

CHIP

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fall 2006

A Quarterly Publication for Peoria Coronary Health Improvement Project Alumni

dates to remember:

(details on page 3)

11/2/06

CHIP Cooking Demonstration

Thursday • 5:30-7:30pm

11/9/06

Lebanese Cooking Demonstration

Thursday • 6:00-7:30pm

11/9/06

CHIP Video Support Group

Thursday • 5:30-7:00pm

Note: No group in December

The Real Diehl Comes to Peoria

submitted by Susan Voigt-Reising,
PALM Health Promotion Director

More than 50 Peoria area CHIP alumni and current participants were treated to “The Real Diehl” on a recent Friday when CHIP founder and cardiovascular epidemiologist Hans Diehl spoke at a special CHIP alumni event.

Dr. Diehl brought his unique blend of education and motivation to the auditorium at Advanced Medical Transport on September 15 for a special Peoria Area CHIP Alumni Association (PACAA) event. He called out CHIP staff, CHIP Physician Advocate John Miller, M.D., and CHIP grads Bob and Pat DeCroix to informally interview them before the group, while skillfully interweaving anecdotes of CHIP successes from around the globe with the latest health statistics.

“It’s just so exciting to see him in person,” said one CHIP graduate. “He’s even better in person than on DVD.”

To PALM Executive Director Dave Koehler, who brought the CHIP program to Peoria four years ago, Dr. Diehl presented a copy of “The China Study” by T. Colin Campbell. He encouraged everyone to read the book, which shares details of the most comprehensive nutrition study ever conducted, along with its startling implications for diet, weight loss and long-term health.

Dr. Diehl presented to Dr. Miller a copy of a WELCOA magazine dedicated entirely to coverage of the CHIP program. The magazine is geared toward large businesses who want to bring down their employee health care costs. (Note: To view this magazine in pdf format, visit www.chipglobal.org/scientific.html and click the “Absolute Advantage” link. CHIP clinical studies also are available for viewing from this webpage.)

continued

The Real Diehl Comes to Peoria

(continued from front)

The DeCroixs, who since embracing CHIP's recommended lifestyle changes in February, have lost more than 60 pounds each and improved their cholesterol dramatically, shared their experiences with Dr. Diehl and the group, answering questions about how CHIP had improved their lives. "We have more energy and just feel better," said Pat. "It's not rocket science," added Bob. "It's just a matter of making the changes and sticking to it."

The DeCroixs also were recently featured in a CHIP article in *Healthy Cells*, a local magazine published by Limelight Publishing, that in the future will run a CHIP article in each monthly issue.

The program opened with a streaming video on one of Dr. Diehl's most frequent admonitions: "Beware of crinkly bags." The short segment is one of 16 currently available at the international CHIP program website: www.CHIPglobal.org.

As attendees arrived at the event, they sampled an array of healthy appetizers catered by Leri Slonneger of CBS Catering, plus a mango smoothie demonstrated by CHIP Clinical Manager Amy Lister, R.D.



CALENDAR of Events

NOVEMBER

CHIP 8 Cooking Demonstration

Thursday, November 2, 5:30 to 7:30 p.m., \$10 per person (pay at the door)
Methodist Medical Center, Morrion Room

Park in Methodist's free parking deck and enter through main entrance. Take a right, passing the gift shop on your right. Take a right through the door just past the gift shop and continue down the hall past the Glen Oak elevators. The Morrion Room is at the end of the hall. Cooking by Methodist's Alice Price and Karen Hutton. We have space for 12 alumni to join the current CHIP class for this demonstration of healthy cooking.

RSVP to Joni Shaver at jshaver@palm.h-p.org or 495-5991.

Lebanese Cooking Demonstration

Thursday, November 9, 6:00 to 7:30 p.m., \$10 per person (pay at the door)
Grace and Peace Lutheran Church, 7611 Knoxville, Peoria (near Pioneer Parkway)

Watch healthy Lebanese cuisine being prepared by CHIP grad Randa Dawalibi, then sample each dish. Guests welcome!

RSVP to Joni Shaver at jshaver@palm.h-p.org or 495-5991.

ONGOING

CHIP Video Support Group

2nd Thursday of each month, 5:30-7 p.m., *FREE!*

First Christian Church, 6400 University, Peoria (next to post office)

The group watches portions of CHIP videotapes (including parts not viewed in class) designed to help attendees learn about and make healthy lifestyle changes. Following each presentation, attendees discuss the video and any other CHIP issues of interest. The goal: to support each other in addressing CHIP challenges and celebrate those wonderful successes!

Note: This is a support group for and by CHIP alumni and will not be overseen by a certified CHIP facilitator.

No group in December.

RSVP to moderator Reggie Smith at rsmith@mtco.com

Making the Most of Your Workout

submitted by Diana Pearce, Lead Exercise Specialist, Methodist Wellness Center

Make the most of your physical activity by exercising within your target heart rate zone. This range of heartbeats per minute, calculated using your age and a simple formula, will help you determine whether your workout investment is delivering maximum dividends. If you're not working hard enough, you may get frustrated when you don't see results over time. If you work too hard, you're likely to injure yourself or become burned out on exercise.

Monitoring Your Heart Rate

To monitor your heart rate, check your pulse. The two arteries that are easiest to use for taking your pulse are the:

- Radial artery, located on the palm side of your wrist in line with your thumb.
- Carotid artery, located on either side of the windpipe in your neck. If you are older than 65, do this with caution. If you press too hard, you may become lightheaded and could fall.

To take your pulse, place two fingers gently on the artery. Do not use your thumb because it has its own pulse that you may feel. Count the beats for 30 seconds, then double the result to get the number of beats per minute.

You also may consider using a heart rate monitor, available for use at health clubs and wellness centers, and for sale at sporting goods stores.

A heart rate monitor includes a band that fits comfortably across the chest and a watch-like monitoring unit worn at the wrist for easy viewing of current heart rate and other features. Some units are waterproof for swimming workouts.



Your Target Zone

Calculate your heart rate target zone to guide you to the right intensity workout for you. A target zone includes a low and high heart rate range, based on a percentage of your maximum heart rate.

To determine your maximum heart rate, subtract your age from 220 (maximum heart rate (in beats/minute) = $220 - \text{age}$). Determine your heart rate target zone by following these formulas:

- 60% to 70% of maximum heart rate use for weight loss, building endurance or recovery
- 70% to 80% of maximum heart rate use for improving cardio fitness
- 80%+ of maximum heart rate use for interval workouts to overcome plateaus

Improving Overall Fitness

A lower resting heart rate is a key indicator of improved overall fitness.

To achieve this result, vary your workouts. Your body is smart and adapts to routine. If you follow the same program consistently, you'll likely hit a plateau at which you no longer achieve the same benefits.

For the best results, focus on different workouts on different days. For example: Do an "endurance day" work-

out when you go longer at an easier pace than you usually do (60% to 70% of maximum heart rate). On another day, do an interval workout that might include hill repeats or speed intervals where you pick up the speed for 1 minute (80%+ of maximum heart rate), rest for three minutes and repeat.

Fall Favorites

submitted by
Amy Lister, RD, LDN
CHIP Clinical Manager



*Smoked garlic and artichoke risotto and roasted butternut squash with lemon asparagus in balsamic dressing
Recipe at www.vegsoc.org/nw/2005/recipes/risotto.html*

The sun is setting a little earlier each evening and the air has a special crisp scent—ushering in fall and its inspiration to get serious about lifestyle changes. If your healthy lifestyle needs a jump-start, make an extra effort this fall to incorporate antioxidant-rich foods such as fruits, vegetables, legumes, and high fiber grains into your meals.

Beans are excellent any time of the year but they certainly are a welcome ingredient to hearty soups and stews when the air cools. Did you know small red beans are more concentrated in antioxidants than blueberries? According to the USDA ranking of the top 20 antioxidant-rich foods, small red beans or Mexican red beans topped the chart. Blueberries did receive the number two spot but the red kidney bean was number three and the pinto was number four. Just another reason to eat your beans!

Squash is a fleshy vegetable covered by a protective rind. Squash varieties are sometimes categorized as “summer” or “winter” types—somewhat misleading, as both varieties are available year-round. We often associate winter squash with autumn dishes such as pumpkin pie or butternut squash. Squash is an excellent source of carotenoids, fiber, and vitamins A and C. Carotenoids have been associated with a reduction in the risk of developing several types of cancer, cardiovascular disease, and may help with inflammatory conditions such as asthma and arthritis.

Wild Rice is not actually rice but a long-grain marsh grass. This crop was originally grown by indigenous tribes around the Great Lakes. The Midwest is still one of the main producers of this ancient grass, which has more fiber and protein than brown rice. Wild rice has a unique flavor that is a tasty addition to fall recipes.



Enjoy the **Wild Rice and Butternut Squash Medley** recipe on the next page to help you transition into the autumn season.

Wild Rice and Butternut Squash Medley

This recipe is adapted from Vegetarian Times magazine.

The nutty flavor of wild rice and creamy texture of butternut squash are the perfect pair for this fall recipe. Serve with crisp apple slices sprinkled with cinnamon for the ideal autumn evening meal.

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 3 garlic cloves, minced
- 3 cups cooked wild rice
- 1 pound butternut squash, peeled, seeded, cubed
- 1 15 ounce can low-sodium kidney beans, rinsed
- 1 tablespoon Dijon mustard
- 1 tablespoon dried oregano
- 1 teaspoon ground cumin
- ¼ teaspoon ground pepper

Nutrition Facts

Servings: 8

Calories 170

Total Fat 2gm

Saturated .5gm

Carb 32gm

Fiber 5gm

Protein 6gm

Sodium 230mg

Heat oil in a large pot over medium heat.

Add onion and garlic and sauté.

Stir in cooked wild rice, squash, beans, mustard, oregano, cumin, pepper, and 2 cups water. Cover and bring to a boil.

Reduce heat to medium-low, and simmer 15 minutes or until all the liquid is absorbed.

Do you have a CHIP-friendly recipe
you'd like to share with others?

Submit your recipes to Amy at
alister@palm.h-p.org
to be featured in an
upcoming newsletter.



Peoria Area CHIP Approved Restaurants

The CHIP Approved Restaurant Program is designed to support CHIP participants and graduates—as well as others looking for healthy menu choices—when dining out. When you visit a CHIP Approved restaurant, be sure to mention you would like to see the CHIP menu if the CHIP items aren't on the main menu.

For details on CHIP Approved Restaurants, including menus and the latest restaurant additions, visit www.palmpeoria.org/CHIP. For additional information, contact CHIP Clinical Manager Amy Lister, RD, at 673-7274, ext. 6.

Menu items marked with the “CHIP Approved” symbol are:

- Low in cholesterol
- Low in fat (20% or less of calories from fat)
- Low in sugar and salt
- High in fiber
- A good source of plant-based protein

Apple's Northside Market

8412 N. Knoxville, Peoria
693-3522

Great Harvest Bread Company

9010 N. Allen Road, Peoria
589-0900

One World Café

1245 W. Main Street, Peoria
672-1522

Panache

4203 N. Sheridan Road, Peoria
589-1844

Paparazzi

4315 N. Voss Street, Peoria Heights
682-5205

Peoria Bread Co.

1404 N.E. Monroe, Peoria
655-0944

Rhythm Kitchen

305 S.W. Water Street, Peoria
676-9668

Website Spotlight

If you're looking for nutritional info on your favorite restaurant and grocery foods, chances are you'll find it here! Calorieking.com offers a wide range of nutritional information including calorie count; fat, fiber, and protein content; and much, much more.

Their mission is to “help reverse the continuing unhealthy American trend toward obesity, diabetes, and other undesirable health conditions.”

www.calorieking.com/foods

About PACAA

- The Peoria Area CHIP Alumni Association (PACAA) is open to all graduates of the CHIP program.
- At present, there is no charge to join, although a nominal fee is charged for some events.
- Events are held at least once a month. They may be educational, social or both and are designed to support CHIP grads in the CHIP lifestyle.
- Notification of events goes out by e-mail (alumni without e-mail access are requested to ask a fellow CHIPer with e-mail access to let them know about upcoming events).
- All alumni with e-mail addresses will receive **CHIP Chatter**, the PACAA quarterly e-mail newsletter. Archived newsletters are available at www.palmpeoria.org/CHIP. Just click on the PACAA link.
- Alumni also receive by e-mail a biweekly "CHIP Tip" with helpful CHIP-related information and recipes. Past CHIP Tips also are available on our website.
- CHIP Alumni are invited to take any Peoria Area CHIP Community program at a \$100 discount.

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