

Hello, GoodNEWS member!

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August 2009
Volume 1; Issue 5

Chains That Bind Us! By Ms. J.R. Newton, R.N.

Special points of interest:

- Chains That Bind Us!
- Good Fat vs Bad Fat: Know your numbers?
- GoodNEWS Goodie Question of the Month
- Healthy Recipe: Dirty Rice with Red Beans and Turkey Sausage!

GoodNEWS is a collaboration between 30 churches in the Dallas Southern Sector (the GoodNEWS Community of Churches) and UT Southwestern Division of Community Health Sciences

Answer to last issue's GoodNEWS Goodie question: *How many miles of arteries, capillaries and veins are in the adult human body?*
A. 62,000

I recently visited our nation's capital, Washington D.C., and attended a conference presented by the Association of Black Cardiologists. The focus of the conference was how to address and prevent the alarming presence of heart disease in the African-American community nation wide. The number one killer of Americans, especially in the African American community, is heart disease!

While there, I toured an old slave house and museum where we were taken to a dungeon and shown the cruel tools of slavery. I began to think of how so many African Americans are still in chains, but of a different type. My thoughts were, "This does not have to be this way! God did not intend for us to be free from one set of chains, only to trade them for another set of chains— *chains of the heart and mind.*"

Inserted is a picture of my grandson holding the chains that a captured African slave wore some 300+ years ago. If you will notice, my grandson is not wearing any chains! What kind of chains do we now bear? In our hearts and minds, we can still have chains, such as: uncontrolled eating,

causing us to be over weight and/or develop heart disease; unhealthy habits such as smoking or taking illegal drugs; not exercising; eating foods high in



fat, salt and sugar; not loving one another or ourselves! The end results of these behaviors are not news. We know those things are harmful, but we continue to do them. *Why?*

Chains...chains can be seen as behaviors that hold us down, as in the unhealthy ways we live or think. For example, things that can hold us back from a healthy life, such as— how much and what we eat, whether or not we exercise, the unkind words we use, the harmful habits we have, etc. —all of these actions affect the next generation.

I do not want my grandson to be

the victim of my disobedience—my chains. I want his life to be free from the chains of my bad decisions regarding his health, in all areas. If I am to influence him positively, I MUST make a conscious effort to do the right things! To be a good example in how to live a healthy life.

We are all the victims, or recipients of our forefathers good and bad decisions. We learn from what has been passed down. It is up to us to learn and use new information about how to be healthy, and do some things differently!

We can no longer use the excuse that "It's always been done that way" even when we know it's wrong. We need to examine our behavior and see if we have chains that hold us down, and make a plan to make some permanent changes in our behavior. *Don't let the*



next generation inherit our chains!

Good Fat versus Bad Fat: Do You Know Your Numbers?

To decrease your chance of developing heart disease you will need to decrease the amount of fat, or cholesterol, in your blood. When you eat a high fat meal, the fat that you do not burn off with exercise, accumulates in your bloodstream. This excess cholesterol travels in packages in the blood— called "**Lipoproteins.**" They are made of fat and protein from our food intake. **LDL, or Low Density Protein**, is the "lousy" fat that clogs

your blood vessels, so you want that amount to be "low." **HDL, or High Density Protein**, is the "healthy" cholesterol, because it cleans up the fat and excess cholesterol left by the LDL. When you get your blood drawn for a Lipid Panel, your **HDL** should be at or above 60 mg/dl; **LDL**— at or below 100 mg/dl. **Total Cholesterol**— less than 200 mg/dl. **What are your numbers?**



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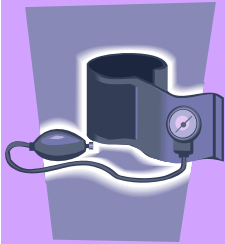
The GoodNEWS Goodie Trivia Question of the Month!

Go to the GoodNEWS Website (www.goodnews-trueliving.com) and answer the question below correctly, and you could win an American Heart Association Soul Food Cookbook! Winner will be selected from the correct answers submitted, and will be announced in the next GoodNEWS Flash.

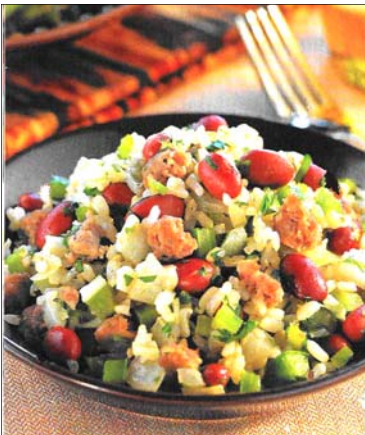
Question:

What is considered to be a normal adult blood pressure?

- A. 110/60 B. 120/80 C. 130/85 D. 140/90 E.. 160/95



Healthy Soul Food Recipe!



***Dirty Rice with Red Beans
and
Turkey Sausage!***

Recipe source: American Heart
Association
"Healthy Soul Food Cookbook"
Vol. 1, No. 42, June 9, 2009

- 1 Teaspoon canola or corn oil
- 6 Ounces turkey Breakfast Sausage links, casing discarded
- 1 Medium green bell pepper, finely chopped
- 1 Medium onion, finely chopped
- 1 Medium rib of celery, thinly sliced crosswise
- 1 10 ounce package frozen Brown rice
- 2 Medium garlic cloves, minced
- 1/2 15-ounce can no-salt-added red beans, rinsed and drained
- 1/2 Cup snipped fresh parsley
- 1 Teaspoon Worcestershire Sauce (lowest sodium available)
- 1/4 Teaspoon salt
- 1/8 Teaspoon cayenne

In a large skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the sausage for 2 minutes, or until no longer pink, stirring constantly and breaking up any large pieces with the spoon. Stir in the bell pepper, onion, and celery. Cook for 4 minutes, or until the onion is soft, stirring frequently.

Meanwhile, prepare the rice using the package directions, omitting the salt and margarine.

Stir the garlic into the sausage mixture. Cook for 30 seconds. Add the remaining ingredients, stirring gently. Remove from the heat. Stir in the rice and serve. Makes 4 servings.

Nutritional value:

Calories - 220
Total Fat- 5.5g
Saturated Fat- 1.0
Trans Fat- 0.0g
Cholesterol- 32mg
Sodium- 443mg
Carbohydrates- 29g
Sugar- 4g
Protein- 13g