

PAID ADVERTISEMENT

SIZE MATTERS...

In prevention of heart disease, it's portion size and exercise



Barbara Hannah, MSN, LDN, RD, CDE, of the Diabetes Education Center at Cleveland Regional Medical Center, teaches a patient with diabetes about portion control and choosing the right foods.

By PAULA VESS
Regional Marketing Group

SHELBY - In our society, we often think bigger is better. Bigger houses, bigger cars, large furniture, even super-sized food. We shop in warehouses for jumbo size packages of potato chips and extra-large pizzas. For American consumers, size matters.

Size matters in heart disease too – portion size and exercise. Successfully controlling one and doing the other can cut your risk of heart disease significantly.

“Exercise and diet are still the focus when it comes to decreasing your risk of heart disease,” said Sanjay Patel, MD, a cardiologist with Cleveland Regional Medical Center.

The term heart disease refers to several types of heart conditions, and remains the number one cause of death in the United States for men and women. More than 12 million Americans have some form of heart disease. The most common type of heart disease is coronary artery disease, which occurs when plaque builds up in the arteries supplying blood to the heart.

“Most of us will have plaque build-up eventually,” said Dr. Patel. “How much or how little depends on what we do and what our risk factors are.”

One of those risk factors is a lack of physical activity. How much you exercise is

Tips for Eating Out

- ❖ Ask for smaller portions.
- ❖ Share your entrée with a friend.
- ❖ Put half of your meal in a to-go box before you begin eating.
- ❖ Look for foods that are steamed, broiled, baked, grilled, poached or roasted.
- ❖ Avoid fried, au gratin, crispy, pan-fried, sautéed or stuffed foods.
- ❖ Request your meal be prepared with vegetable oil and ask for soft margarine for your bread.
- ❖ Limit your intake of high-sodium foods like those that are pickled, in cocktail sauce, smoked, in broth or au jus or soy or teriyaki sauce.

Source: The American Heart Association

important regardless of your weight.

“Whether you are lean, normal or obese, exercise cuts your risk of heart disease,” said Dr. Patel. “If you walk briskly 30 minutes a day, you cut your risk in half.”

The American Heart Association says the simplest thing you can do to improve your heart health is to start walking. Even better, you don't have to join a gym.

Carrying extra weight, especially

around the waist, matters, too. “It is more than just how you look,” said Dr. Patel. “It is about the ratio of good stuff to bad in your body.”

Being overweight raises cholesterol and triglyceride levels in your body, and it can raise your blood pressure levels.

One way we can help ourselves watch our weight is to keep an eye on portion sizes. Over the years, portion sizes have increased, and it is showing up in our waists. Twenty years ago, a bagel was about three inches in diameter and contained about 140 calories. Today's bagel is twice that size and contains about 2-1/2 times the number of calories. The average cheeseburger used to be about 300 calories, but today contains more than 500. Even our dinner plates have expanded.

“In society everything has changed, bigger is better,” said Dr. Patel. “Unfortunately, it's not.”

A serving of meat, preferably lean meat, should be about the size of a deck of cards or if flattened out, the size of a checkbook.

About 65 million Americans need to change their lifestyle. That includes diet and exercise. “Cut back on beverages and foods with added sugars,” advised Dr. Patel, “and you are better off cooking at home. But, when you eat out, follow the American Heart Association's guidelines and keep an eye on your portion sizes.”

Portion sizes: Visualize this

What did you eat today? Chances are, more than you think.

Indeed, most of us underestimate the amount of food we consume by 50 percent, the American Dietetic Association reports.

One likely reason is the supersizing of foods and portion sizes, which can skew our sense of what is a reasonable serving and can lead to overeating.

To avoid this pitfall, it's important to visualize what a standard serving actually looks like. And that's easier than you may think.

It turns out, for example, that a standard serving of meat is 3 ounces — or roughly the size of a deck of cards. Use the chart at the right for more easy comparisons.

ONE LAST TIP: To keep from inadvertently overeating, be sure to read food labels to find out how many standard servings are in the package. You may be surprised to discover that the amount of food you typically eat is actually two or more normal servings.

Normal serving size	Same size as
1 cup of cereal	A fist
½ cup of cooked rice or pasta	½ of a baseball
3 ounces of fish	A checkbook
½ cup of low-fat ice cream	½ of a baseball
1½ ounces of low-fat cheese or 2 cheese slices	2 nine-volt batteries
Average bagel	A hockey puck
2 tablespoons of peanut butter	A ping-pong ball
Medium fruit	A baseball
One pancake	A CD
1 cup salad greens	A baseball
1 teaspoon of margarine	Tip of your thumb

FEBRUARY 2010



GIVING YOU
The Power of HEALTH

Pink Ribbon Network
February 4
12-1 p.m.
CRMC Oncology Services Board Room

This is a gathering for newly diagnosed breast cancer patients. Lunch will be served. To register, please call 980-487-3757.

Bridges
February 8 or 22
2 – 3 p.m.
CRMC Blumenthal Cancer Center

A special educational program to aid recovery during the post-operative period after a mastectomy or lumpectomy. Please register two weeks after mastectomy or lumpectomy by calling 980-487-3757.

Diabetes Support Group
February 9
5:30 p.m.
CRMC Auditorium

“Sleeping Successfully” with Wil Pierre, MD, Sleep Specialist. For more information, please call 980-487-3953.

Early Bird Pregnancy Class
February 10
6 – 8 p.m.
Women's Life Center Classroom
Fee: \$10 per couple

For couples who are in the early stages of pregnancy. To register, please call 980-487-3983.

Expectant Grandparents
February 15
6 – 8 p.m.
Women's Life Center Classroom
To register, please call 980-487-3983.

Daddy Boot Camp
February 17
6 – 9 pm
Women's Life Center Classroom
Fee: \$10

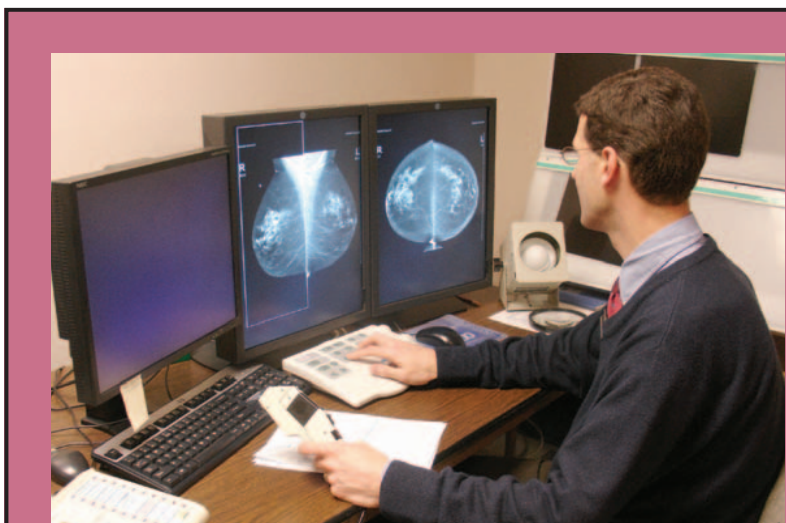
Dad led training for expectant fathers. To register, please call 980-487-3983.

Blood Pressure Screening
February 23
11:30 a.m. – 2 p.m.
CRMC Main Lobby

For more information, please call 980-487-3182.

Parkinson's Disease Support Group
February 23
6:30 pm
Life Enrichment Center

“My Father, My Brother and Me” a video presentation of PBS's Frontline TV Journalist Dave Iverson's journey with Parkinson's. For more information, please contact Linda at the Life enrichment Center by phone: 704-484-0405 or email: linda@lifeenrichmentcenter.org.



Digital Mammography

Cleveland County's first digital mammography offers advanced screening and diagnostic mammograms. The system also features ImageChecker® technology that significantly enhances detection of abnormalities. Since early detection is key to surviving breast cancer, this is an important screening service for local women. **For more information call 980-487-3141.**

Cleveland Regional Medical Center: 980-487-3000
Kings Mountain Hospital: 980-487-5000
www.ClevelandCountyHealthCareSystem.org



Cleveland County HealthCare System