolic syndrome; some causes include overweight or obesity, insulin resistance, physical inactivity, genetic factors, and increased age.



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Identifying Metabolic Syndrome

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The good news, is that even though metabolic syndrome is very serious the risks can be “reduced by changing parts of your lifestyle. You can prevent, reduce risks, or even reverse metabolic syndrome with three important steps.

Step 1: Lose weight

Losing weight can be different for everyone. The key is a slow and sustainable weight loss that does not make you go on diets that are not sustainable. Start small with a weight loss goal in mind.

Step 2: Regular exercise

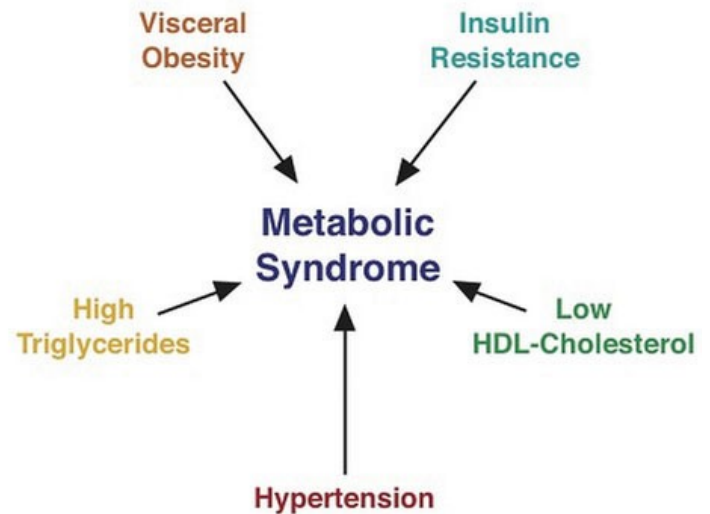
Exercise is important for many reasons. Exercise can be as small as walking to advanced as running a marathon. Exercise promotes a healthy brain, reduces the risk of disease, helps build muscle, strengthens bones, and improves daily life tasks. A little bit of exercise each day can go a long way.

Step 3: Heart Healthy Diet

A hearty healthy diet includes a few different requirements and controlling portion size is a good way to start. A heart healthy diet means eating:

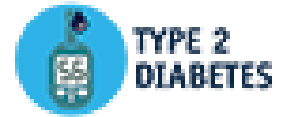
- ◇ Half of your foods as fruits and vegetables
- ◇ Choosing whole grains over refined grains
- ◇ Limiting unhealthy fats
- ◇ Choosing low-fat protein sources
- ◇ Limit or reduce salt intake

Metabolic syndrome is a diagnosis to take seriously. Routine blood work can give you more information about some of the variable risk factors. Triglycerides, HDL-cholesterol and blood glucose levels are all checked by blood work. If you are concerned or have family history of heart disease, speak with your doctor to determine the right path for you.



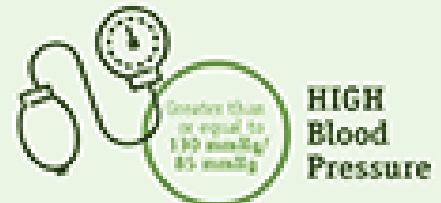
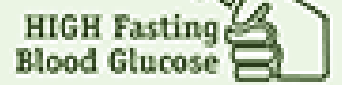
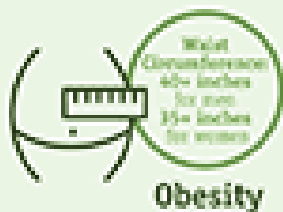
What is METABOLIC SYNDROME?

▶ It is a **CLUSTER OF RISK FACTORS** that can increase your risk of having:



KNOW YOUR NUMBERS

People with metabolic syndrome have **AT LEAST 3 OF THE FOLLOWING:**



How to PREVENT it

▶ The best ways to **PREVENT – EVEN REVERSE** – metabolic syndrome:



Eat better:

- Eat fewer simple carbohydrates
- Increase fiber
- Consume healthy fats



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

▶ For more information, visit CardioSmart.org/MetabolicSyndrome

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If you would like to download or order additional posters on various topics, visit CardioSmart.org/Posters

Vegetable—Bell Peppers

Bell peppers, *Capsicum annuum*, are also known as sweet peppers. Bell peppers originated in Mexico, Central America, and South America. Now days, most of the bell peppers sold inside of the United States are grown in Florida. Other states do grow bell peppers for consumers as well.



Bell peppers are traditionally grown in a field, green houses, or high tunnels. They require a lot of sunlight. Bell peppers grow from a flowering plant. On average, it takes about 35-45 days for a bell pepper to fully mature once the flower has been pollinated. The bell peppers grow in a variety of colors. The most common colors are green, red, orange, and yellow.



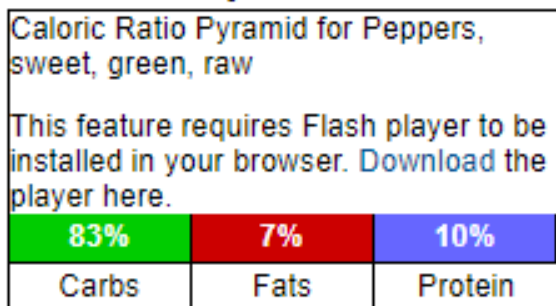
Red, orange, and yellow bell peppers are actually ripened green peppers. They start out green and once they get very ripe, they turn colors. As they ripen, they become sweeter, but the green bell pepper is still the most popular in the United States.



Bell peppers contain a good source of vitamin A. They also contain vitamin C, vitamin K, vitamin B6, Potassium, Manganese, and dietary fiber. The red bell peppers contain almost double the amount of vitamin C than the green ones.

The bell peppers have a unique flavor. In fact, according to science, a bell pepper is considered a fruit because it comes from a flower. However, for the purpose of eating bell peppers and their nutritional content, they are placed into the vegetable food group. They are very popular and have a low heat rating compared to many other types of peppers.

Caloric Ratio Pyramid [What is this?](#)



NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★☆☆☆☆

The good: This food is low in Saturated Fat, and very low in Cholesterol and Sodium. It is also a good source of Thiamin, Niacin, Folate, Magnesium and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Potassium and Manganese.

The bad: A large portion of the calories in this food come from sugars.



Nutrition Facts

Peppers, sweet, green, raw

Serving size: 1 cup, chopped (149g)

NUTRITION INFORMATION

Amounts per 1 cup, chopped (149g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	29.8 (125 kJ)	1%
From Carbohydrate	24.6 (103 kJ)	
From Fat	2.1 (8.8 kJ)	
From Protein	3.1 (13.0 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	1.3 g	3%

[More details](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	6.9 g	2%
Dietary Fiber	2.5 g	10%
Starch	0.0 g	
Sugars	3.6 g	

[More details](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	551 IU	11%
Vitamin C	120 mg	200%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.6 mg	3%
Vitamin K	11.0 mcg	14%
Thiamin	0.1 mg	6%
Riboflavin	0.0 mg	2%
Niacin	0.7 mg	4%
Vitamin B6	0.3 mg	17%
Folate	14.9 mcg	4%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.1 mg	1%
Choline	8.2 mg	
Betaine	0.1 mg	

[More details](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.3 g	0%
Saturated Fat	0.1 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.1 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	11.9 mg	
Total Omega-6 fatty acids	80.5 mg	

[Learn more about these fatty acids and their equivalent names](#)

[More details](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	14.9 mg	1%
Iron	0.5 mg	3%
Magnesium	14.9 mg	4%
Phosphorus	29.8 mg	3%
Potassium	261 mg	7%
Sodium	4.5 mg	0%
Zinc	0.2 mg	1%
Copper	0.1 mg	5%
Manganese	0.2 mg	9%
Selenium	0.0 mcg	0%
Fluoride	3.0 mcg	

Recipe—Cajun Style Stuffed Peppers

Ingredients

- 6 large green peppers
- 3 tablespoons olive oil
- 1 onion, died
- 2 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1 tablespoon Creole seasoning
- Black pepper to taste
- 3/4 pound shrimp, peeled and deveined
- 1 1/2 links of andouille sausage, died
- 1 cup uncooked long-grain white rice
- 2 1/2 cups chicken broth
- 1 (8 ounce) can tomato sauce
- 1 lemon—cut into wedges, for garnish (optional)
- Louisiana-style hot sauce (optional)

Directions

1. Preheat oven to 325 degrees F (165 degrees C). Grease an 8x12 inch baking dish. Bring a large pot of water to a boil. Remove tops and seeds from peppers. Blanch in boiling water 3 minutes. Drain on paper towels.
2. Heat olive oil in a large, deep skillet over medium heat. Sauté onion until translucent. Stir in garlic, and season with oregano, Creole seasoning and black pepper. Stir in shrimp and sausage, and cook until shrimp turns pink, 5 minutes. Stir in rice, and cook 1 minute. Pour in chicken broth and tomato sauce. Cook until thick, 15 to 20 minutes. Fill peppers with stuffing mixture, and place in baking dish.
3. Bake in preheated oven for 15 to 20 minutes, or until heated through. Serve with lemon wedges and hot sauce.



Nutrition Facts

Servings Per Recipe: 6
Calories: 307

	% Daily Value *
Total Fat: 10g	12%
Saturated Fat: 2g	8%
Cholesterol: 90mg	30%
Sodium: 954mg	41%
Total Carbohydrate: 40g	15%
Dietary Fiber: 5g	18%
Total Sugars: 7g	
Protein: 17g	
Vitamin C: 151mg	756%
Calcium: 79mg	6%
Iron: 4mg	22%
Potassium: 631mg	13%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

** Nutrient information is not available for all ingredients. Amount is based on available nutrient data.

(-) Information is not currently available for this nutrient. If you are following a medically restrictive diet, please consult your doctor or registered dietitian before preparing this recipe for personal consumption.

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February 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 National Freedom Day	2 Ground Hog Day	3 Bubble Gum Day	4 Stuffed Mushroom Day
5 National Weatherman's Day	6 National Chopstick Day	7 Send a Card to a Friend Day	8 Kite Flying Day	9 National Pizza Day	10 Umbrella Day	11 Make a Friend Day
12 Plum Pudding Day	13 Clean Out Your Computer Day	14 Valentine's Day	15 National Gum Drop Day	16 Do a Grouch a Favor Day	17 Random Acts of Kindness Day	18 National Drink Wine Day
19 National Chocolate Mint Day	20 President's Day	21 Fat Tuesday	22 Ash Wednesday	23 Tennis Day	24 National Tortilla Chip Day	25 National Clam Chowder Day
26 National Pistachio Day	27 Polar Bear Day	28 National Chili Day				

February Monthly Observances

- ◇ American Heart Month
- ◇ An Affair to Remember Month
- ◇ Black History Month
- ◇ Canned Food Month
- ◇ Creative Romance Month
- ◇ Great American Pie Month
- ◇ National Bird Feeding Month
- ◇ National Cherry Month
- ◇ National Children's Dental Health Month
- ◇ National Grapefruit Month
- ◇ National Weddings Month
- ◇ Spunky Old BROADS Month

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Happy VALENTINE'S

➡ DAY ➡



Brain Exercise Answers

LIRANGD	D A R L I N G
HAETR	H E A R T
OLCHAOTEC	C H O C O L A T E
DICPU	C U P I D
MOEP	P O E M
LSWROFE	F L O W E R S
BOLEDEV	B E L O V E D
ANDCY	C A N D Y
ORSSE	R O S E S
EOEVNPLE	E N V E L O P E
RRABYUFE	F E B R U A R Y

What did the boy bear say to the girl bear on Valentine's Day?

I L O V E Y O U
B E A R Y M U C H !



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