



Mended Hearts® of Whittier, CA NEWSLETTER



2024 Edition

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 Mended Hearts of Whittier Chapter 351

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Welcome to Mended Hearts!

We currently have 156 members in our Chapter.351, who enjoy emotional support, friendship building, and fun filled events!



Welcome
Quint, Al
Rivera, Edward
Rivera, Yzabelle

Mended Hearts Mission - Our mission is to "Inspire hope and improve the quality of life for heart patients and their families through ongoing peer-to-peer support, education and advocacy!"

Presidents Report

Great news! Our new Mended Hearts Support Group table will be in the PIH Health Whittier's main lobby, across from the cashiers office, Wednesdays' from 8 am to 2 pm.

We welcome Cardiac Rehab Gym patients, heart patients and their families and staff to come visit with us and share your story. We will also have educational information available.

Look for us on Wednesday's!

Jersey Mike's Fundraiser was a success. The manager even sat down with us and shared in the fun! Their Marketing Mgr. asked us to do another fundraiser at their new location in Whittier.

Next up is El Pollo Loco on August 22nd. Its delicious, fresh and lots of healthy choices See flier on last page.

You can even take a picture of flier to present at checkout.



Your Guide to Eating Healthy Carbs

Medically Reviewed by Shruthi N, MD on June 01, 2024

Make the Right Choice

Think of carbs as raw material that powers your body. You need them to make sugar for energy.

They come in two types:
simple and complex.

What's the difference? Simple carbs are like quick-burning fuels. They break down fast into sugar in your system. You want to eat less of this type. Complex carbs are usually a better choice. It takes your body longer to break them down.

Read the "Fine Print"

Nutrition labels offer an easy way to spot added sugar, the source of simple carbs that you want to cut back on. Just look for words that end in "ose." The chemical name for table sugar is sucrose. Other names you might see include fructose, dextrose, and maltose. The higher up they appear in the ingredients list, the more added sugar the food has. *Continued on Page 3*



CRAB CAKES from Healthy Lifestyle - Mayo Clinic Staff

Number of servings 4

Low-fiber / Low-fat / Healthy-carb

Ingredients

- 1 can or pouch (16 ounces) crab meat
- 2 egg whites
- 3 tablespoons reduced-fat mayonnaise
- 1 tablespoon lemon juice
- 2 teaspoons Dijon 2 teaspoons fresh dill
- 1/2 teaspoon Old Bay seasoning
- 1/2 cup Panko or whole-wheat bread crumbs



Directions

Heat the oven to 350 F. In a large bowl, combine the crab meat, egg whites, mayonnaise, lemon juice, mustard, dill

and seasoning; mix well. Weigh out 4 ounces for each crab cake. In a separate bowl, toss each cake in Panko crumbs to form crust. Continue the process until all crab cakes are coated with Panko crumbs. Once coated, place crab cakes on baking sheet. Bake in oven for 20 minutes or until cakes are browned on top.

Dietitian's tip: Too many crab cakes are like breaded hockey pucks. This version has very little filler. Don't overmix!

Nutritional analysis per serving - Serving size: 1 crab cake Calories 124; Total fat 3 g; Saturated fat 0 g, Trans fat 0 g, Monounsaturated fat 0 g, Cholesterol 100 mg, Sodium 877 mg, Total carbohydrate 7 g, Dietary fiber 0 g, Total sugars 1 g and Protein 18 g.

SOUTHWESTERN WRAPS from Mayo Clinic Dietitians **Number of servings: 4**

Weight management - Plant-based - Meatless - Healthy-carb - Diabetes meal plan - High-fiber

Ingredients

- 1 cup diced fresh tomatoes
- 1 1/2 tablespoons chopped fresh cilantro
- 4 fat-free whole-wheat tortillas, 8 inches in diameter
- 1 cup low-sodium black beans, drained
- 1 cup chopped lettuce
- 1/2 cup finely shredded cheddar cheese
- 1/4 cup reduced-fat sour cream
- 1/4 cup salsa



Directions

- In a small bowl, stir together the tomatoes and cilantro. Set aside.

- Wrap 2 tortillas in paper towels and warm in the microwave for 20 seconds on high. Repeat with the remaining tortillas.

- Scoop the drained black beans into a microwave-safe bowl. Warm on high in the microwave for 1 minute. Stir to make sure the beans are heated through. Mash the beans with a fork.

- To serve, spread 1/4 cup of the black beans on 1 tortilla. Top with 1/4 cup lettuce, 1/4 cup of the tomato-cilantro mixture and 2 tablespoons cheese. Fold the sides and the bottom of the tortilla up over the filling, and then roll to close. Garnish with 1 tablespoon sour cream and 1 tablespoons salsa. Repeat with the remaining tortillas and serve immediately.

Dietitian's tip: To make a meal, serve these wraps with Spanish rice and slices of mango. To make this plant based, leave out cheese and sour cream or use plant-based options

Nutritional analysis per serving size: 1 wrap Calories 211; Total fat 7 g; Saturated fat 4 g; Trans-fat 0 g Monounsaturated fat 2 g; Cholesterol 20 mg; Sodium 422 mg; Total carbohydrate 26 g; Dietary fiber 13 g Total sugars 2 g; Added sugars 0 g; Protein 11 g;

Your Guide to Eating Healthy Carbs...continued.



Just Avoid Simple Carbs?

Well, it's not quite that easy. Foods that have been processed with added sugars generally aren't as healthy a choice, it's true, *but* simple carbs occur naturally in some foods that are part of a balanced diet. For example, most milk and other dairy products contain lactose, or milk sugar.

Get Smart About Bread

Does your loaf have the complex carbs that are good for you? It depends on the grain used to make it. Look for bread made with whole grains. Barley, rye, oats, and whole wheat are some top choices.

What About Fruit?

They're sweet, which must mean they have simple carbs, right? That's true, but they're still a healthy choice. They've got fiber in them, which helps slow the breakdown of sugar. Plus, most are a good source of nutrients like vitamin C and potassium. Fruits with skins you can eat, such as pears, apples, and berries, are especially high in fiber.

Watch What You Drink

That soda you're sipping could be a sneaky source of simple carbs. That's because non-diet sodas contain a sweetener, often high-fructose corn syrup. It's right there on the nutrition label, usually one of the first ingredients listed. **Twelve ounces of a regular soda can pack 39 grams of carbs, all coming from the sugar in it.**



Think Fall

Many of the foods you associate with autumn are great sources of complex carbs. Try starchy vegetables such as sweet potatoes, squash, and pumpkin.

Sweeten With Caution

You can quickly load up on simple carbs if you're not careful about what you stir into your hot drink or put on your oatmeal. Go easy on brown sugar, maple syrup, honey, and molasses. Don't overdo it on fancier-sounding sweeteners, like turbinado sugar and agave nectar, as they're also sources of simple carbs.

Bring on the Beans

They're a good way to get complex carbs. Whether you choose kidney, white, black, pinto, or garbanzo, beans have lots of fiber. While you're on that aisle in the grocery store, think about picking up some lentils or split peas, another way to add complex carbs to your diet.

A Guilt-Free Treat

It seems too good to be true, but you can believe it: **Popcorn is a whole grain.** That means it's got complex carbs and fiber. Your healthiest choice is air-popped, without any added fat and salt. Season it with your favorite dried herbs and spices instead.

Great Grains to Try

Maybe you've heard of quinoa, the whole grain from South America. Some other "new-to-you" whole grains are becoming more widely available, and they can be a good choice to get complex carbs in your diet. Some grains to look for are millet, a staple from Africa and Asia, bulgur, which is used in Middle Eastern dishes, and triticale, a hybrid of wheat and rye.

Which Kind of Rice?

You're ordering Chinese food and the restaurant asks, "White rice or brown?" Which should you choose? White rice is a "refined" grain, meaning it has lost some key nutrients during processing, like fiber. But brown rice is a whole grain, a good source of complex carbs.



Mended Hearts Membership is free! You can upgrade if you choose and receive benefits for only \$20.00 a year. The web site is a great source for current information, You can join webinar's on different heart topics, zoom meetings from chapters around the country and chat groups. Your heart will thank you.



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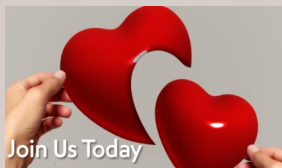
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Every day, families are being told a loved one has Heart Disease!

If you have ever thought of giving back and sharing your heart story, please join us and support heart patients and families in our communities.

They can learn a lot from You!.

Call 562-698-0811 Ext. 12368



Some medicines should not be taken with coffee.

If you are used to taking your thyroid or allergy meds with your first cup of morning coffee, you may want to change that habit. Several common medications have well-known or suspected interactions with coffee, which may alter their effectiveness or the absorption of the drug.



Levothyroxine helps balance hormones in people with hypothyroidism, and should not be taken with coffee. According to several studies, the absorption of thyroid medicine can decrease from 30 percent to 55 percent when taken with coffee.

The same is true with osteoporosis medication, which should be taken with water to maintain its effectiveness.

Some medications for depression and mood disorders also are not absorbed as well when taken with coffee. Drugs like fluvoxamine, amitriptyline, escitalopram, and imipramine appear to be metabolized differently when taken with coffee.

Don't combine coffee with medicines like felodipine (Amlodipine), since caffeine tends to block the positive effects of the drug, according to Medical News Today.

According to the American Diabetes Association, the caffeine found in coffee can make it harder to manage blood sugar. In the ADA study, caffeine was found to increase both glucose and insulin.

Dry eyes need consumer awareness



Symptoms of dry eye can range from mildly irritating to almost debilitating. They include painful scratchiness, light sensitivity, and stinging.

About 25 percent of eye doctor visits are for dry eye-related complaints.

What causes all these dry eye problems?

- * Age. Most patients are over 40.
- * Soft contact lenses. They absorb fluid on the eye surface.
- * Vision correction surgery. Dry eye can be a side effect of the 1.4 million eye surgeries done each year in the U.S.
- * Eyelid surgery. Sometimes results in a sliver of an opening when eyes are closed, which dries the eyes.
- * Activities in which the eyes are not blinked regularly, including computer use and watching television.
- * Wind. Outside or from heating and cooling systems in the home and car.
- * Dust or allergens in the air.

With a huge need for dry-eye treatments, many pharmaceutical companies offer a plethora of remedies, with more in the works. Right now, here's what's available: Lubricating drops such as Systane, TheraTears, and Refresh. Proclear and Acuvue Oasys, which are contact lenses meant to alleviate dry eyes for contacts wearers. Omega-3 fatty acid (a nutritional supplement). A 2005 Harvard study showed the benefits of tuna for eye health. Restasis, an FDA-approved prescription drug that has good results in many cases, but doesn't work for everyone.

Goggles: Those by Panoptx and others create a moisture chamber around the eye. They are available at ski shops and motorcycle shops.

Boston Scleral Lens. A custom-fitted prosthetic device that creates a reservoir over the cornea.

JOIN US For a Fire-Grilled Fundraiser

Come enjoy Fire-Grilled chicken while also
supporting a great cause!

Bring this flyer to the El Pollo Loco listed below on the designated date and
time and 20% of your purchase will be donated to our fundraiser.

Come by, bring a few friends, and share a great meal together.
Thank you so much for your support!

Join

Mended Hearts Chapter 351

Thursday, August 22nd, 2024

From 10 A.M.-10 P.M.

For a Fire-Grilled Fundraiser at:

El Pollo Loco

14227 E Whittier Blvd

Whittier, Ca 90605

only valid at the above restaurant location. You must show this flyer and
present with your purchase for 20% donation.

