Coasting into a healthier 2010

By Clare Kuriakose Hughes, Dr. PH, RD

It’s the season of celebration! There’ll be lots of people and parties. This is the season for thoughtfulness and kindness, as well. So, let’s plan festive parties that include choices for everyone, including family and friends with diabetes, hypertension or heart problems. Among the usual favorit e dishes, strategically place a few choices that protect our loved ones. Just a few things need consideration. Depending on the diet, substitution of herbs (thyme, rosemary, mint, etc.), or other flavorings (garlic, onion, ginger, green onion, celery), or sprinkling a few dried fruit or toasted nuts on top can add taste. When in doubt, use the plain food and place seasonings and flavorings on the table. Recipes that use sugar, honey, brown sugar, molasses, candy or marshmallows are on the “to avoid list” for diabetics. You can either change or exclude these ingredients or use artificial sweeteners. However, some sweeteners are better added after, and others during, the cooking process. Recipe books using artificial sweeteners can be purchased or found on their websites. It may be easiest to ask the applied dietetic professionals prepare the special dietary meals for help. If candied yams are always offered to those who do not have, as well as to “soft” enough for your family’s consumption. —Photo: Blaine Fergerstrom

Hula study for heart health is launched

By Liza Simon

OHA Public Affairs

The Hula study for heart health is launched. The study is seeking participants. To be eligible, you must be at least 18 years old and in recovery from open heart surgery. For more information, call Malia Young at 545-8768.

Get involved

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Cooked vegetables and green salads add lots of flavor, crunchiness and nutrients to meals. These foods supply the blood vessels, eyes, heart and skin with nutrients to keep them in top shape. Small amounts of chopped nuts, seeds and dried fruit (cranberries, raisins) sprinkled on the leafy greens, carrots, celery, parsley, tomatoes, etc. make the salads colorful, tasty and fun. Commercial low-fat, low-sugar salad dressings, which taste exactly like the regular versions, abound in supermarkets.

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