

# WHAT'S HAPPENING AT THE TASTE OF HEALTH RESTAURANT

February 2010



## AMERICAN HEART MONTH

Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, since 1963 Congress has required the President to proclaim February "American Heart Month." (Note: this is not "Heart Month" or "National Heart Month.")<sup>1</sup> This month I wanted to focus on something a bit closer to home. Obesity.

Joseph M. Smith, Director, Taste of Health

### FOOD FOR THE HEART

Did you know that approximately 64% of adults in America are overweight? Did you also know that 26% of adults in America are considered Obese? These days everywhere you turn it seems the only food affordable to eat is the junk food available from fast food restaurants. With the economy the way it's been the last few years, money seems to be harder and harder to come by, and with the rising cost of food, people feel that the cheap fast food is their only option.

Let's look at it from a different perspective. If people would concentrate on eating healthier and exercising, they would be spending less money on the sickness care they have as a result of being overweight and unhealthy. By being overweight you are more likely to develop diabetes, coronary heart diseases, or respiratory problems, all of which are very costly to treat. A bag of apples only costs about 3 bucks, and you remember what your grandmother used to say about apples. For those of you who don't know, the phrase is "An Apple a Day Keeps the Doctor Away." Not something most doctors want to hear, but that's another story.

### BODY MASS INDEX

In case you are wondering if you would be considered overweight, knowing what your body mass index is can help. Your body mass index is calculated by dividing your weight in kilograms by your height in meters squared. A Body Mass Index between 18.5 and 25 is ideal. People with a BMI between 25 and 29.9 are overweight and a BMI greater than 30 indicates obesity. For a quick BMI calculator, visit [www.mayoclinic.com](http://www.mayoclinic.com).



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BUY 9 GET 1 FREE!			THE FIRST CARROT JUICE IS ON US!		
2	3	4	2	3	4
5	6	7	5	6	7
8	9	10	8	9	10

#### Top 10 Heart Healthy Foods<sup>1</sup>

- High fiber cereals and breads
- Fish (Salmon or Tuna)
- Legumes
- Nuts (Walnuts and Almonds)
- Skim milk
- Blueberries
- Apples and Oranges
- Carrots
- Tomatoes
- Spinach and Kale

1-americanheart.org

2-diets.com

The **Taste of Health Restaurant** is located in the lower level of the Reception Dome of The Center for the Improvement of Human Functioning International  
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[www.brightspot.org](http://www.brightspot.org)