

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

-1 Corinthians 6:19-20 NIV



Hello One Church Nation! FACT: Heart disease is the leading cause of death among men and women in the United States. Most people can reduce their risk for heart disease with lifestyle modifications such as exercising, quitting smoking, and eating a heart healthy diet. A heart healthy diet means eating foods that are low in sodium, cholesterol, and limiting *unhealthy* fats. Believe it or not, not all fats are bad for you. Your body actually needs fats for energy, muscle movement, and even controlling inflammation. Did you know that there are certain fats that are good for you and that can help to improve your cholesterol levels and improve your heart health? Read on below to learn more about dietary fats!

The Good: Good-for-you fats are typically found in vegetables, nuts, seeds, and fish. You might hear the words *monounsaturated* and *polyunsaturated* fats to describe this group. Examples of monounsaturated fats are avocados, most nuts, olive oil, peanut oil, canola oil, as well as high-oleic safflower and sunflower oils. Notice that these oils are liquid at room temperature. There are two types of polyunsaturated fats: Omega 3 and Omega 6. Both of these types of fats have been shown to be protective against heart disease by reducing cholesterol levels and inflammation. Omega 3s have even been shown to decrease blood clot formation. Examples of foods high in Omega-3 fats are fatty fish like salmon and mackerel, as well as walnuts and flaxseeds. Omega-6 fats can be found in certain oils like safflower, soybean, sunflower. Hemp seeds are a great source of Omega-3 & Omega-6 fats (and protein too!) and have a mild nutty taste that is great on salads or blended in smoothies.

The Ugly: *Trans fats* are the worst type of fat. In fact, there is NO dietary benefit from trans fat at all. Trans fats are found in partially hydrogenated oils that are used for foods like french fries and baked goods like cakes and donuts. Eating trans fats can raise the level of LDL ("bad") cholesterol in the blood. Having an elevated LDL cholesterol level in the blood can increase your risk of developing heart disease. Trans fats also contribute to diabetes. The best thing to do is avoid foods that have any percentage of trans fat listed on the nutrition label or could have been cooked with partially hydrogenated oils.

The Bad (or not so good): *Saturated fats* are fats that are solid at room temperature but turn to liquid when heated (think bacon grease and butter). Saturated fats are found in high amounts in animal products, however seafood is typically low in saturated fat. These fats are also found in baked goods. Diets high in saturated fats can increase your total cholesterol. It is recommended that you limit your daily consumption of saturated fats and replace saturated fats with polyunsaturated fats when cooking. For example, replacing bacon grease with canola oil.

Recipe of the month! Check out this unique and healthy take on Salmon, a good source of healthy Omega-3 fats.

INGREDIENTS

4 (6 oz.) salmon fillets
3 tablespoons maple syrup
1 tablespoon orange zest
1 tablespoon orange juice
1 1/2 teaspoons Dijon mustard
1 clove garlic, minced
1/2 teaspoon salt
1/2 teaspoon pepper

Orange and Maple Glazed Salmon



INSTRUCTIONS

Preheat oven broiler.* Line a large baking sheet with foil or parchment paper. Place salmon, skin side down, on prepared baking sheet.

In a small bowl, whisk together syrup, orange juice and zest, mustard, garlic, salt and pepper. Brush mixture over salmon.** Broil for 7-10 minutes, or until salmon flakes easily fork and reaches desired level of doneness.

NOTES

*If your oven does not have a broiler function, preheat oven to 400 degrees F and bake the salmon for 15 mins, or until desired level of doneness.

**For a more intense flavor, marinate the salmon in the mixture for 30min to 1hour before cooking. After placing the salmon on the baking sheet, brush with any remaining marinade before placing in the oven.

Nutrition Facts

Servings: 4

Amount per serving

Calories	281
	% Daily Value*
Total Fat 11.1g	14%
Saturated Fat 1.6g	8%
Cholesterol 78mg	26%
Sodium 392mg	17%
Total Carbohydrate 11.4g	4%
Dietary Fiber 0.3g	1%
Total Sugars 9.3g	
Protein 34.7g	
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 1mg	8%
Potassium 734mg	16%

Recipe adapted from <https://letsdishrecipes.com/orange-maple-glazed-salmon/>