



# Heart Health The Worst Foods for Your Heart

*Avoid  
High sodium  
foods*

- Canned Foods (high in sodium)
- Restaurant soup
- Lunch meats
- Canned tomato sauce and juice
- Frozen dinners
- Ketchup
- Cottage cheese
- Beef jerky

*High fat and cholesterol foods*

- Coffee creamer
- Frozen pies (commercial)
- Ice cream
- Fried chicken
- Margarine

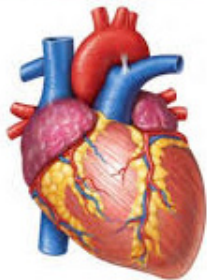
*Refined grains and high sugar foods*

- White rice
- Cinnamon buns and pastries



other

- Fast food
- Bacon
- Boullion cubes
- Potato chips
- Diet soda
- Cheese
- Pizza (commercial)
- French Fries
- Steak
- Fruit juice



## Expensive Food Can Affect Our Health

Feeling stressed every time you go grocery shopping? Are you afraid to see how expensive almonds are this week? Have you changed your eating choices because of rising food costs?

The 2016 forecast for food pricing shows an increase of another 2.5% average above and beyond the recent increases from the last few months. We may not be able to change the pricing of food but we can use strategies to keep our health a priority.

The automatic response to high costs may be to stock up on cheap foods from big box stores. Surprisingly this may not help you save money. Buying less but buying quality is the key here. Buy smaller portions of local meat or chicken. Supplement some meals with lentils and beans. Pumpkin, sunflower and flax seeds can be very filling when added to cereal or sprinkled on salads. A few other strategies for eating healthy foods include;

- Using up all perishable food before buying more
- Make sure your shopping cart includes only real food, no bargain clothes or gadgets
- Start a vegetable garden and plan to grow the foods that are most expensive to buy, such as tomatoes, peas, leeks, basil, winter squash, broccoli, zucchini and cucumber

## Leek, Mushroom and Goat Cheese Parcels

- 1tbsp olive oil
- 1 small leek, halved lengthwise then sliced
- 4 medium mushrooms, diced
- 2 cloves garlic, minced
- 3tbsp fresh parsley
- 25g walnuts
- 100g soft goat's cheese
- 100g filo pastry
- olive oil

Heat the olive oil in a large frying pan, and cook the leek, garlic and mushrooms over a medium heat for about 10 minutes, prepare the remaining filling ingredients. Chop the parsley, and add this to the leek mixture. Also roughly chop the walnuts, and roughly crumble the goat's cheese.

Cut the filo pastry into 20 squares, measuring at least 10cm square. Lightly wipe a cupcake tray with olive oil and gently press one square of filo into one of the cups. Brush a bit of oil before placing another square on top, at an angle. Fill with a tablespoon or so of the leek mixture, and top with a few pieces of walnut and some goat's cheese. Gently fold up the sides of the parcel, and pinch very gently at the top to hold the parcel closed. If your pastry tears, or you find that your squares aren't quite big enough, you can crumple an extra piece of pastry on top to help close the parcel. Bake at 375 degrees for 20 minutes.



To contribute ideas to the Wellness Newsletter please contact Sue Tompkins [stompkins@comox.ca](mailto:stompkins@comox.ca)



Wellness can be a day by day process of implementing healthy habits into our busy lives. Below is a look at daily options for a relaxed approach to start your own wellness ways.

## Meaningful Mondays



Seize the day! Live your life for today without worry for tomorrow or for past woes and follies. It may seem silly to just live for today, because life is full of responsibilities. Most of us work, care for others and have households to manage. So it would not be beneficial to loose sight of our obligations. But what would happen if we woke up each day and thought 'This may be my last day'. How would you spend your hours? Hopefully not regretting the past and not worrying about what the future holds. The only power that we have is in the moment, this is when we can think, feel and act. Make today the best day!

## Tasty Tuesdays

Why not be a foodie on this day. Take an extra bit of time to make the yummiest breakfast and packed lunch for work. Think...fresh, crisp, crunchy, spicy, tangy, fruity. What is your favorite food? Incorporate your best food into a healthy mix, that way you can have your cake and eat it too. If your favorite food is steak, then slice it on top of crunchy vegetables. If you love chocolate then shave an ounce onto bananas and yogurt. My treat is ants on a log, which is the snack I used to make for my kids. Fill celery with peanut or almond butter and top with a line of raisins, add one gummy bear on the end. For some of you with more refined food tastes, try a bento box with fresh sushi and seafood. Go Greek with spanokapita, homous and pita for a delicious and nutritious lunch. Say goodbye to white bread and bologna!

## Waistline Wednesdays

Now that we've enjoyed Tasty Tuesday we may need to watch our waistlines. The combination of cortisol and insulin make perfect companions for belly fat. Cortisol is affected by stress levels and lack of sleep. Cortisol alone will not create belly fat but combined with insulin and fat it will accentuate the negative affects. How many times has stress and a poor nights sleep caused you to pick up a donut and coffee on the way to work? This combination seems like the perfect remedy when feeling tired but a much better solution for that tired feeling would be a green smoothie with a handful of almonds. The fix

- eat more protein and vegetables
- get eight hours of sleep each night
- walk everyday
- interval training and weights
- Meditation/relaxation

## Thermos Thursdays

The thermos is now my new favorite lunch buddy. Breakfast and lunch ideas are endless and the advantage is that I don't need to use the microwave. Some studies indicate that microwaving can damage the molecular structure of food. To keep thermos food hot always heat the thermos with hot water for a few minutes before filling with food. Try these quick meals to get started; 1) Turn your thermos into a hot pot by adding julien carrots, 1 tsp miso, 1 clove fresh garlic squeezed, 1 tsp fresh grated ginger, 1 tsp tamari sauce. Now pour hot water on top, throw in a few green onions and secure lid immediately. Later upon opening add a handful of spinach and stir. 2) Overnight oatmeal is so easy! 1/3 cup steel cut oats, 1 tbsp brown sugar, 2 tbsp raisins, pinch of salt, pinch of cinnamon, 1 cup of boiling water. Now wake up to a delicious breakfast.

## Free Class Fridays

Sign up for free classes put on by The Comox Fire Department.

### Personal Emergency Preparedness

This program is designed to provide information for individuals and families after a disaster.

Fridays  
February 26 or March 18  
10:00am - 12:00pm

### CPR A

CPR A covers the skills needed to respond to cardiovascular and choking emergencies in adults.

Fridays  
February 26 or March 18  
1:00pm - 4:00pm

Register at Comox Community Centre 250-339-2255

## Weekend Wellness

Take a relaxing walk in the beautiful Filberg Park and enjoy one of Comox's hidden treasures. The park is open everyday to the public from 7am to Dusk.

Many of the mature trees are labelled for identification, a gardeners dream. Take a picnic or stroll on further to one of the lovely cafes on Comox Avenue for lunch.

It is a wonderful thing to be a tourist in your own community. Leave the car at home and venture out.

