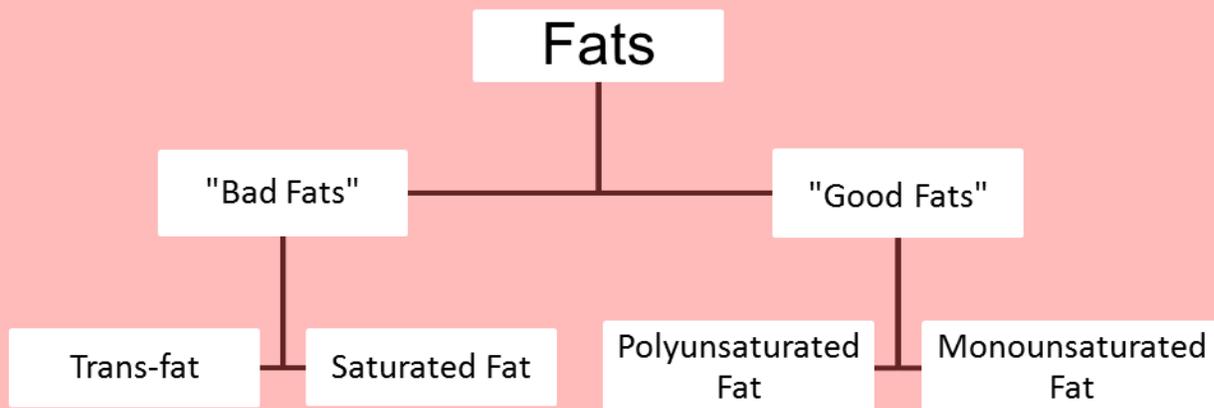




## FATS: 101

Happy Heart Healthy Month! Dietary fats can play an important role in keeping your ticker strong. Fats often get a bad rap for their role in weight gain and heart disease which can be true with some fats, but not ALL fats are created equal. Let's break it down:



The "BAD" fats are ones that negatively affect our blood cholesterol.

**SATURATED FATS:** increase your bad cholesterol (known as LDL) cholesterol. Food sources include most red meats, eggs, butter, and palm oil. It is recommended to limit saturated fat intake to less than 7% of your total calories.

**TRANS-FATS:** can be viewed as the worst fat around. They are synthetically made, changing oils into more shelf stable solids. They lower your good cholesterol (HDL) and increase bad cholesterol (LDL). Food sources include partially-hydrogenated oils (found in a variety of baked foods), fried or pre-packaged foods. It is recommended to consume as little as possible of these fats.

The "GOOD" fats positively affect our blood cholesterol, making our heart stronger and more viable.

**MONOUNSATURATED FATTY ACID (MUFA):** help reduce the bad cholesterol and your risk of heart disease or stroke. Food sources include olive oil, canola oil, peanut butter and avocado.

**POLYUNSATURATED FATTY ACID (PUFA):** also shown to lower bad cholesterol and reduce heart disease risk. Common PUFA'S include omega-3 and omega-6's. Food sources include soybean oil, corn oil, walnuts, sunflower seeds and fatty fish such as salmon and mackerel.

### Support Group Information

#### WHAT:

Come gather with other patients in the weight loss surgery process. Meet and support those pursuing or had surgery!

#### WHEN:

Tuesday, February 21<sup>st</sup> at 7:00 pm

#### WHERE:

Wildwood Lodge  
8511 Hudson Boulevard  
Lake Elmo, MN 55042

- *This month's topic:* Mindfulness and Goal Setting by Barbara Brower, RD, LD, CTC

### CUPID BOOT CAMP

Monday  
February 13<sup>th</sup> at 5:30 p.m. in our Maplewood office.

E-mail Lindsay to RSVP  
lsyverson@stpaulsuraerons.com

# Food of the Month: Jicama

WHAT IS IT? "This large, bulbous root vegetable has a thin brown skin and white crunchy flesh. Its sweet, nutty flavor is good both raw and cooked. Jicama must be peeled before using. When cooked, jicama retains its crisp, water chestnut-type texture."

<http://www.idph.state.ia.us/pickabetersnack/common/pdf/factsheets/jicama.pdf>

## Fiesta Jicama Appetizer

Ingredients:

- One Jicama
- Chili powder
- Salt
- Lime Juice

Directions:

1. Peel rough brown layer of jicama and cut into thin 1 cm by 5 cm strips
2. Sprinkle salt, lime juice and chili powder to taste!

## Jicama Apple Dessert

Ingredients:

- 3 c. jicama
- 2 c. apples
- 1/3 c. apple juice
- 2 tbsp. sugar
- 1/4 tsp. nutmeg
- 2/3 c. brown sugar
- 3/4 c. Bisquick
- 4 tbsp. butter
- 1/3 c. chopped nuts

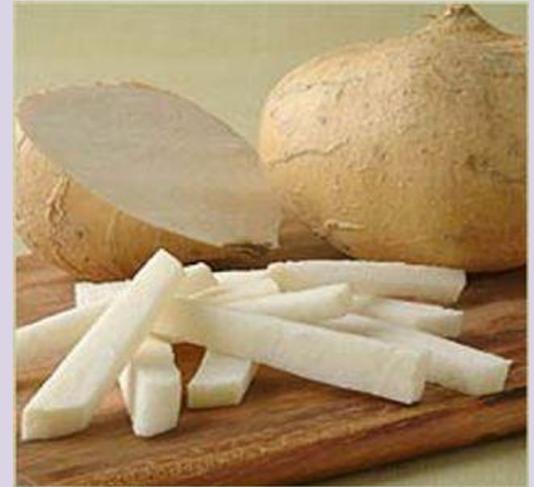
Directions:

1. Heat oven to 375 degrees. Grease 8x8 inch baking dish. Slice jicama and apples and place in baking dish. Combine apple juice, sugar, and nutmeg and pour over apple and jicama mixture.
2. Combine brown sugar and Bisquick. Cut in butter until crumbly. Spread over apple and jicama mixture. Top with nuts, if desired. Bake 35 minutes until done. 8 servings

<http://www.cooks.com/rec/view/0,1813,155170-224206,00.html>

## FACTS:

- Jicama requires a long and warm growing season. Most are shipped from Mexican or South America.
- The flesh is 90% water.
- Always take the peel off the jicama before serving.
- One cup of jicama is a great source of fiber and Vitamin C.
- It can be stored in a cool, dry place for up to four months.



## Jicama Pico De Gallo

Ingredients:

- 2 c. peeled and diced raw jicama
- 1 green bell pepper, seeded and slivered
- 1/2 med.-sized mild onion, thinly sliced
- 1 c. sliced or diced cucumber
- 1/4 c. olive oil
- 2 tbsp. white or red wine vinegar
- 1/2 tsp. crumbled oregano
- Salt
- Pepper

Directions:

1. Combine jicama, green pepper, onion and cucumber.
2. Pour olive oil and vinegar over vegetables and mix lightly with oregano.
3. Add salt and pepper to taste. Makes 4-6 servings

<http://www.cooks.com/rec/view/0,1850,1551>

