



# The Mended Hearts, Inc.

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## Lake Country Area

Hi everyone,

Hope everyone is planning on making the January 13th meeting. Our speaker is great and a heart patient himself. One of the things we deal with a lot is depression with both the patient and the spouse and family due to the unknown. He has a lot to tell us to help us thru this. When I asked him to come and talk with our group he said thanks for letting him give back. Please don't miss this one.

If you see this e mail but don't know what Mended Hearts his please stop by Sunday and get to know us. The meeting starts at 6:30 on Sunday night and ends at 8:00PM. We are lucky to have our guest speaker who will start at 6:30. Following him we have a very short business meeting followed by a social time for everyone to get to know each other better. We have free coffee provided by pro health and snacks brought in by anyone who is willing to.

At our board meeting we will talk about the grant we have received and the plans for it

The board is also looking for three committee chairman.

One to take care of a sign in sheet for treats at the meetings

One for helping with the layout and updates on our web site

The third one is for publicity to help get the word out to the newspapers and other media

Please bring guests. The more members we get the more we can help each other and them.

glenn

PS Treats are always "welcome".

PSS See you Sunday

Here is a little chart you could tape to the inside of a kitchen cabinet as a reminder of the good things for you to eat.

## Heart Healthy Foods

- Fruit and vegetables (berries, plums, citrus, apples, cantaloupe, spinach, tomatoes, broccoli, cauliflower, and avocado)
- Salad (with a vinegar or olive oil dressing)
- Oatmeal
- Wholegrain/wheat bread
- Beans (lima, kidney, pinto, red or black)
- Skinless poultry
- Fish (salmon, mackerel, lake trout, halibut, herring, sardines, and albacore tuna)
- Game meats
- Fish oil
- Plant sources such as flaxseed
- Low or nonfat dairy (milk, cheese, cottage cheese, and yogurt)
- Health cooking oils (canola, olive, safflower, sesame, soybean, and sunflower)
- Liquid or tub margarine (trans-fat free and low in saturated fat)
- Nuts (almond, walnuts, and pecans)
- Soybeans

## Food to Avoid

- Fried foods
- Hard margarine or butter
- Commercially baked goods
- Packaged/processed snack foods
- White rice (brown rice is okay) or white bread
- Starchy vegetables (potatoes, corn peas, beets, and squash)
- Salty processed meats (sausage, salami, and bratwurst)
- Sodas and similar flavored beverages (Diet soda is okay)
- Products containing high fructose corn syrup
- Foods containing trans-fat/saturated fat

**Heart Fact:** Maintain a heart healthy diet by eating whole, natural foods instead of highly processed foods.