



NEWSLETTER

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Debunking The Myths

by Jeffrey Kinnunen MS, Exercise Specialist

Literally hundreds of myths and misconceptions exist when it comes to exercise and weight loss. We can thank the folks who turn out those infomercials for many of them. They know that if they repeat a message enough times, consumers are more likely to believe it. Here are five common myths about weight loss and exercise.

- **Weight loss is easy.** Many people believe that there is a weight-loss secret out there. Believe me, there isn't an exercise machine, diet, pill or other method that will make the pounds melt off easily. Many products and methods can help you lower the number on the scale, but they will fail you in the long run.
- **Exercise is enough/Diet is enough.** Both components are necessary for success. As I said previously, it is possible to lose weight through just one method, but it's necessary to make consistent changes in both eating habits and exercise habits to maintain weight loss.
- **Spot Reduction.** Exercising one specific body part doesn't result in weight loss in that area. The classic example is working your abdominal muscles to lose belly fat. This simply doesn't work.
- **Thin equals fit.** Everybody needs to exercise. If you are thin and don't exercise, that doesn't mean you don't need to. If you are over weight and exercise without losing weight, you shouldn't stop. Exercise is essential to maintaining your health.
- **No pain, no gain.** You don't have to suffer to benefit from exercise. Although certain types of discomfort are normal at higher exercise intensities, you should not push yourself to the point of pain or exhaustion.

ANTIOXIDANT RICH FOOD

by Deb Sergey, RD

Heart & Health Program Dietitian

The largest and most advanced analysis of the antioxidant content of common foods to date shows that disease-fighting antioxidants may be found in unexpected fruits and vegetables such as beans, artichokes, and even potatoes.

Researchers found that small red beans contain more disease-fighting antioxidants than both wild and cultivated blueberries, which have been noted in recent years for their high antioxidant content. In fact, three of the top five antioxidant-rich foods studied were beans. The study also shows that nuts and spices, such as ground cloves, cinnamon, and oregano, are rich in antioxidants, although they are generally consumed in much smaller amounts than fruits and vegetables.

Antioxidants are believed to help prevent and repair oxidative stress, a process that damages cells within the body and has been linked to the development of cancer, heart disease, and Alzheimer's disease.

Here's the list of the top 20 food sources of antioxidants, based on their total antioxidant capacity per serving size:

Rank	Food item	Serving size	Total antioxidant capacity per serving size:
1	Small Red Beans (cooked)	1½ cups	13727
2	Wild blueberries	1 cup	13427
3	Red kidney beans (cooked)	1½ cups	13259
4	Pinto beans (cooked)	1½ cups	11864

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DATED MATERIAL

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Rank	Food item	Serving size	Total antioxidant capacity per serving size:
5	Blueberries (cultivated)	1 cup	9019
6	Cranberries	1 cup (whole)	8983
7	Artichoke Hearts (cooked)	1 cup	7904
8	Blackberries	1 cup	7701
9	Dried Prunes	½ cup	7291
10	Raspberries	1 cup	6058
11	Strawberries	1 cup	5938
12	Red Delicious apple	One	5900
13	Granny Smith apple	One	5381
14	Pecans	1 ounce	5095
15	Sweet cherries	1 cup	4873
16	Black Plums	One	4844
17	Russet potato (cooked)	One	4649
18	Black beans (cooked)	1½ cups	4181
19	Plums	One	4118
20	Gala apple	One	3903

Researchers also found that cooking method had a significant effect on the antioxidant content of the foods tested, but those effects were not consistent.

For example, cooked Russet and red potatoes had much lower antioxidant levels than those found in raw potatoes. Boiling also decreased antioxidant levels in carrots, but cooking tomatoes increased their antioxidant content.

Tips for including some of the top antioxidant rich foods:

- **Make bean cubes.** Process leftover beans with a little vegetable broth in a food processor until it forms a thin paste. Pour into ice cube trays, and then use the frozen cubes to thicken soups and sauces.
- **Substitute beans for meats.** Most recipes that call for ground or cubed meats, such as stews and casseroles, also work with beans like lentils, chickpeas, or black beans. Try subing half the meat for beans to test it out.
- **Be berry sneaky.** Toss a handful of berries on your breakfast cereal or blend them into fruit smoothies for a healthy breakfast or snack.

References: *WebMD Medical News* 1/2008
Journal of Agricultural and Food Chemistry 6/2004

Red Beans and Rice

- 1 cup red beans, dried ½ teaspoon dried thyme
- 2 teaspoons olive oil ¼ teaspoon cayenne pepper
- ½ large onion, chopped 3½ cups water
- 3 cloves garlic, minced 1 cup steamed brown rice
- ¾ cup diced ham or Canadian bacon

1. Soak the beans overnight in enough water to cover them.
2. Heat the olive oil in a large, heavy-bottomed pot over medium heat. Add the onion and garlic and sauté until tender, about 6 minutes.
3. Stir in the ham, thyme and cayenne and sauté for 2 minutes. Add the beans and 3½ cups of water. Simmer over low heat until the beans are creamy, about 1½ hours. Serve with the steamed rice.

Serves 4. Each 1 cup serving: 430 calories, 77 grams carb, 18 grams protein, 4 grams fat, 15 mg cholesterol, 415 grams sodium, 9 grams fiber.