

# Total Nutrition

## Women, Take Heart!

(NAPSA)—The American Heart Association (AHA) recently created an education program specifically for women. Many Americans don't realize that heart disease is the number one killer of women. Because heart disease can be prevented, the American Heart Association urges women to take charge of their health now to invest in the future of their heart health.



Mindy Hermann

I pay particular attention to AHA because I am at risk for heart disease. My father had a heart attack when he was 48 and most of his relatives had heart disease. Although I can't change my family history, I can lower my risk by living a healthy lifestyle.

Diet is an important place to start, says Wahida Karmally, R.D., director of nutrition at the Irving Center for Clinical Research at Columbia University in New York City. "Eat a variety of fruits and vegetables, switch to nonfat milk and yogurt, and, try non-meat types of protein like soy, kidney beans, lentils, or other legumes a couple of times per week." Ms. Karmally also suggests eating fatty fish like salmon; their omega-3 fatty acids help lower blood cholesterol.

Looking for a tasty snack idea? Make your own heart-healthy trail mix by combining one cup of Whole Grain Total with a tablespoon each of raisins or chopped dried fruit and unsalted nuts. Both whole grains and nuts con-

### Health Goals



- Maintain a healthy BMI < 25
- Maintain a healthy waist circumference < 35"
- Maintain a healthy lipid profile: Total cholesterol < 200mg/dl; HDL cholesterol > 55mg/dl; Triglycerides < 150mg/dl
- Maintain healthy blood pressure < 120/80mmHg
- Have an annual check-up

tain fiber and other compounds that are good for the heart. For a tasty breakfast, top your trail mix with milk or stir into nonfat yogurt.

When I asked for another important lifestyle change, Ms. Karmally quickly recommended daily physical activity, both "sports" and the movement that is part of your daily routine. Housework, gardening, walking the dog, and even putting away dishes or groceries count! At work, walk to a coworker's desk rather than phoning or e-mailing, park in the farthest spot, and take the stairs rather than the elevator.

The American Heart Association Web site, [www.americanheart.org](http://www.americanheart.org), provides additional tips and information on how women can improve their heart health.

### Ask Mindy

**Q: Is it okay to eat eggs?**  
**Peter, Portland, OR**

**A:** Eggs are high in cholesterol, with over 200 milligrams per egg. The suggested daily limit for cholesterol is 300 milligrams. If you enjoy eggs, limit yourself to no more than seven per week and limit other foods with cholesterol, namely meats and regular dairy products.