

Industrial Insurance Agency

September 11th, 2012 TIPS FOR TUESDAY

Nuttier Than a Fruitcake and Cholesterol-Lowering, Too

You may know that nuts contain lots of calories and should be eaten in moderation, but they're low in saturated fat and filled with mono- and polyunsaturated fat, the good fats that are part of a healthy diet. And for their size, they pack an amazing wallop of protein, fiber, vitamins and minerals.

Healthy and Hearty

Not sure which nuts to try? Walnuts are a good choice. They have more polyunsaturated fat than other nuts and seem to raise healthy high-density lipoprotein (HDL) cholesterol as well as lower unhealthy LDL cholesterol. Walnuts also are a good source of heart-healthy omega-3 fatty acids.

Almonds, on the other hand, are the best nut source of vitamin E, an antioxidant important to heart health. Almonds also are high in calcium, good for heart, muscle, and nerve function, as well as bones and teeth.

Tree nuts (almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts) are rich in plant protein and unsaturated fats, and contain a number of important nutrients such as vitamins (e.g., folate, niacin, vitamin E) and minerals (e.g., copper, phosphorus, magnesium).

Going Nuts Over the Right Portion-size?

The American Heart Association recommends eating 4 servings of unsalted, unoiled nuts a week. A serving size is a small handful or 1.5 ounces of whole nuts or 2 tablespoons of nut butter, like peanut or almond butter.

Take Care of Your Heart - for Life

Coronary heart disease (CHD), also called coronary artery disease, is a medical condition in which plaque builds up on the interior walls of your arteries. Over time, plaque narrows the arteries, making it harder for the heart to pump life-giving blood to every area of your body. CHD can lead to a heart attack. Currently, CHD is the leading cause of death in the United States, among both men and women.

Here's what you can do to help lower your risk for CHD:

- Don't smoke or use other tobacco products, which can tighten and damage blood vessels.
- Eat a varied diet rich in fruits, veggies and low-fat foods.
- Keep a healthy weight.
- Get at least 30 minutes of exercise, most days of the week.
- Keep cholesterol levels in normal ranges.
- Control your blood pressure.

Have regular health exams (checkups) with your doctor.

Tips for a Healthy Pregnancy

If you are thinking about having a baby, it's never too soon to take these steps for your health and your baby's:

- Be sure health situations are under control.
- Get any shots you need.
- Take a vitamin with 400 micrograms (mcg) of folic acid (a B vitamin) every day for at least one month before you plan to become pregnant. This can help avoid birth defects.
- If you smoke or drink alcohol, stop.
- Talk to your doctor about any drugs and supplements you are taking, include anything you buy over the counter.
- Stay away from toxic substances or anything that might cause an infection. Avoid cat or rodent waste, which could be harmful.
- Plan to get prenatal care. Women who see a doctor early, and throughout the pregnancy, have healthier babies and are less likely to have their babies early.

Source: Centers for Disease Control and Prevention

**Industrial Insurance Agency
1632 Colonial Parkway
Inverness, IL 60067
(847) 705-6600**

info@webiia.com