

Keeping The Beat

WEEK 4

3-16-2012

Heart Healthy Vitamins
(B-Complex, C, E, Magnesium, Potassium, Calcium)

Heart Healthy Vitamins

Some foods containing B vitamins

- Tuna
- Potato
- Seafood
- Poultry
- Sardines
- Liver
- Venison
- Mushrooms (some)

Some foods containing vitamins C & E

- Citrus Fruits
- Bell Peppers
- Strawberries
- Almonds
- Sunflower Seed
- Papaya
- Pineapple

The vitamins in the B complex group are essential for enabling the body to change food into energy, maintain a strong immune system, and help balance hormones in the body. They are found in meats, vegetable proteins, and cereals. Vitamin C fills the role of “protector” in our bodies. It boosts the immune system and protects the heart, cells, skin, gums, and more. Vitamin E also works to protect our cells and, specifically, our skin.

Healthy Heart



Healthy You

What Do These Vitamins Do For Your Heart?

Vitamin B-12 (folate) : Protects against blood clots

Vitamin B-6 : Protects against the hardening of the arteries

Vitamin B-3 (niacin) : Helps increase HDL (good) cholesterol

Vitamins C & E : Antioxidants; protect cells from free radicals

Magnesium, Potassium, & Calcium : Help lower blood pressure

Fiber : Helps lower cholesterol levels

Key West Chicken-Avocado Sandwiches

(for B Complex)

[1 cup mashed avocado, about 1 med](#)

[1 Tbsp freshly squeezed lime juice \(about 1/2 lime\)](#)

[1/2 tsp green pepper sauce \(we used Tabasco\), optional](#)

[1 cup baby spinach](#)

[10 oz grilled or roasted chicken breast, sliced \(about 2 c\)](#)

[1 C mango, peeled, pitted, and sliced](#)

[4 sm whole grain rolls \(2 oz each\), split](#)

Directions:

1. Combine avocado, lime juice, and green pepper sauce, if using, in small bowl. Spread top and bottom halves of rolls with 2 tablespoons each of the avocado-lime mixture.
2. Layer 1/4 cup of the spinach, one-quarter of the chicken, and 1/4 cup of the mango on bottom halves. Top with other halves of rolls.

Nutritional Facts Per Serving (Serves 4):

292 calories

9.8 grams fat/ 2.1 saturated

27 grams carbs/ 10 sugars

6.3 grams dietary fiber

26 grams protein

60.2 mg cholesterol

200 mg sodium

<http://recipes.rodale.com/Recipe/key-west-chicken-avocado-sandwiches.aspx>



Cucumber Punch

(for Vitamins C & E)

Ingredients

2 medium cucumbers

3 cups water

1 can (12 ounces) frozen lemonade concentrate, thawed

2 liters diet ginger ale, chilled

4-1/2 cups diet grapefruit or citrus soda, chilled

Ice



Directions

With a zester or fork, score cucumbers lengthwise; cut widthwise into thin slices. In a large pitcher, combine water and lemonade concentrate; add cucumbers. Cover and refrigerate overnight.

Just before serving, transfer cucumber mixture to a punch bowl; stir in ginger ale and grapefruit soda. Serve over ice. **Yield:** 25 servings (4-3/4 quarts).

Originally published as Cucumber Punch in [Healthy Cooking](#) June/July 2010, p31

<http://www.tasteofhome.com/Recipes/Cucumber-Punch>