Eating a healthy diet doesn’t have to break the bank. Try adding these items to your grocery list:

**Lentils and beans.** High in protein, iron and fiber, they’re a great replacement for meat. Stock up on canned beans and rinse before using to reduce sodium.

**Frozen produce.** It’s just as nutritious as fresh. Bonus? Less worry about spoilage.

**Canned fish.** Think tuna, salmon and sardines. Fish can be a great source of omega-3 fats, which may help ward off heart disease. Canned fish is versatile too; use it in fish cakes or pasta salads.

**Eggs.** High in protein and choline (a possible brain booster), eggs are a healthy bargain. Remove the yolks before eating if cholesterol is a concern.

**Sweet potatoes.** They surpass white potatoes for nutritional value and can be baked or added to stews.

**Apples, bananas and oranges.** Buy green bananas and they’ll last you all week. If they get black or mushy, freeze them in plastic bags, then use later for smoothies or banana bread.

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**Latest Treatments for Heart Attacks**

Cardiology has come a long way. Here are some of the most helpful advances:

**Superior tools** — Many hospitals now possess sophisticated equipment for the detection and treatment of heart disease, such as 24-hour cardiac catheterization labs for performing angioplasty (a procedure for opening blocked blood vessels).

**Better understanding** — Ongoing research is yielding state-of-the-art knowledge, from recognizing that angioplasty is most effective if done within a few hours of the heart attack to knowing how best to treat patients with atypical symptoms.

**Advances in care** — Hospitals that participated in quality improvement initiatives, such as the American Heart Association’s “Get With the Guidelines” program, have substantially boosted their care of heart attack victims.

**Patient knowledge** — Through public education programs, more people recognize the symptoms of a heart attack, understand the steps to take if one occurs and know to get to the hospital quickly — within one to two hours of the onset of symptoms — to maximize their odds of survival.

**Progress continues** — New technologies are constantly being developed to provide better patient care. Future advances may include cooling a person’s body temperature to increase survival rates or growing new cells to replace tissue damaged by a heart attack.

**WELL CONNECTIONS: Would you recognize a heart attack?**

Find a quick guide and more at [www.personalbest.com/extras/heartfeb10](http://www.personalbest.com/extras/heartfeb10).
WHOLE GRAINS... (continued)

Barley is versatile and mildly flavored. Try: cooked barley in soups, meatballs or salads that call for pasta.

Spelt tastes similar to wheat but is sweeter and nuttier. Try: spelt pasta, pretzels or crackers.

Corn has been a staple for generations. Try: whole-grain cornbread, baked tortillas or air-popped popcorn (minus the butter and salt).

Like vegetables, whole grains are packed with antioxidants, vitamins, minerals and fiber. New studies also show they may lower triglycerides, fight cardiovascular disease, and help control insulin and weight. So aim to make half your grains whole, meaning at least three or more daily servings of whole grains.

Weigh your options: Using products that are a mixture of whole and enriched grains? Some food manufacturers list whole grain content (in grams) in their labeling. Try to eat at least 48 grams of whole grains per day.

Quick Guide: Choosing a Health Care Provider

Be sure your insurance covers any health care professional you’re considering. Check your health plan’s list of network providers. You can also ask people you know for suggestions.

If you’re new to an area, contact your local hospital, medical school or medical society. You can find a list of doctors through the American Medical Association and nurse practitioners through the American Academy of Nurse Practitioners. Verify licensure and other information through your state medical board. In addition, consider the following questions:

• How convenient are the office hours and location?
• How long does it take to obtain routine and urgent appointments?
• Is the practice affiliated with a hospital?
• Can lab tests and X-rays be performed in the office?
• How quickly are phone calls returned?
• How many providers are in the practice?

Next, set up an appointment to meet with the provider. During the visit, assess whether you’re comfortable talking with the provider, if you’re given enough time and if all your questions are answered.

Stop Eating Your Anger

Some people use food to calm their angry feelings; others find food a temporary distraction from that anger. If you realize that anger is driving your appetite, try handling it in better ways.

Some options:

Slow down and be sure you get the facts straight before jumping to conclusions or taking offense at others’ behavior. Keep things in perspective: “I am just having a rough time now” is more reasonable than “the world is out to get me.”

Avoid temptations to overeat. Don’t carry change for the vending machine, and ignore the doughnuts in the coffee room. Talk to a friend when angry feelings arise.

Exercise. It’s a great way to “burn off steam.” Staying fit will help you handle stressful situations better.

Go easy on yourself. Often we turn anger on ourselves. Use frustrating situations as learning opportunities instead of criticizing yourself.

Practice patience. Changing habits takes time; even with your best efforts, you may occasionally fall back on using food to cope. For more support, try Overeaters Anonymous (OA), Take Pounds Off Sensibly (TOPS) or other programs that tackle emotional eating.

DANGEROUS DESKTOPS. A recent study suggested that the norovirus (or what people often call “stomach flu”) can be spread via a computer mouse and keyboard. To avoid this common gastrointestinal infection, wash your hands regularly — especially after using shared objects — and disinfect surfaces with diluted bleach. These simple precautions can be the “keys” to getting you through the winter with a clean bill of health.

QUICK TICKER CHECK. A recent study of postmenopausal women under age 65 showed that resting heart rate can predict coronary health. Women with rates above 76 beats per minute were more likely to suffer a heart attack compared to those with the lowest rates (62 beats per minute in this study). To take your resting heart rate, sit quietly for five minutes (with no coffee in your system), take your pulse for 30 seconds and multiply by 2.

Report it: Give this information to your health care provider. This simple number, in combination with other measurements, could help you better track your heart health.

NEXT MONTH: PREVENTING ACCIDENTAL OVERDOSE