



# STAR WELLNESS

LA COUNTY SHERIFF'S DEPARTMENT FEBRUARY 2010



## Heart Healthy Foods

Contributed by Jennifer Thayer, Student Dietitian, Nutrition Services, Food Services Unit

February is National Heart Month. A recent look at a number of scientific studies have suggested a link between heart health and eating the recommended 5 A DAY or more servings of fruits and vegetables. The reasons for this relation may include but is not limited to the following:

1. replacement of higher-fat foods with low-fat fruits and vegetables
2. an increase in consumption of certain vitamins, minerals, and phytonutrients found in fruits & vegetables
3. an increase in fiber reducing the total absorption of dietary cholesterol into the body
4. dark green leafy vegetables contain high levels of Folate
5. fruits and vegetables high in Vitamin C, such as oranges and tomatoes, have been associated with protective heart benefits.

Take a look at some of the health benefits included in just one 2-cup bowl of salad:

**Dark Green Leafy Vegetables:** Choosing romaine lettuce, spinach, mixed baby greens as the base for the salad increases the amount of Iron, Potassium, and Vitamin K in the diet, all of which are important for overall health. In addition, these choices are high in fiber and Folate, which are associated with some of the heart-healthy benefits listed above.

**Tomatoes:** Tomatoes are a great source of Vitamin C, an antioxidant associated with reduced risk for heart disease. They also contain high amounts of lycopene, a phytonutrient that has been associated with a reduced risk for certain types of cancer.

**Cucumbers:** Cucumbers contain lots of Vitamin C, Folate, and fiber, especially when served with the skin. They have a high water content, which means they are also low in calories and can help fill you up and keep you hydrated.

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## Get Fit!

Take control of your health and join the gym today! All Los Angeles County Sheriff Employees get a discount at the following gyms:

**The Claremont Club**  
(909) 625-6791  
www.claremontclub.com

**LA FITNESS**  
(800) LAFITNESS  
www.LAFitness.com

**24 Hour Fitness**  
(800) 204-2400  
www.24hourfitness.com

For more information, please contact Lorena Flores at (626) 300-3160 or via email at lflores@lasd.org.

## Wellness Topic of the Month Seminar

### Heart Health

Wednesday, February 10, 2010  
LASD Headquarters, Media Conference Room  
12:00pm to 1:00pm  
Bring a friend and learn how to protect your heart!



# Heart Healthy Foods

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**Bell Peppers:** These are another great source of Vitamin C, which helps the body to absorb Iron from plant sources like beans and Dark Green Leafy Vegetables. Bell peppers are high in flavonoids, phytonutrients that have been associated with increased cardiovascular health and lowered cancer risk.

**Carrots:** Carrots are high in Vitamin A in the form of Beta-Carotene, a powerful antioxidant necessary for eye and cell health. They also provide lots of Vitamins C and K and fiber.

**Raisins:** Raisins, or dried grapes, are an excellent source of fiber, Iron, and Potassium. They are also high in polyphenols, molecules associated with reduced risk of heart disease.

**Garbanzo Beans (Chick Peas):** Garbanzo Beans are one of the best sources of fiber around, which keeps your digestive system functioning and can lower the amount of cholesterol you absorb. They are also high in protein and Iron, important components of a balanced diet, and Folate, a B vitamin associated with heart health.

**Walnuts:** Walnuts are high in fiber and protein, both essential for healthy eating. They are great sources of Omega-3 fatty acids, compounds essential to cellular health which are also associated with cardiovascular benefits.

**Olive Oil:** This is another wonderful source of Omega-3 fatty acids, important anti-inflammatory compounds in the body. This oil is very high in monounsaturated fats, types of fats which have been associated with a lowered risk for heart disease. This type of oil is also high in polyphenols, antioxidants associated with increased heart health.

All fruits and vegetables have important health benefits, and few of us get the recommended minimum of 5 A Day. Remember to eat a rainbow of fruits and vegetables every day. Prevention is the key to a long healthy life. Bon appétit!

# Active for LIFE



January 19<sup>th</sup> thru  
March 30<sup>th</sup>

Active for Life is an American Cancer Society employee wellness program. This 10-week program encourages employees to be more active on a regular basis by setting individual goals. Get involved!

Contact your unit Employee Wellness Coordinator or Angelica Haro at (323) 890-5002 to join.



Risk Management Bureau  
Safety Management Unit  
4900 S. Eastern Avenue, Ste 210  
Commerce, CA 90040

If you have any questions or comments, please contact Angelica Haro at (323) 890-5002 or via email at a2haro@lasd.org.

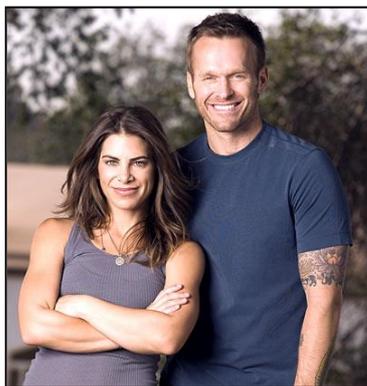
If you have any dietary questions, please contact Lillian Saldaña at (213) 974-4750 or via email at lsaldan@lasd.org.

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Sources

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## Spring into Shape Get fit for Spring Break



Are you ready to live a healthier life? Would you like to make your work environment a healthier one? Make your work environment a healthier one by starting a *Biggest Loser Contest*. You and your peers can motivate each other to make healthier choices every day! Some facilities are already doing this, so don't get left behind! Contact Angelica Haro at (323) 890-5002 to learn how.

## Walk it Out at Work

Take a break folks! Rather than taking a coffee, smoke or donut break, put on your walking shoes and go out for a 10-minute walk with your peers. Every day at 10:30am and 2:30pm employees at the Commerce Facility gather at the main lobby and head out for a Wellness Walk. Emails are sent 15 minutes before each walk to help remind employees. According to employees, they feel energized after their walks. You can start hosting Wellness Walks at your facility, too! Talk to your Employee Wellness Coordinator or contact Angelica Haro at (323) 890-5002 for more information.

