**Healthy eating for your heart.**

It’s important to eat right to lower your risk for heart disease. A healthy diet can help keep your cholesterol levels in check and lower your blood pressure, too. Stick to the MyPlate guidelines by choosing foods that are rich in vitamins, minerals, and fiber, and low in sodium, saturated fat, and trans fats. Here are some tips on how to eat a healthy diet:

- **Serving sizes:** A MyPlate serving is 1/2 cup of fruit or vegetables, 1/4 cup of dairy, and 1/4 cup of grains.
- **Grains:** Choose whole grains over white. Start with 6–11 servings of whole-grain foods daily. Foods that are rich in whole grains include whole-wheat bread, rice, pasta, oats, and barley.
- **Protein:** Choose lean meats, poultry, eggs, beans, and lentils. Make sure to include at least 2 servings of fish per week.
- **Fruits and vegetables:** Make sure to eat plenty of fruits and vegetables daily. They contain important vitamins, minerals, and fiber.
- **Dairy:** Make sure to include a variety of dairy foods in your diet. Choose low-fat or fat-free milk, yogurt, and cheese.

**Try these changes:**

- **Cut back on saturated and trans fats:** These unhealthy fats can raise your cholesterol levels. Instead, choose foods that are rich in healthy fats.
- **Limit your sodium intake:** Eating foods that are high in sodium can raise your blood pressure. Try to limit your sodium intake to 2,300 milligrams per day.
- **Be mindful of portion sizes:** Eating too much can lead to weight gain and other health problems. Try to eat smaller portions to get the nutrients your body needs.

**Tips for managing high blood pressure:**

- **Keep an eye on your blood pressure:** This is especially important if you have high blood pressure. Have your blood pressure checked regularly, and talk to your doctor about any changes.
- **Stay active:** Regular exercise can help lower your blood pressure. Try to get at least 150 minutes of moderate aerobic activity per week.
- **Smoking:** If you smoke, quitting can help lower your blood pressure. It’s never too late to quit.
- **Limit alcohol:** Drinking too much alcohol can raise your blood pressure.
- **Diabetes:** If you have diabetes, make sure to control your blood sugar. High blood sugar can lead to high blood pressure.

**Complementary medicine:**

Complementary medicine refers to any approach to health care that is not part of conventional medicine. Some complementary therapies include:

- **Herbs:** These are natural substances that can be used to treat various conditions. Some common herbs include garlic, ginger, and echinacea.
- **Acupuncture:** This is a form of traditional Chinese medicine that involves inserting thin needles into the skin at specific points.
- **Chiropractic:** This is a form of alternative medicine that focuses on the relationship between the body, structure, and function.
- **Massage:** This can help reduce stress and improve circulation.

**Visit the National Center for Complementary and Integrative Health (nccih.nih.gov) for more information about complementary medicine.”

**Recipe:**

**Vegetable pizza**

- **Ingredients:**
  - 2 cloves of garlic
  - Mozzarella cheese
  - 1/4 cup water
  - 1 teaspoon oregano
  - 1/2 cup onions, cut into strips
  - 1 teaspoon Italian seasoning
  - 1 pound prepared whole-wheat pizza dough
  - Freshly ground black pepper, to taste

- **Directions:**
  1. Coat a baking sheet with cooking spray.
  2. Transfer the pizza dough to the baking sheet. Bake until lightly crisped on bottom, 8 to 10 minutes.
  3. Mix tomato sauce, Italian seasoning and oregano. Spread sauce mixture over the pizza.
  4. Top with the broccoli mixture, tomatoes and cheese. Bake until cheese is melted, about 3 minutes. Stir in garlic and arugula and cook, stirring, until lightly crisped on bottom.
  5. Serve hot.

**Nutrition per serving:**

- Calories: 340
- Protein: 14 g
- Fat: 12 g
- Carbohydrates: 34 g
- Sodium: 461 mg
- Cholesterol: 12 mg

**Sodium and Cholesterol List:**

- **Sodium:** Limited
- **Cholesterol:** None

**Tips for healthy eating:**

- **Divide your plate:** Make sure to fill half of your plate with non-starchy vegetables. Draw another line through the remaining half. Fill one of the smaller sections with whole grains and the other with protein. Add fruit and dairy as your eating plan allows.
- **Read on to learn some tips on eating a balanced diet — and snacking smart, too.”

**Find more information about health and wellness by visiting the UnitedHealthcare® website: unitedhealthcare.com.”

**For safe storage:**

- If your doctor has prescribed an opioid medication, however, it’s very important to keep it stored in a safe place. This includes taking it to a pharmacy for disposal or flushing it down the toilet. To do this, always be disposed of properly to make sure they don’t end up in the wrong hands.
- Seek out non-traditional treatments to use along with conventional ones. Some complementary therapies include:
  - **Herbs:** These are natural substances that can be used to treat various conditions. Some common herbs include garlic, ginger, and echinacea.
  - **Acupuncture:** This is a form of traditional Chinese medicine that involves inserting thin needles into the skin at specific points.
  - **Chiropractic:** This is a form of alternative medicine that focuses on the relationship between the body, structure, and function.
  - **Massage:** This can help reduce stress and improve circulation.

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**Medication and monitoring:**

- **Consult with your doctor:** If you have questions about medications, be sure to consult with your doctor. They can help you understand the side effects and the benefits of each medication.
- **Blood pressure:** If you have high blood pressure, it’s important to monitor it regularly. This includes taking your blood pressure at home and having it checked by your doctor.
- **Diabetes:** If you have diabetes, it’s important to monitor your blood sugar levels regularly. This includes taking your blood sugar at home and having it checked by your doctor.

**Take action today:**

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- **Find more information about health and wellness.”

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**Taking Charge of your diabetes**

**Spring/Summer 2019**