



Myth: A low-fat diet prevents heart disease.

Not necessarily. While it's true that a diet high in saturated fat increases the risk of heart disease, other types of fat are actually good for your heart. When eaten in moderation, monounsaturated and polyunsaturated fats can help decrease blood levels of "bad" cholesterol and the risk of heart disease and stroke. Try:

Salmon with Almonds and Tomato-Lemon Sauce for a recipe with three sources of good fat.

Ingredients: · 1/2 cup sliced almonds · 1 small onion, sliced · 1 tablespoon olive oil · 2 garlic cloves, minced · 1 (28-ounce) can diced tomatoes, drained · 1 1/2 tablespoons honey · 1 teaspoon grated lemon rind · 3/4 teaspoon ground cumin · 1 1/2 teaspoons fresh lemon juice · 3/4 teaspoon salt, divided · 1/2 teaspoon ground black pepper, divided · 6 (4-ounce) salmon fillets · 1/8 teaspoon ground red pepper · Garnish: fresh cilantro sprigs

Preparation

1. Bake almonds in a shallow pan at 350°, stirring occasionally, 5 to 6 minutes or until toasted. Set aside.
2. Sauté onion in hot oil in a skillet 10 minutes or until golden. Add garlic; sauté 1 minute. Stir in tomatoes and next 3 ingredients; reduce heat, and simmer, stirring occasionally, 15 minutes. Stir in lemon juice and 1/4 teaspoon each of salt and black pepper; keep warm.
3. Sprinkle salmon fillets with red pepper, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon black pepper. Place on a lightly greased rack in a broiler pan.
4. Broil 6 inches from heat 10 minutes or until fish flakes with a fork. Serve with tomato mixture; sprinkle with almonds. Garnish with cilantro, if desired.

Recipe Time Cook Time: 5 Minutes • Prep Time: 10 Minutes

Nutritional Information • Amount per serving

· Calories: 354 · Calories from fat: 47% · Fat: 18.6g · Saturated fat: 2g · Monounsaturated fat: 10.3g · Polyunsaturated fat: 4.8g
· Protein: 30.8g · Carbohydrate: 16.2g · Cholesterol: 65mg · Iron: 1.5mg · Sodium: 528mg · Calcium: 107mg



FACTS ABOUT REGULAR SODA

There is evidence that consumption of too many soft drinks puts you under increased risk for liver cirrhosis similar to what chronic alcoholics have.

Several scientific studies have provided experimental evidence that soft drinks are directly related to weight gain. The relationship between soft drink consumption and body weight is so strong that researchers calculate that for each additional soda consumed, the risk of obesity increases 1.6 times.

Anything that promotes weight gain increases the risk of diabetes. Drinking soda not only contributes to making people fat, but it also stresses the body's ability to process sugar. Some scientists now suspect that the sweet stuff may help explain why the number of Americans with type 2 diabetes has tripled from 6.6 million in 1980 to 20.8 million today.

Experts have reasons to believe that overconsumption of fructose, particularly in the form of soft drinks, leads to an increase in blood pressure.

Soft drink consumption is a strong predictor of heartburn.

FACTS ABOUT DIET SODA

Soda, no matter who makes it, is the most acidic beverage you can buy, with a pH of about 2.5, about the same as vinegar, but the sugar content disguises the acidity. To put that into perspective, consider that battery acid has a pH of 1 and pure water has a pH level of 7.

Interesting fact: A pH below 4 or above 10 will kill most fish and very few animals can tolerate waters with a pH below 3 or above 11.

Toxins – Aspartame

If you think diet soda is better think again. The poison in diet soda is an artificial sweetener aspartame. Aspartame is made up of three chemicals: aspartic acid, phenylalanine, and methanol. It is used because it's about 200 times sweeter than table sugar.

Despite US FDA approval as a "safe" food additive, aspartame is one of the most dangerous substances added to foods. After you drink an aspartame-sweetened product, aspartame breaks down into its starting components: phenylalanine, aspartic acid, and methanol (that further converts to formaldehyde and formic acid, which are known carcinogens.). There are over 92 different health side effects associated with aspartame consumption.

Possible Cell Damage

A new health scare erupted over soft drinks recently amid evidence that they may cause serious cell damage. Research from a British University suggests a common preservative E211, known as sodium benzoate, found in drinks such as Fanta and Pepsi Max has the ability to switch off vital parts of DNA.

HEALTHY ALTERNATIVES..... IT'S SIMPLE.....DRINK WATER