

February 2013

Health Topic

Sturgeon Bay United Methodist Church
Carol Moellenberndt, parish nurse

Eating Nuts and Seeds for Heart Health

I was cleaning up my desk a little (if you can believe that!) and I found a note and a clipping from Judy Marshall. The clipping was called "Why You Should Go Nuts for Nuts". It was from the newsletter and the Parish Nurse at her church in Iowa. The article she sent was from "Everyday Health" internet site. The two other sites I found for more information were from Mayo Clinic (always a good place to check) and the Cleveland Clinic site. All of the sites seem to agree that nuts, in proper portions can be a heart healthy food for us to substitute for a less healthy snack. I am very glad to hear that because I love all kinds of nuts and seeds!

So what is it about nuts and seeds which makes them heart healthy? And is one nut a better choice than another? Nuts and seeds both have a high concentration of fat, but it is a "good" fat which can help lower the bad cholesterol levels. Nuts have unsaturated fats, both **monounsaturated** and **polyunsaturated fats**. Many nuts and seeds are also rich in **omega-3 fatty acids**. Omega-3's are found commonly in fish, but nuts and seeds are the best plant-based sources of omega-3 fatty acids. One thing that the omega-3's can do is to help prevent dangerous heart rhythms which can lead to heart attacks. Nuts and seeds also contain fiber, which can help lower cholesterol. **Fiber** also makes you feel more full which helps you to eat less. It also is thought to play a role in preventing diabetes. **Plant sterols**, which are added as a supplement to some foods, occur naturally in nuts. Plant sterols can also help to lower cholesterol. **L-arginine** is an interesting substance in nuts which can improve the health of your artery walls by making them more flexible and less prone to blood clots.

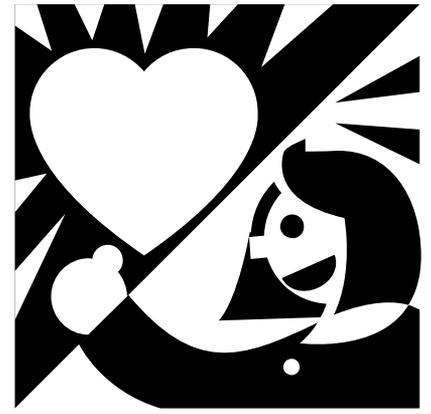
Ash Wednesday
February 13th
at 4:00 pm
"Overview of
Health Care
Reform at the
Federal, State and
Local Levels"

Soup and muffin simple supper to follow. All are invited!

What types of nuts do you like?

- Walnuts are most studied nuts. They contain the most antioxidants of all the nuts. Walnuts also are the richest in omega-3 fatty acids. 14 walnut halves= 185 calories.
- Almonds have the most fiber. They are also the richest in Vitamin E which is a powerful antioxidant. 23 nuts = 170 calories
- Cashews are particularly rich in iron and zinc. These help with anemia and immune health. Cashews are also rich in magnesium. 18 nuts = 165 calories
- Pecans are also rich in antioxidants, which may help prevent plaque formation in your arteries. 18 halves= 200 calories
- Flaxseed is rich in antioxidants and omega-3 fatty acids 2T/day recommended
- Chia seeds are also high in antioxidants and omega-3 fatty acids. They are an easily digestible seed which is also high in fiber, protein, magnesium and phosphorous. 1-2 T/day recommended.

"Do not let your hearts be troubled" Eating nuts and seeds as a part of a healthy diet can be good for your heart. Have a Heart-Healthy and peaceful February!



"Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid."
John 14:27

Health News Notes

- **Parish Nurse hours** 10am-2pm Thursdays.
- **Blood Pressure checks** Sunday February 10th
- **Parkinson Support Group** Thursday February 7th - Webinar from last year "A closer Look at Anxiety and Depression in Parkinson Disease"
- **Ash Wednesday Health Program** Brian Stephens, Patient Financial Services Director, from Ministry Door County Medical Center will talk to us "Overview of Health Care Reform at the Federal, State and Local Levels."The program is at 4pm and followed by a soup and muffin supper served by the Wellness Committee before the Ash Wednesday Service.
- **CPR-AED renewal class and First Aid Class** Mark your calendars for Tuesday March 26th for an all-day class of recertification and First Aid class in the afternoon. Take one or both. Talk to Carol if you are interested in either. The CPR renewal is free and there will be a small charge for the First Aid class to pay for a couple books.
- **Legal and Financial Aspects of Planning for Long Term Care** Two part series by the Alzheimer's Association for people dealing with dementia or other progressive chronic conditions. Attorney Amy Sullivan and Lynn Christenson, benefit specialist -will be the speakers. February 20th, 27th from 4:30 -6:30 pm