



# *February 2017*

# *Food Bank*

# *Newsletter*

EAT LESS  
SUGAR.  
YOU'RE SWEET  
ENOUGH  
ALREADY.

## MANAGING CHOLESTEROL THROUGH DIET AND ACTIVITY

### *What is blood cholesterol?*

Cholesterol is a fat found in the blood. There are two main types of blood cholesterol: high density or HDL cholesterol and low density or LDL cholesterol.

LDL cholesterol is referred to as “bad” cholesterol that can form plaque or fatty deposits on your artery walls and block blood flow to the heart and brain, if your LDL level is high.

HDL cholesterol is referred to as “good” cholesterol because it helps to remove excess cholesterol from the body.

### *How is blood cholesterol increase?*

Cholesterol is naturally made by your body but is increased through your diet.

Dietary cholesterol — found in meat, poultry, eggs and regular dairy products — has less impact on blood cholesterol than foods with saturated and trans fat.

Foods containing saturated fat include processed foods, fatty meats, full-fat milk products, butter and lard. Foods containing trans fat include partially hydrogenated margarines, deep-fried foods and many packaged crackers, cookies and commercially baked products.

### *Why should I control my blood cholesterol?*

High blood cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke.

As your blood cholesterol rises, so does your risk of coronary heart disease.

### *Tips to help manage cholesterol*

Making some lifestyle changes is a positive way to help prevent and manage your risk of heart disease and to control your blood cholesterol levels.

What you eat has a huge impact on your health. Highly processed foods are a major source of saturated fat and are usually high in calories, sodium, sugar and sometimes trans fats. Saturated fat increases LDL or bad cholesterol levels in your blood.

If you eat a healthy, balanced diet, with few or no processed foods and appropriate portion sizes, you will reduce your saturated fat intake.



A quick saute is all that's needed to enhance carrots' natural sweetness.

## Ingredients

- 2 pounds carrots
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons unsalted butter
- 1 1/2 tablespoons chopped fresh dill or flat-leaf parsley

## Directions

Peel the carrots and cut them diagonally in 1/4-inch slices. You should have about 6 cups of carrots. Place the carrots, 1/3 cup water, the salt, and pepper in a large (10 to 12-inch) saute pan and bring to a boil. Cover the pan and cook over medium-low heat for 7 to 8 minutes, until the carrots are just cooked through. Add the butter and saute for another minute, until the water evaporates and the carrots are coated with butter. Off the heat, toss with the dill or parsley. Sprinkle with salt and pepper and serve.

Total Time: 15 min

Prep: 5 min

Cook: 10 min

Yield: 6 servings

Level: Easy



## Soothing A SORE THROAT

*(continued from previous page)*

To see whether you have strep throat, the doctor will take a throat swab. If test results confirm strep, your doctor will prescribe antibiotics. After 24 hours of taking them, you should no longer be contagious. You'll likely begin feeling better within a couple of days, but to fully recover it's important to finish all of the medicine.

Strep is highly contagious. Treat it quickly to prevent it from spreading to others. Not only can the infection be transmitted, but there are potential complications from untreated strep throat. These include ear infections, rheumatic fever and kidney problems.

Another fairly common throat infection is tonsillitis, which occurs when you have sore, swollen tonsils. It's caused by many of the same viruses and bacteria that cause sore throats. If you have frequent bouts of tonsillitis or strep throat, you may need surgery (called a tonsillectomy) to have your tonsils removed.

The best way to protect yourself from the germs that cause these infections is to wash your hands often. Try to steer clear of people who have colds or other contagious infections. And avoid smoking and inhaling second-hand smoke, which can irritate your throat.

### SORE THROAT RELIEF

- Try hot tea with lemon or some hot soup.
- Keep your throat moist with lozenges or hard candies.
- Gargle with warm salt water or use ice chips.
- Cold liquids or popsicles can numb the pain. Throat sprays and over-the-counter pain relievers can help, too.
- Use a humidifier or vaporizer, especially when sleeping, to keep air from getting too dry.
- If the sore throat persists for several days, contact a health care professional.





# Chicken Tortilla Casserole

Everyone loves Mexican casseroles, but they don't always fit into a healthy diet. With this tasty dish, you can enjoy creamy, zesty layers of tortillas, chicken, beans and corn without a bit of sacrifice!

Prep time 10 minutes

Total time 45 minutes

Serves 6 people

## Ingredients

- 2 cups diced cooked boneless, skinless chicken breast
- 1 can (about 15 ounces) black beans, rinsed and drained
- 1 can (15 ounces) no added salt corn, drained
- 2 cloves garlic, minced
- 4 green onion, chopped (about 1/2 cup)
- 2 tablespoons chili powder
- 1 can Campbell's® Healthy Request® Condensed Healthy Request® Cream of Chicken Soup
- 2 tablespoons lime juice
- 4 corn tortilla(6-inch), cut in half
- 1/3 cup shredded reduced fat Cheddar cheese

## Directions:

Set the oven to 350°F. Stir the chicken, beans, corn, garlic, **three-fourths** of the green onions, the chili powder, soup and lime juice in a large bowl. Spread **about 1/4 cup** chicken mixture the bottom of an 8x8x2-inch baking dish. Arrange **4** tortilla halves on the chicken mixture, straight edges facing out against the edges of the dish. Top with **half** the remaining chicken mixture. Repeat with the remaining tortilla halves and the remaining chicken mixture. Cover the baking dish. Bake for 30 minutes or until hot. Uncover the baking dish. Sprinkle with the cheese. Bake, uncovered, for 5 minutes or until the cheese is melted. Sprinkle with the remaining green onions.

## *5 Reasons to Drink Water*

1. **Drinking Water Helps Maintain the Balance of Body Fluids.** Your body is composed of about 60% water. The functions of these bodily fluids include digestion, absorption, circulation, creation of **saliva**, transportation of **nutrients**, and maintenance of **body temperature**.

"Through the posterior pituitary gland, your **brain** communicates with your **kidneys** and tells it how much water to excrete as urine or hold onto for reserves. When you're low on fluids, the **brain** triggers the body's thirst mechanism. And unless you are taking **medications** that make you thirsty you should listen to those cues and get yourself a drink of water, juice, milk, coffee -- anything but alcohol.

2. **Water Can Help Control Calories.** For years, dieters have been drinking lots of water as a weight loss strategy. While water doesn't have any magical effect on weight loss, substituting it for higher calorie beverages can certainly help.

Food with high water content tends to look larger, its higher volume requires more chewing, and it is absorbed more slowly by the body, which helps you feel full. Water-rich foods include fruits, vegetables, broth-based soups, oatmeal, and beans.

3. **Water Helps Energize Muscles.** Cells that don't often maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue. Drinking enough fluids is important when exercising. Follow the American College of Sports medicine guidelines for fluid intake before and during physical activity. These guidelines recommend that people drink about 17 ounces of fluid about two hours before exercise. During exercise, they recommend that people start drinking fluids early, and drink them at regular intervals to replace fluids lost by sweating.

4. **Water Helps Keep Skin Looking Good.** Your skin contains plenty of water, and functions as a protective barrier to prevent excess fluid loss. But don't expect over-hydration to erase wrinkles or fine lines.

Dehydration makes your skin look more dry and wrinkled, which can be improved with proper hydration. Once you are adequately hydrated, the kidneys take over and excrete excess fluids.

5. **Water Helps Your Kidneys.** Body fluids transport waste products in and out of cells. The main toxin in the body is blood urea nitrogen, a water soluble waste that is excreted in urine. Your kidneys do an amazing job of cleansing and ridding your body of toxins as long as your intake of fluids is adequate. If you chronically drink too little, you may be at higher risk for kidney stones, especially in warm climates.



**How much water  
should you drink  
per day?**

1/2 your body  
weight in ounces.  
Ex: 140 lbs. / 2 = 70 oz.

Humana