



# HEART OWNER'S *update*



TEXAS HEART<sup>®</sup> INSTITUTE

*at St. Luke's Episcopal Hospital*



## SUMMER 2003

Since 1962, the Texas Heart® Institute and St. Luke's Episcopal Hospital have enjoyed a successful relationship as partners in the advancement of cardiovascular research, education and patient care services. For 13 consecutive years, the Texas Heart Institute at St. Luke's has been ranked among the top 10 cardiovascular centers in the nation by *U.S. News & World Report's* annual "Best Hospitals" survey.

*Heart Owner's Update* is published by the Texas Heart Institute at St. Luke's Episcopal Hospital. To be added to the mailing list, call the Heart Information Center at (800) 292-2221. Questions and comments about *Heart Owner's Update* can be faxed to the managing editor at (832) 355-4366, or call (832) 355-3242.

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Texas Heart Institute

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St. Luke's Episcopal Health System

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# Quench the **fires** of **with the**

**F**ight the fires of inflammation with food—Omega style!

The Omega Diet, by Dr. Artemis Simopoulos and Jo Robinson, is currently featured in St. Luke's Healthy Eating Program. The hallmarks of the Omega Diet—omega-3 fats, olive and canola oil, and a lot of fruit and vegetables—all play a role in calming the inflammatory processes naturally. Whether you are fighting heart disease, obesity, diabetes or any of the autoimmune diseases, the Omega Diet can help you put out the fires of inflammation so you can live a healthier life.

Any healthy diet must contain an abundance of fruits and vegetables rich in vitamins, minerals, antioxidants, and salicylate. Salicylate? Yes, salicylate in fruits and vegetables is the same anti-inflammatory ingredient we find in aspirin. Most fruits, especially berry fruits and dried fruits, contain salicylate. Vegetables also contain a wide range of salicylate levels. Tea beverages provide substantial salicylate.

How many fruits and vegetables should we eat? Much more. Americans consume an average of 3.5 servings per day (with 7 out of 10 children eating only one serving a day). Although the U.S. government promoted a "Five a Day" campaign to get Americans to eat five servings of fruits and vegetables

daily, Dr. Simopoulos says it doesn't go far enough to protect our health.

The Omega Diet was one of the first programs to say all fats aren't bad, emphasizing quality over quantity of total fats. Scientific evidence shows that the right balance and type of fats in your diet is essential to maintaining a healthy immune system that keeps inflammation in check.

Both olive and canola oils are low in omega-6 fats and high in monounsaturated fats. Monounsaturated fats do not aggravate inflammation. Olive oil is also very rich in flavonoids, compounds with potent antioxidant and anti-inflammatory activities. High-quality canola oil has a significant amount of the anti-inflammatory omega-3 fatty acids.

# inflammation

## Omega Diet

by Terry Diddy, MS, RD, LD

Both olive oil and canola oil should be used in place of omega-6 oils (made from corn, safflower, sunflower, etc.) for most of our cooking and baking needs.

To buy high-quality oil with the most nutrients, select ones that have been handled gently—either “expeller pressed” or “cold pressed” (it will be noted on the label). Oils that have been overly processed with heat and chemicals will be stripped of antioxidants, flavonoids and, in the case of canola oil, healthy omega-3 fatty acids. Also, when it comes to olive oil, make sure to buy extra-virgin olive oil. “Extra-virgin” means that the oil comes from the first pressing of the olive and will contain the most nutrients.

Controlling inflammation associated with heart disease, diabetes and autoimmune disorders, such as rheumatoid arthritis, lupus, multiple sclerosis, psoriasis, Crohn’s disease and asthma, for example, usually requires medications that can have harmful side effects with prolonged use. Following the *Omega Diet’s Seven Dietary Guidelines* will turn your diet into a powerful therapy for controlling inflammation naturally, decreasing your dependence on medication.

### *The Omega Diet’s Seven Dietary Guidelines*

1. Eat foods rich in omega-3 fatty acids such as fatty fish (salmon, tuna, trout, herring), walnuts, canola oil, flaxseeds and green leafy vegetables.
2. Use monounsaturated oils such as olive oil and canola oil as your primary fat.
3. Eat seven or more servings of fruits and vegetables every day.
4. Eat more vegetable protein, including peas, beans and nuts.
5. Avoid saturated fat by choosing lean meat over fatty meat and low-fat over full-fat dairy products.
6. Avoid oils that are high in omega-6 fatty acids, including corn, safflower, sunflower, soybean and cottonseed oils.
7. Reduce your intake of trans-fatty acids by cutting back on margarine, vegetable shortening, commercial pastries, deep-fat fried food and most prepared snacks, mixes and convenience foods.

*St. Luke’s Episcopal Hospital offers a free class on The Omega Diet to visitors, patients and staff every Tuesday at 10 a.m. in the Texas Heart Institute at St. Luke’s Episcopal Hospital—The Denton A. Cooley Building on the B1 level in Conference Room C. No reservations are needed. Individualized personalized instruction is also available by appointment in the Nutrition Clinic by calling (832) 355-2013.*

### *Creamy New Potato Salad*

1 1/2 lb. small red potatoes, halved, boiled and cooled  
1/2 cup defrosted frozen baby peas  
1 small can sliced water chestnuts, drained (optional)  
1 Granny Smith apple with peel, chopped  
1/2 cup fresh chopped chives  
2 chopped fresh sweet peppers, red, yellow or green  
Black pepper to taste

Toss all ingredients with a favorite dressing containing olive or canola oil. Chill and serve.

*Nutritional information per serving: 68 calories, 2.5 grams protein, 15 grams carbohydrate, 4 grams fiber, .2 grams fat, 200 mg. sodium, 443 mg. potassium*

### *Stir-Fried Veggies with Sesame Sauce*

Steam fresh broccoli florets and Julienne carrot, zucchini or yellow squash sticks about 5 minutes until tender but crisp (about 1 lb.). Use any fresh veggies you enjoy (mushrooms, snow peas, cabbage, etc.)

Sauce: 1/2 cup chicken stock (regular or low salt)  
1 tsp. sesame oil  
1 tbl. olive oil  
2 tsp. seasoned rice wine vinegar  
1 tsp. soy sauce  
1 tsp. sugar  
2 tsp. toasted sesame seeds  
(toasted in hot skillet), optional

Combine sauce ingredients and heat over medium heat. Add steamed veggies. Toss lightly to coat. Sprinkle with toasted sesame seeds.

*Nutritional information per serving: 88 calories, 3 grams protein, 7 grams carbohydrate, 2.5 grams fat, 6 grams fat, 163 mg. sodium, 377 mg. potassium*