



The 9th Annual Greater Washington Region

Heart Gala 2007



www.ahaheartgala.com

HEART HEALTHY NEWSLETTER

July 2006

We're Moving!

As of August 1st, the American Heart Association's new address and phone number will be:

**4301 North Fairfax Drive, Suite 530
Arlington, VA 22203
(703) 941-8500**

Frances Norris Named 2007 Heart Gala Auction Chair

Frances Norris has graciously accepted the role of 2007 Heart Gala Auction Chair. Frances previously served as chair for the National Opera's midwinter Gala and brings many new fresh ideas and exciting leads to the Heart Gala Auction.

Debra Ghorbanian, who served as Auction Chair the last two years, will remain on the Auction Committee. We welcome Frances to the American Heart Association and are looking forward to another wonderful auction and successful Heart Gala.

Save the Date!

March 10, 2007

The 9th Annual Greater Washington Region Heart Gala will be held on Saturday, March 10, 2007 at the Ritz-Carlton, Tysons Corner.

Thank you to our 2007 Heart Gala Sponsors!

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American Heart Association's Lifestyle & Dietary Recommendation

A healthy diet and lifestyle are the best weapons you have to fight cardiovascular disease. It's not as hard as you might think! Remember, it is the overall pattern of the choices you make that counts. Make the simple steps below a part of your life for long-term benefits to you health and your heart.

Use up at least as many calories as you take in

Start by knowing how many calories you should be eating and drinking to maintain your weight. Don't eat more calories than you know you can burn up every day.

Gender	Age (years)	Activity Level and Estimated Calories Burned		
		Sedentary ¹	Moderately Active ²	Active ³
Female	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

Be Physically Active

Regular physical activity can help you maintain your weight, keep the weight off that you lose and help you reach physical and cardiovascular fitness. Physical activity can help you improve your blood pressure and blood sugar levels, and

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keep the weight off that you lose and help you reach physical and cardiovascular fitness. Physical activity can help you improve your blood pressure and blood sugar levels, and lowers your risk for other chronic diseases including type 2 diabetes, osteoporosis, obesity, depression and breast and colon cancer. Aim for at least 20 minutes of moderate physical activity on most days of the week or—best of all—at least 30 minutes a day.

Calories Used in 30 Minutes by Activity and Weight		
	150 pounds	200 pounds
Playing basketball	282	376
Bicycling	163	217
Gardening	195	260
Hiking	204	272
Jogging at 5 mph	270	360
Mowing with a light push mower	135	180
Playing tennis (singles)	234	310
Walking at 1 mph	68	90
Walking at 5 mph	225	300

Eat a Variety of Nutrient-Rich Foods

You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Choose foods like vegetables, fruits, fish, whole-grain products and fat-free or low-fat dairy products.

- Replace high-calorie foods with fruits and vegetables.
- Eat especially deeply colored vegetables and fruits, such as spinach, carrots, peaches and berries. They tend to be higher in vitamins and minerals than others, such as corn and potatoes.
- Eat whole vegetables (fresh, frozen or canned) and fruits instead of drinking juices.
- Choose frozen and canned vegetables and fruits in water without added sugar, saturated or trans fat, or salt when fresh foods are not available.
- Choose whole-grain foods, such as whole wheat, oats/oatmeal, rye and barley. Also try popcorn, brown rice, wild rice, buckwheat, bulgur, millet, quinoa and sorghum.
- Choose breads and other foods that list whole grains as the first item on the ingredient list.
- Aim for about 25 grams of fiber a day.
- Eat fish high in omega-3 fatty acids, such as salmon, trout and herring.
- Grill, bake or poach fish. Limit commercially fried fish and do not add cream sauces.

For more information, please visit www.americanheart.org.

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American Heart Association Releases Two New Websites

New Alliance Web site launches

The Alliance for a Healthier Generation's new Web site has all the information that kids, parents, teachers and healthcare professionals need to help fight childhood obesity and live a healthier lifestyle. **Visit www.HealthierGeneration.org**. The site is the hub of all Alliance activities, and includes these features:

Low-fat dairy products linked to better blood pressure

Eating low-fat dairy products could lower your blood pressure, according to research reported in

Eating low-fat dairy products could lower your blood pressure, according to research reported in *Hypertension: Journal of the American Heart Association*.

Using data from food questionnaires of nearly 5,000 participants in the National Heart, Lung, and Blood Institute's Family Heart Study, researchers found that people who ate more dairy products had lower systolic blood pressure. On average, systolic blood pressure was 2.6 millimeters of mercury lower for participants eating the most dairy (more than three servings daily) than for those eating the least (less than half a serving).

Other studies on calcium have shown inconsistent results. The study's authors suggest that additional factors, such as the consumption of other nutrients, may affect blood pressure levels.

professionals need to help fight childhood obesity and live a healthier lifestyle. **Visit www.HealthierGeneration.org**. The site is the hub of all Alliance activities, and includes these features:

- "Success Stories," a place for schools to submit their innovative health ideas and report their successes.
- Practical tips for parents on ways to create a healthier lifestyle for the family.
- A comprehensive media library containing releases, transcripts and news articles.
- Current facts and figures on childhood obesity.
- Links to great resources and best practices from other organizations.

These tools will be available July 28:

- Information specially created for teens to help them bring the healthier generation movement to their own family, school or community.
- The "Healthy School Builder," an interactive tool that helps schools "build" a comprehensive health strategy for their school.
- Interactive forums to share ideas and ways to address the problem.

HEART for Women Act Web site launched

The American Heart Association has launched a Web site, **www.heartforwomen.org**, to garner support for the HEART for Women Act (HFWA). HFWA is bipartisan federal legislation aimed at improving the prevention, treatment and diagnosis of heart disease and stroke in women.

Poached Salmon with Spinach

Serves 4

1 pound salmon fillets
1 1/2 cups water
1/2 cup dry white wine or water
2 green onions, sliced
1 bay leaf
1/2 of a 10-ounce package frozen no-salt-added chopped spinach
1/8 teaspoon ground nutmeg
1/4 cup shredded part-skim mozzarella cheese
Freshly ground black pepper
Lemon slices (optional)

1. Cut salmon into 4 pieces, rinse and pat dry. Set aside. In a large skillet, combine water, wine, green onions and bay leaf. Over high heat, bring just to a boil. Carefully add salmon and return to a boil. Reduce heat, cover and simmer 8 to 10 minutes, or until fish flakes easily with a fork.
2. Remove fish and pat dry with paper towels. Cut each salmon steak in half, removing as much of the bone, cartilage and skin as possible.
3. Meanwhile, cook spinach according to package directions. Drain well, squeezing out moisture. Stir in nutmeg.
4. Preheat broiler. Place fish on a broiler-proof serving platter or on the rack of an unheated broiler pan. Top with spinach mixture, sprinkle with cheese and season with pepper. Broil 4 inches from the heat for 1 to 2 minutes, or until cheese melts. Garnish with lemon slices if desired.

Calories: 190 cal
Protein: 27 g
Carbohydrates: 2 g
Total Fat: 8 g
Saturated Fat: 2 g

Polyunsaturated Fat: 2 g
Monounsaturated Fat: 3 g
Cholesterol: 47 mg
Sodium: 110 mg



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Saturated Fat: 2 g

Cholesterol: 47 mg

Sodium: 110 mg

For more information on the 2007 Heart Gala, please contact Erin Franklin at (703) 914-3714 or erin.franklin@heart.org or visit our website: www.ahaheartgala.com.