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***If Veterans don't help Veterans, who will?***

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# a HEALTHY TOMORROW

INFORMATION FOR A  
HEALTHY LIFESTYLE TODAY  
AUGUST/SEPTEMBER 2018



**SPECIAL  
EAT YOUR  
VEGGIES  
EDITION**



## TIPS FOR PICKY EATERS



LOMA LINDA  
UNIVERSITY  
HEALTH

CAN YOU PREVENT  
ALZHEIMER'S DISEASE?

FRUITS AND VEGGIES THAT  
FIGHT FOR YOUR HEART

THE BEST PRODUCE TO  
EAT AT EVERY AGE

# NEURO

## SMART THINKING:

### YOU AND THE FAMILY CAN POWER THE BRAIN FOR GOOD

**T**he brain is a powerful organ. Though it only weighs 3 pounds and is only 2 percent of the body by weight, it consumes nearly 25 percent of the body's energy. This amazing organ houses what many of us hold dear — our memories.

Every 66 seconds another individual is diagnosed with Alzheimer's disease, a progressive disease that erases memory and other mental functions. By the year 2050, 14 million individuals in the U.S. will be diagnosed. While there is no cure for Alzheimer's, there are many ways to prevent the debilitating disease from affecting another loved one or yourself.

#### **BUILD HEALTH AROUND YOUR FAMILY**

Create a family culture around good nutrition, routine exercise and mutual support for one another. Healthy

habits begin at an early age and, for many, start at home. The patterns your family incorporate today can lead to healthier, more productive outcomes for your brains tomorrow.

Consider creating a lifestyle centered around nutrition, exercise, unwinding, restorative sleep, and optimized mental activity (NEURO) for your and your family's brain health.

**N – NUTRITION** First thing's first: Know what healthy food is. Families should follow a whole food, plant-based diet with no processed or packaged foods. Don't fall for gimmicks or diet fads. Stock the pantry with items low in sugar and saturated fat.

**E – EXERCISE** Make regular exercise a part of your family's daily routine. If you're competitive, get a whiteboard and keep score of each member's activities. Each day aim to increase sets of bicep curls, pull-ups or push-ups, or the distance for walking.

**U – UNWIND** Identify the bad stresses in your life that are not driven by your passion. These increase adrenaline and cortisol, shrinking the brain. Focus on "good" stresses that challenge you in a positive way, and center your attention on proper stress management.

**R – RESTORATIVE SLEEP** A healthy sleep regimen is essential to ideal brain health. Try to experience the phases of sleep uninterrupted for a total of seven to eight hours per night. Be sure to avoid eating late at night right before bed.

**O – OPTIMIZE MENTAL ACTIVITY** Find passion in your professional and personal pursuits. Do things that help build the billions of connections between neurons, such as playing a musical instrument, learning a language, writing a book, serving as a volunteer or learning to dance.

#### **Ask the Expert: Is there anything I can do to prevent Alzheimer's disease? Is it even preventable?**

**A:** The truth is that 90 percent of those at risk of developing Alzheimer's can avoid it. The best part is you can start with simple changes at home.

Eat a plant-based diet. Explore a healthy and delicious diet rich in whole, plant-based foods. Aim for a plate of colorful vegetables, leafy greens, and foods low in saturated fat and sugar. The goal is to make every meal an experience.

A healthy lifestyle is key. Challenge yourself to walk on a daily basis, get to bed early for a good night's rest, and manage stress for optimized function and health.

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Dean Sherzai is the codirector of the Alzheimer's Prevention Program at Loma Linda University Health. He works closely with his wife, Ayesha Sherzai, codirector, on early detection and prevention of cognitive decline and dementia.

#### **PROTECT AGAINST ALZHEIMER'S**

Loma Linda University's Alzheimer's Prevention Program can custom tailor a healthy brain lifestyle program for you. Call **909-558-2880** to schedule a consultation today.

# FOODS THAT FIGHT FOR YOU

## FRUITS AND VEGETABLES BLUNT THE EFFECTS OF HEART ATTACK GENES

It may not be a household name, but chromosome 9p21 could have a major effect on your health. Studies show that variations in this area of your genetic code increase the risk of having a heart attack by about one-fifth.

But findings also suggest that you can fight back against these dangerous genes. The best weapons are foods like broccoli, bananas and berries. People with the potentially harmful variations slashed their risk for heart attack by as much as half if they ate a diet rich in fruits, raw vegetables and berries.

### HOW MUCH PRODUCE IS ENOUGH?

One study, in the journal *PLOS Medicine*, notes that some of the healthiest participants ate fresh foods and veggies — squash and strawberries, for instance — once or twice daily. The government's dietary guidelines say that most of us need 2 to 3.5 cups of vegetables and 1.5 to 2.5 cups of fruit each day. Besides warding off heart attacks and strokes, these dietary wonders may prevent diabetes, kidney stones, bone loss and some cancers. Produce that's low in fat and calories can help you control your weight.

### FILL HALF YOUR PLATE WITH FRUITS AND VEGGIES

Fruits and vegetables add color, texture and flavor to your meals. Here's how to get more throughout your day:

- **Punch up your pasta.** Add spinach, peppers, beans or onions to your standard red sauce.
- **Get clever at the salad bar.** Mix in less-standard vegetables like sweet peas or watercress. Or try fruit — think orange wedges or strawberries.
- **Bake better.** Making muffins? Replace some of the sugar with apples, bananas or berries for a healthy and delicious treat.



## KALE AND LEAFY GREENS: A BOON FOR YOUR BRAIN

Was your mom always after you to eat your vegetables? Turns out that veggies — specifically, kale and other leafy greens — may help your brain stay young. A recently published study found that people who consumed a little more than a serving of green leafy vegetables had better overall cognitive function. Their brains seemed 11 years younger than those of their peers!

Use these simple tips to get 2 cups of leafy green vegetables

(that's considered one serving) into your day:

- **Choose salad.** Create a salad with baby kale, spinach or other leafy veggies — the more veggies you choose, the wider the variety of nutrients, too.
- **Make a wrap.** Use leafy greens to create a wrap for your sandwich fixings.
- **Soup it up.** Leafy greens like kale, collard greens, spinach and mustard greens are great additions to soups or stews.

- **Stir-fry them.** Add them to your protein and veggies for a delicious meal.

Think ahead and you'll find it easy to get more of these greens into your regular diet. Your body, and your brain, will thank you!

### » COMBINE GOOD EATING WITH PREVENTIVE CARE!

Visit [mylluhealth.org](http://mylluhealth.org) to schedule an appointment with your primary care physician.



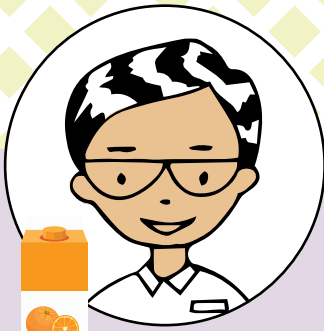
# LIVE IT

Quick tips to keep you healthy!

For more simple ways you can live healthier, longer, visit [LiveItLomaLinda.org](http://LiveItLomaLinda.org).

## Which **FRUITS** and **VEGETABLES**

While fruits and vegetables are important for your health throughout your whole life, there are some that are especially important to eat at certain ages. Here are some ways to work the proper ones into your (or your child's) diet at various stages of life:



### KIDS

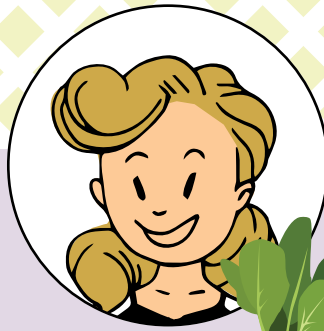
If you think your child is getting enough vitamin D by drinking milk, you are probably mistaken. Children and adolescents need 600 international units (IU) of vitamin D per day.

#### FRUITS

Orange juice fortified with vitamin D

#### VEGETABLES

Shiitake mushrooms



### TEENAGE GIRLS

Girls ages 14 to 18 need more iron to replace what is lost as they begin menstruating. Aim for 15 milligrams of iron per day.

#### FRUITS

Raisins

#### VEGETABLES

Spinach



### TEENAGERS

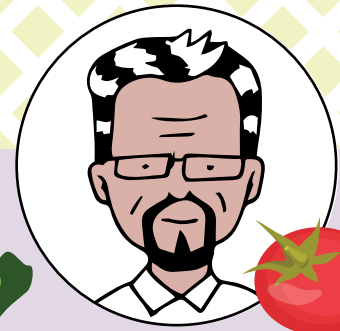
As teens' bones grow, they tend to absorb more calcium from the blood than at any other time in their lives. So now's the time to ensure they are consuming enough.

#### FRUITS

Orange juice fortified with calcium

#### VEGETABLES

Dark green leafy vegetables, such as kale, mustard greens, turnip greens and bok choy



### MEN OLDER THAN AGE 50

Some research suggests that men whose diets are high in certain vegetables may have a lower risk for prostate cancer.

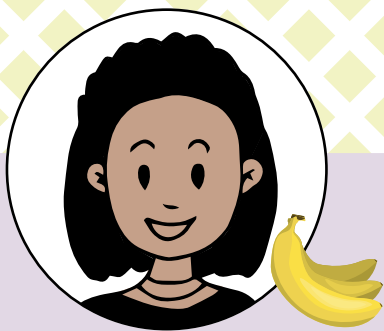
#### FRUITS

Tomatoes

#### VEGETABLES

Broccoli, kale

# Are Best for You?



## WOMEN OF CHILDBEARING AGE

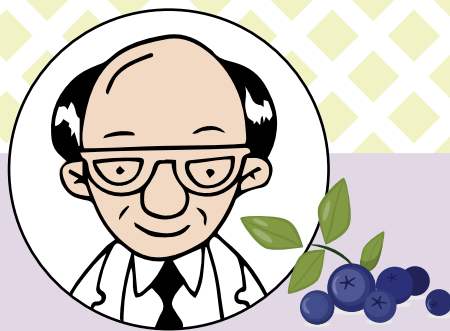
Women who are capable of becoming pregnant need 400 milligrams per day of folic acid from dietary supplements or fortified foods, in addition to folate found naturally in foods, to reduce the risk for birth defects in case of pregnancy.

### FRUITS

Avocados, cantaloupe, bananas, papayas and oranges

### VEGETABLES

Leafy green vegetables, asparagus and brussels sprouts



## OLDER ADULTS

If you are older than age 50, you need significant amounts of calcium to protect your bones from becoming frail. Research also suggests that some fruit can reduce blood pressure in older women.

### FRUITS

Blueberries to reduce blood pressure

### VEGETABLES

Dark leafy greens, such as kale, for calcium



## Vegetarian Stuffed Peppers

### INGREDIENTS

- 4 red or green bell peppers
- 2 cups (1 pint) cherry tomatoes
- 1 medium onion
- 1 cup fresh basil leaves
- 3 garlic cloves
- 2 teaspoons olive oil
- ¼ teaspoon salt

### DIRECTIONS

- Preheat oven to 425 degrees.
- Lightly oil a large shallow baking pan.
- Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems.
- Halve cherry tomatoes and chop onion and basil. Finely chop garlic.
- In a bowl, toss tomatoes, onion, basil, garlic, olive oil and salt to taste.
- Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

### NUTRITION FACTS

Yield: Eight servings.

Each serving provides 35 calories, 1.5 g total fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 80 mg sodium, 6 g total carbohydrate, 2 g dietary fiber, 3 g sugar, and 1 g protein.



### VEGGIE POWER

Visit [LiveItLomaLinda.org](http://LiveItLomaLinda.org)  
for more healthy recipes.



# FOUR WAYS TO HIDE YOUR VEGGIES

## Sneak some healthy onto your plate!

You've heard that vegetables pack a powerful nutritional punch — but try as you might, you just can't stand the taste of spinach, broccoli or sweet potatoes. Or maybe you have an entire family of picky, veggie-hating eaters to please. Either way, try these creative tricks to sneak leafy greens and other produce-aisle purchases into meals and snacks.

**1 GET SHREDDED** Use a box grater or your food processor to shred or chop carrots, squash or parsnips. Stir them into lasagna, mashed potatoes, rice and other dishes while cooking. Pro tip: Orange veggies slip especially well into cheesy dishes such as macaroni or baked enchiladas.

**2 TRY THE MUSHROOM MELD** Finely chop a package of mushrooms and sauté them in extra-virgin olive oil. Mix them with the protein of your choice.

**3 BOOST YOUR BURRITO** Skip the drive-through. Instead, roll up peppers, black beans, avocado, cilantro and fresh salsa inside a whole wheat tortilla.

**4 SIP 'EM THROUGH A STRAW** Freeze a banana and put it in the blender with milk or yogurt. Add raw spinach, carrots, cooked sweet potatoes or nearly any other veggie before you hit pulse or crush. The banana makes your smoothie creamy and thick — and masks the milder flavor of vegetables.

If you don't mind your veggies in plain sight, here are two more ways to add them to some of your favorite foods:

- **Pack your pizza.** Pile your pie high with tomatoes, green peppers, mushrooms, zucchini and more.
- **Egg-cellent.** Transform an omelet into a healthy meal by adding peppers, spinach, tomatoes, onions, broccoli or squash to the pan.

## ATTEND NUTRITION TALKS

Learn more information about nutrition on the second Thursday of each month. Call **1-877-LLUMC-4U** for more information

Check out page 5 for our delicious stuffed peppers recipe!



# CLASSES & PROGRAMS

## CLASSES/PROGRAMS

### BIRTH AND BEYOND EDUCATION CLASSES

- Preparing for Childbirth
- Breastfeeding Basics
- And more!

LomaLindaBabies.org

### CANCER-FIGHTING FOODS COOKING DEMO

**Call for dates and times.**

Cooking demonstrations for cancer patients, their families and employees of Loma Linda.

### CARDIAC AND PULMONARY REHABILITATION

**Call for dates and times.**

Plant-based cooking demonstrations.

### DIABETES SELF-MANAGEMENT EDUCATION CLASS

**Call to register.**

Four-session program recognized by the American Diabetes Association.

### PARKINSON'S DISEASE EXERCISE GROUP

**Every Friday, 9:30 to 10:30 a.m. Outpatient Rehab, room 129.**

\$15/day for people with PD who have participated in the LSVT BIG therapy program and want to continue group exercise.

### LEAN CHOICES

**Once a week. Call for dates and times.**

Lean Choices is a 12-week lifestyle education group encounter that features informal discussions and goal-setting activities.

### THE LEBED METHOD — FOCUS ON HEALING EXERCISE CLASS

**Every Thursday, 10 to 11 a.m.**

Healing through therapeutic exercises and movement to music. Designed for anyone who has experienced breast cancer and those with chronic health conditions.

## NUTRITION TALKS

**Second Thursday of each month, noon Cancer Center Conference Room, Schuman Pavilion Level A**

Information for cancer patients and interested parties on nutrition as part of risk reduction, healthy foods, weight management and more.

### THE POWER OF CHOICE FOR HEALTH, WELL-BEING AND LONGEVITY

**Call for dates and times.**

Learn how choices play a role in health.

### PRENATAL CLASS

**Second Monday of each month, 5:30 to 7 p.m.**

English and Spanish classes provide information for a safe and healthy pregnancy. LomaLindaBabies.org

### SICKLE-CELL DISEASE SUPPORT GROUP

**Second Thursday of each month, 6:30 to 8:30 p.m.**

### FREE WEIGHT-LOSS SURGERY SEMINARS

**For dates and registration, visit LomaLindaWeightLoss.org.**

## SUPPORT GROUPS

### ALWAYS IN MY HEART

- **Second Monday of each month, 7 to 8:30 p.m.**
- **Fourth Tuesday of each month, 9:30 to 11 a.m.**

A bereavement group for parents who have lost a baby.

### ANEURYSM/STROKE SUPPORT GROUP

**Third Tuesday of each month, 5:30 to 6:30 p.m.**

A bereavement group for survivors and their families.

### DIABETES SUPPORT GROUP

**First Tuesday of each month, 5:45 to 7 p.m.**

Diabetes experts provide educational and resource information.



**Keep fit and have fun at Loma Linda University Drayson Center. For membership and class information, visit [drayson.llu.edu](http://drayson.llu.edu).**

### INFLAMMATORY BOWEL DISEASE SUPPORT GROUP

**Second Thursday of each month, 6 p.m. Faculty Medical Offices, room B-200**

### LIVER SUPPORT GROUP

**First Friday of each month, noon to 1:30 p.m.**

### WEIGHT-LOSS SURGERY SUPPORT GROUP

**Second Monday of each month, 6:30 to 7:30 p.m. Tom & Vi Zapara Rehabilitation Pavilion**

### PARKINSON'S SUPPORT GROUP

**Third Wednesday of each month, 10 to 11:30 a.m., LLUMC East Campus, Room 129**

For caregivers and those living with Parkinson's.

### WOMEN'S CANCER SUPPORT GROUP

**Call for dates and times.**

For women with all types of cancer. Family and friends are welcome.

## BEHAVIORAL MEDICINE CENTER

### CHRONIC PAIN AND MEDICATION DEPENDENCY PROGRAM

A specialized program to address the unique needs of a chronic pain patient by addressing all aspects of the individual's mind, body and spirit so that the individual can reclaim his or her life through hope, healing and serenity.

## GET INVOLVED

### BIG HEARTS FOR LITTLE HEARTS GUILDS

Loma Linda University Children's Hospital volunteer guilds host events and activities to raise funds and bring awareness to help meet the health care needs of community children. Visit [lluch.org/guilds](http://lluch.org/guilds) or call 909-558-5384 for more information.

## CENTER FOR HEALTH PROMOTION

### COMPREHENSIVE WELLNESS EVALUATIONS

An in-depth evaluation of your health and wellness followed by targeted interventions.

### INTERNATIONAL TRAVEL CLINIC

**Wednesdays Walk-In, 1:30 to 4 p.m.**

Walk-in vaccination clinic.

### LEAN CHOICES

**Meets for 12 weeks**

A 12-week class that teaches a balanced lifestyle approach to support a lifelong healthy weight.

### WEIGHT MANAGEMENT ORIENTATION

**Tuesdays 3:30 to 4:30 p.m.**

Review several weight-management treatment options.

For more information on all classes and programs, call 1-877-LLUMC-4U.



# a **HEALTHY** **TOMORROW**

A *Healthy Tomorrow* is published by Loma Linda University Health to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a physician.  
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## CALLING ALL HEALTHY HEROES!

# FAMILY HEALTH FAIR

FREE 5K WALK/RUN

SUNDAY,  
OCTOBER  
**28**

**Loma Linda University Drayson Center**  
25040 Stewart Street, Loma Linda, CA 92354

WIN a  
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**FREE** flu shots, screenings, kid zone, food,  
prizes, fun and games for the whole family!



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