

## Take the Stress Test

The sample menu plan below shows you just how easy it is to eat a rainbow of colorful produce, variety of whole grains, and healthy fats each day to help keep inflammation at bay.

Breakfast	Mid-Day Snack
<ul style="list-style-type: none"><li>• 1 cup cooked oatmeal topped with 2 table-spoons ground flaxseed</li><li>• 1 cup fresh blueberries</li><li>• Dash of ground cinnamon and nonfat plain yogurt</li><li>• Cup of green tea</li></ul>	<ul style="list-style-type: none"><li>• 1 cup 1% cottage cheese topped with ½ cup diced melon</li><li>• Water</li></ul>
Mid-Morning Snack	Dinner
<ul style="list-style-type: none"><li>• ¼ cup dried cherries mixed with ¼ cup almonds</li><li>• Water</li></ul>	<ul style="list-style-type: none"><li>• 4 ounces grilled wild salmon filet</li><li>• 2 cups steamed broccoli</li><li>• 1 cup roasted sweet potato wedges</li><li>• 1 medium apple, diced and topped with nonfat vanilla yogurt</li><li>• Water</li></ul>
Lunch	
<ul style="list-style-type: none"><li>• Large baby spinach salad topped with carrots, celery, cucumber, and grape tomatoes</li><li>• ½ cup canned chick peas (rinsed and drained)</li><li>• 2 tablespoons light vinaigrette dressing</li><li>• 1 toasted 4-inch whole-wheat pita</li><li>• Medium pear</li><li>• Unsweetened iced tea</li></ul>	

# Healthy Appetite

Bringing you the resources of Cleveland Clinic and Heinen's

This brochure is brought to you by **Healthy Appetite**, a program designed by **Cleveland Clinic and Heinen's** to provide shoppers with nutritional and educational information, so they can make healthier food and lifestyle choices – choices that will ultimately enhance personal health and wellness.

This information should be relied upon for health education purposes only. It does not provide a complete overview of the topics covered and should not replace the independent judgment of a physician.



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# Quelling the Flames of Inflammation





### What is Inflammation?

The pain and swelling that occurs after a sprain, the puffiness that results from a cut, the restrictive airflow during an asthma attack or allergy: all signs of inflammation. Although most inflammation can be suppressed with medications, there is much more occurring in our body that we can neither see nor feel. Cardiovascular disease is one such example.

The leading cause of death in the United States, cardiovascular disease is now thought to develop as a result of inflammation. It was once widely believed that heart attacks were merely a “plumbing problem.” Over time, blood vessels became narrowed or “clogged” as a result of low-density lipoprotein (referred to as bad cholesterol) forming plaques on the arterial wall. Now, doctors know this bad cholesterol also gets imbedded inside the arteries, where the body’s immune system recognizes it as an invader to be attacked. This immune response eventually damages the arteries and causes vulnerable plaques to rupture and form clots.

The evidence for the involvement of inflammation in heart disease is so strong that many doctors now use blood markers for inflammation in conjunction with other risk factors (such as blood pressure, blood cholesterol) to estimate a person’s risk of developing the disease.

The good news is what you eat can have a significant impact on your risk of developing disease and quelling inflammation. The following table highlights foods that are pro-inflammatory (promote inflammation in the body) and those that are anti-inflammatory (fight inflammation in the body). It goes without saying that you should strive to eat as many anti-inflammatory foods as you can each day, and limit the pro-inflammatory foods as best as you can.

### Pro-Inflammatory Foods

#### Saturated fats, found in:

Butter, lard, bacon, high-fatty cuts of beef, processed meats made with nitrites, skin-on poultry, full-fat dairy foods. Processed foods rich in omega-6 fats, such as corn and safflower oils.

#### Trans-fats, found in:

Fried foods, stick margarine, shortening, any food made with partially hydrogenated oil.

#### Refined sugars, found in:

Soda, fruit drinks and other sweetened beverages, candy, candy bars, sweets and other desserts.

#### Highly processed, refined grains like:

White bread, crackers, refined pasta, white rice, most snack foods (fried corn or potato chips) and sweetened cereals.

### Anti-Inflammatory Foods

#### Omega-3 fats, found in:

Cold water fish (salmon, mackerel, sardines), flaxseeds, walnuts, pumpkin seeds, canola oil, soy.

#### Unsaturated fats, found in:

Olive, grapeseed and walnut oils, nuts (like walnuts, peanuts and pecans) avocados, olives.

#### Fruits & vegetables:

Vibrant colored fruits and vegetables such as asparagus, sugar snap peas, mixed baby greens, corn, strawberries, cherries and pears, apples, oranges, squash, broccoli, spinach and other dark leafy greens, carrots and sweet potatoes.

#### Whole grains, found in:

Brown rice, wild rice, barley, oatmeal, oat bran, 100% whole grain cereals, breads and pastas, 100% whole wheat bread.

#### Herbs and spices:

Curry powder, turmeric, cinnamon, ginger, garlic and onions.

### Here’s to Your Good Health

You can enjoy tremendous health benefits when you make small but significant changes in the way you eat. A great first step is to take advantage of the Healthy Appetite program, designed by Cleveland Clinic and Heinen’s. For nutrition tips and meal ideas, please visit [www.heinens.com/healthyappetite](http://www.heinens.com/healthyappetite). Here’s to your good health!