

# BWH Pulmonary Rehab Newsletter

## Oct/Nov

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### SUPPORT GROUP

#### **Interstitial Lung Disease An Overview and Current Treatments**

**Who:** Dr. Scott Schissel (Pulmonologist, Chief Medical Officer, BWFH)

**When :** Monday, November 14th

**Time :** Lecture 1:00-2:00 PM

(light luncheon begins at 12:30)

**RSVP:** by Wednesday, Nov 9th

**617-983-7549**

**Place:** BW Faulkner Hospital, Tynan II- *From the main entrance; walk down the corridor to the back elevators which will be on your right. There are seats to rest there as well as when you get off the elevator on the fourth floor. If you park at the BACK of the hospital (third floor entrance) go just past the information desk to take the elevators on your left to the 4<sup>th</sup> floor. Take a right off the elevator and a right down the corridor. Go through the doorway that says 4420. The Tynan II Conference Room just a little way down on your left.*

Friends and Family are invited, and bring all your questions!!!

**Save the Date: Monday, December 5th**



**Holiday Party!!**



*Here are some practical nutrition tips from a recent Healthy Kitchens, Healthy Lives conference, sponsored by Harvard Medical School:*

#### **Make plants the main attraction**

A substantial amount of research shows that people who eat a plant-based diet — mainly fruits, vegetables, whole grains, and legumes — live longer and enjoy better health than people whose diets consist mainly of animal-based foods like meat. Many cultures developed their cuisines around plant foods out of necessity. Traditionally, animal protein was expensive, so limited quantities were available. Mediterranean, Latin American, and Asian cultures are known for pairing healthy plant foods with lean protein (fish, chicken) and monounsaturated fat (olive oils, nuts).

These diets can have substantial health benefits. For example, a Mediterranean-style diet has been found responsible for:

- longer life expectancy
- reduced heart disease
- relief from rheumatoid arthritis
- lower rates of Parkinson's disease

#### **Eat locally**

Locally grown foods may be fresher and have higher nutrient content. Since they spend less time being shipped and handled, they may look and taste better.

#### **Spice it up**

Despite the lack of research on their health benefits, spices, herbs, and aromatics (any plant, herb, or spice that adds lively scent to a beverage or food) make other plant foods mouth-watering treats. And they are definitely a healthier option than piling on the salt. Unlike salt, spices have not been linked to high blood pressure, heart disease, or stroke.

Here are four ways to ensure the quality and flavor of your spices:

1. Buy them in small quantities and in their whole form to ensure freshness.
2. Store them in a cool, dry space.
3. Grind them right before use.
4. Toast them dry in a hot skillet or stir-fry them in oil over medium-high heat (both for just 10-20 seconds).

### Get excited about whole grains

Rich in fiber, vitamin E, and magnesium, whole grains (such as whole-wheat bread or pasta, or brown rice) are far better nutritionally than refined grains (such as white bread or white rice). And they make you feel fuller longer. Because the starch inside of them is absorbed more slowly, they're less likely than refined grains to quickly be stored as fat. Regular consumption of whole grains also reduces the risk of:

- diabetes
- cancer
- heart disease
- stroke
- diet-related depression (usually associated with very low-carbohydrate diets)

### Here are five ways to incorporate different types of whole grains into your diet:

1. Use whole-grain bread, pasta, and brown or wild rice.
2. Try grains from around the world such as teff, spelt, farro, kamut, and amaranth.
3. Blend whole grains with colorful vegetables, spices, and olive oil.
4. Eat whole-grain cold or hot cereals, adding fruit, low-fat milk, or nuts.
5. Season whole grains with sweet spices like nutmeg, allspice, cardamom, and masala spice.

### Go a little nuts

In a large trial of men and women, eating nuts five times a week or more lowered diabetes risk by 27%. In another large study, women who ate nuts just about every day lowered their risk of heart disease by 32%.

However, since a one-ounce portion of nuts can pack 160 calories or more, eat them in moderation to help prevent weight gain. Two tasty suggestions: toasted pine nuts sprinkled over whole-grain pasta, or almonds on cereal.

Following the above advice will not only make your meals nutritious, but will also allow you to enjoy some of the most delicious food you've ever eaten.



### RECIPE CORNER

## Pumpkin Soup

Adapted from the Mayo Clinic

Serves 4

### Ingredients

- 3/4 cup water, divided
- 1 small onion, chopped
- 1 can (15 ounces) pumpkin puree
- 2 cups unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup milk (or dairy-free substitute)
- 1/8 teaspoon black pepper
- 1 green onion top, chopped

### Directions

- In a large saucepan, heat 1/4 cup water over medium heat. Add onion and cook until tender, about 3 minutes. Don't let onion dry out.
- Add remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.
- Ladle soup into warmed bowls and garnish with black pepper and green onion tops. Serve immediately.

### Serving size: 1 cup

- Total carbohydrate 14 g
- Dietary fiber 4 g
- Sodium 57 mg
- Saturated fat
  - Trace
- Total fat 1 g
- Trans fat 0 g
- Cholesterol 1 g
- Calories 77
- Protein 3 g
- Monounsaturated fat 1 g
- Added sugars

