

PRESSURE POINTS



October 2011

HIGH BLOOD PRESSURE NEWS YOU CAN USE

Dining Out with Hypertension



For Americans, dining out is a part of life. Whether for convenience or to socialize, it's something many do on a regular basis. But for people trying to manage their hypertension with a low-fat, low-sodium diet, it can be challenging to find healthy selections on the menu.

Just because many restaurant meals are loaded with sodium, however, doesn't mean you have to avoid eating out entirely. It's possible to enjoy this experience as long as you plan ahead and know how to make healthy choices.

Salt gives food flavor; so many chefs use it generously in their dishes. It's a good idea to call restaurants ahead of time and ask if they take special requests for low-sodium meals. If you can find a restaurant

willing to do so, it will be easier to make healthy choices. You can request that your meal be prepared with little to no salt, and with herbs or sodium-free seasonings as a substitute.

When looking at the menu remember a few rules of thumb:

- Grilled, broiled, baked, steamed, poached and roasted foods are generally lower in sodium and fat.
- Fried, basted, braised and sautéed foods are higher in sodium and fat.
- When in doubt, ask your server how a certain dish is prepared.
- Ask that sauce or dressing be served on the side so you can control the amount of these high sodium and fat toppings.
- A mix of oil and vinegar is a flavorful alternative to your favorite salad dressings.

If your meal comes with a salty side dish such as chips, fries or rice pilaf, consider substituting a salad, vegetables or fruit instead. While it's a lot to remember, try to avoid salty, fatty foods as much as possible. If you're really having a hard time resisting something high in fat or salt, consider sharing it with a friend or family member.

Dining out can be a fun alternative to cooking at home, and a great way to spend some quality time with friends and family as long as you remember to speak up and plan ahead. Ordering a heart-healthy meal allows you to feel good about your choice and enjoy your dinner experience.

Questions for Your Health Care Team

- Is it okay to have a glass of wine with dinner?
- Should I choose fish over meat when eating out?

Dance Like A Star for Heart Health

Dance can be fun for everyone and it's a great way to change up your exercise routine. You don't need a partner; you don't even need to take classes. Turn the radio up and feel the beat.

If dancing for 30 minutes is too much, break your workout routine into segments. Dance for 15 minutes and then walk briskly for the next 15. It may take two to tango but you can easily do the jive or mambo by yourself and burn calories.

When you're ready to show off your moves, here are some great places to dance in the Worcester area:

- Worcester Public Schools Night Life Ballroom Classes - www.wpsweb.com
- Contra Dance - www.worcesterdance.org
- Square Dance - www.squaredancenewengland.com/waca



It's Your Heart – Treat it Right!

Join the UMass Memorial Health Care Heart and Vascular Center of Excellence for three free community education programs focused on keeping your heart healthy:

Keep Your Heart In Shape • Tuesday, October 25

Learn from our heart disease prevention expert about how to keep your heart in shape. Find out about the risk factors for heart disease, and what you can do with exercise, diet and nutrition to lead a heart-healthy life.

Ira Ockene, MD, Director, Preventive Cardiology Program, UMass Memorial Medical Center



Women's Heart Health – It's All About You! • Tuesday, November 1

Women are not paying attention to the signs and symptoms of heart disease that are unique to them. Learn from health experts on the risk factors women face, the signs and symptoms of heart disease and what you can do to prevent it.

Apeksha Tripathi, MD, Internist, Marlborough Hospital • Cynthia Ennis, DO, Cardiologist, UMass Memorial Medical Center

Classes are 7 to 8:30 pm, Marlborough Hospital, Leahy Conference Room,

157 Union Street, Marlborough. Refreshments will be served. Seating is limited and reservations are required.

Call 508-486-5805 or visit www.umassmemorial.org/hearthealth.

Recipes for Heart Health: *Penne Spinach Bake*

Courtesy of the Diabetic Skillet - www.thediabeticskillet.com



This is an easy casserole and feeds a crowd. Servings 10

14 ½ ounces pasta, penne, whole wheat	½ teaspoon pepper, black, ground
2 tablespoons olive oil	½ cup pine nuts
1 onion, medium, sliced	2 zucchini, medium
3 teaspoons garlic, bottled minced	28 ounces tomatoes, canned already chopped, Italian
¼ cup flour, all purpose	4 cups spinach, fresh baby
2 ½ cups milk, 1 percent fat	2 zucchini, medium
1 ½ cups parmesan cheese, grated	¼ cup bread crumbs, Italian herb flavored
2 teaspoons basil, dried	Cooking spray
1 teaspoon oregano, dried leaves	

Preheat oven to 350. Cook/drain pasta according to directions. Meanwhile, add 1 tablespoon olive oil to large saucepan. Place pan over medium high heat and sauté onion, garlic and pine nuts for about 4 minutes until tender. Add flour and cook for about 30 seconds, stirring constantly. Slowly add milk and cook about 4 minutes until bubbly and thickened. Remove from heat and stir in 1/4 cup of the parmesan, basil, oregano and pepper. Combine pasta, sauce, tomatoes, spinach, zucchini and 1 cup of the parmesan. Mix well and pour into a large baking dish coated with cooking spray. Combine bread crumbs, remaining ¼ cup of the parmesan and 1 tablespoon of olive oil. Sprinkle over pasta. Bake for 30 minutes.

Nutritional information: Per serving about 360 calories, 3g saturated fat, 0g trans fat, 15mg cholesterol, 15g protein, 49g carbohydrates, 9g dietary fiber, **480mg sodium**

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