



# Foods to Improve Cholesterol Numbers This Fall!

## October 2017 Brazos County Better Living for Texans Newsletter

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For more information regarding Better Living for Texans, please contact:

### **Katie Cook**

Better Living for Texans  
Extension Assistant

Katie.cook@ag.tamu.edu  
(979)-823-0129

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Diet will play an important role in lowering your cholesterol and these top food choices just might help lower your numbers and protect your heart. Oatmeal contains soluble fiber, which reduces low-density lipoprotein (LDL) which is considered the “bad” cholesterol. Soluble fiber can also be found in food such as kidney beans, prunes, pears, apples, and barley. Eating 1 ½ cups of cooked oatmeal provides 6 grams of fiber and if you add fruit then you’ll add around 4 more grams of fiber. Eating 5-10 grams or more of soluble fiber a day decreases your total and LDL cholesterol.

Fatty fish has high levels of omega-3 fatty acids which reduces blood pressure and risk of developing blood clots. They do not affect LDL levels, but have heart benefits so eating at least 2 servings of fish a week is recommended by the American Heart Association. When looking at what fish have the highest levels of omega-3 fatty acids they are mackerel, lake trout, herring, sardines, albacore tuna, salmon, and halibut.

Walnuts, almonds, and other tree nuts improve blood cholesterol and are rich in mono-and polyunsaturated fatty acids. Make sure the nuts you eat are not salted or coated in sugar. Eating about a handful, roughly 1.5 ounces, a day may reduce the risk of heart disease. Nuts are high in calories, so a handful will do.

Lastly, avocados are a great source of nutrients and monounsaturated fatty acids. Try adding avocado slices to salads, sandwiches, or eating them as a side dish. Try to incorporate all of these food items as part of your healthy diet and lifestyle.



Photo Source: <http://www.cheatsheet.com/health-fitness>

Source: <http://www.mayoclinic.org>

# October Exercise Tip

This month's exercises will be based on the 4 for Fall treadmill workouts. Although being outside is the best option and the weather is on the verge of cooling down, sometimes treadmills can be your best workout option. For those that like to get on the treadmill, but don't know what to do besides just walk or run as your workout, here are some ideas!

## HILL CLIMB

- 5 Minute walking warmup
- Increase incline by 1 each minute for 5 minutes
- hold the top incline for 2 minutes
- Decrease incline by 1 each minute for 5 minutes
- Repeat once
- 5 minute cooldown walk

## INTERVAL

- 5 Minute Warmup walking
- 1 minute fast walk/jog
- 2 minutes easy walk
- Repeat 5-8 times
- 5 minute cool down

## TEMPO

- 5 Minute warmup walking
- 10-15 minutes medium-fast jogging
- 5 minute cool down

## FARTLEK

- 5 minutes warmup walking
- 3 minutes hard jogging
- 2 minutes hard jogging
- 1 minute hard jogging
- 4 minutes hard jogging
- 2 minutes easy
- 2 minutes easy
- 1 minute easy
- 2 minutes easy
- 5 minute

## Cowboy Salad Recipe

Makes: 6 servings

### Ingredients:

2 cans (15 ounces) black-eyed peas or black beans (drained)  
 1 can (15 ounces) corn (drained)  
 1 cup cilantro  
 5 green onions  
 3 medium tomatoes  
 1 avocado  
 1 tablespoon oil (canola or vegetable)  
 ½ teaspoon salt and pepper



### Directions:

1. Drain and rinse the black beans or black-eyed peas and corn.
2. Finely chop the cilantro and green onions
3. Dice the tomatoes and avocados
4. Combine all ingredients in a large bowl
5. Mix oil, vinegar or lime juice, salt and pepper together in a small bowl
6. Pour oil mixture over salad ingredients and toss lightly
7. Refrigerate leftovers within 2 hours

This is a great lunch item or side dish for family gatherings. Try adding other vegetables such as sweet or hot peppers or zucchini. Freeze extra lime juice to use later!

### Nutrition Information per serving: 1 cup

Calories 160  
 Total Fat 6 g  
 Saturated Fat 0 g  
 Sodium 610 mg  
 Carbohydrate 22 g  
 Dietary Fiber 8 g  
 Protein 6 g

For more recipes and information on healthy nutrition habits, visit:  
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