

# Healthy Heart Newsletter

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## Healthy Heart Fact

According to recent estimates, about one in three U.S. adults has high blood pressure, but because there are no symptoms, nearly one-third of these people don't know they have it. In fact, many people have high blood pressure for years without knowing it. Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. This is why high blood pressure is often called the "silent killer." The only way to tell if you have high blood pressure is to have your blood pressure checked. Plan now to come to Messiah's Wellness Fair on March 25, and have your blood pressure checked, so you aren't caught unaware!

## High Blood Pressure Health Risk Calculator

<http://www.americanheart.org/presenter.jhtml?identifier=3027275>

understanding  
treating  
preventing  
Heart Disease

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"My blood pressure is 180/90 which mathematically is equal to 2/1 which doesn't seem so high!"

## Myth Buster

**Myth:** "That food has no cholesterol. It's OK."

**Truth:** It has taken years, but the message is out about cholesterol, and almost everyone knows you want less of it. The companies that package food know this, and prominently label their food with sayings like "Low Cholesterol!" It's easy to forget that saturated fat is important, shifting the liver's metabolism to higher production of the more harmful types of cholesterol. While "polyunsaturated" fats are less harmful, a diet with moderate amounts of "monounsaturated" fats, such as are found in olive and canola oils may be the most protective of all. The so-called "Mediterranean Diet", with primarily fresh fruits and vegetables, modest amounts of meat, and significant monounsaturated fat intake seems to be protective, as well as tasty and enjoyable. In conclusion Read the label carefully so you know what you're getting. There are "no cholesterol" foods that aren't as healthy as they'd like for you to believe.

## Heart Healthy Recipe

### Honey Mustard Barbecue Chicken

½ cup Dijon mustard  
1/8 tsp dried thyme  
3 tbsp vinegar  
4 chicken breast halves, bone in, skinned  
4 tsp Worcestershire sauce  
2 tbsp honey

**Marinade:** Combine mustard, vinegar, Worcestershire sauce and thyme. Mix together until smooth. Place chicken in a plastic bag and pour marinade over chicken. Marinate from 4 to 24 hours. Drain and reserve marinade. Set aside 1/3 cup of marinade for sauce.

**Chicken:** Place chicken, bone side down on a hot grill with an oiled rack. Cover and grill until chicken is no longer pink, brushing occasionally with remaining marinade.

**Sauce:** In a small saucepan, combine the 1/3 cup of reserved marinade and honey. Heat to boiling. Reduce heat and simmer, covered, for 5 minutes

Serve chicken with sauce.

Per Serving: (Makes 4 servings)

Calories: 187

Fat: 3.7g

Saturated Fat: 1g

Sodium: 398 mg

Sources: <http://www.heartpoint.com>, <http://www.cardassoc.com/recipes>, <http://www.americanheart.org/presenter.jhtml?identifier=3027275>,  
<http://www.americanheart.org/presenter.jhtml?identifier=2114>, <http://www.glasbergen.com/images/fit313.gif>