

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH CORONARY ARTERY DISEASE

What healthy eating looks like with coronary artery disease

Maintaining a heart-healthy diet is crucial for individuals with coronary artery disease (CAD). Understanding what to eat can be overwhelming, but these tips can help.

Foods to eat FOR HEART HEALTH

- **Fruits and vegetables:** These are low in calories and rich in antioxidants, which can counteract the harmful inflammation that may contribute to CAD.
- **Whole grains:** Foods made from whole grains are a great source of fiber, which can help lower levels of “bad” LDL cholesterol, reducing the risk of plaque buildup in the arteries.



- **Omega-3s:** Found in fatty fish like salmon and mackerel, omega-3s can lower the risk of heart disease.
- **Healthy fats:** The fats found in foods like avocados, nuts, and olives can help lower cholesterol.

SMART SHOPPING

Making smart grocery choices means focusing on purchasing whole, unprocessed foods that are low in sodium, free of trans fats, and contain

no added sugars. When buying canned or frozen produce, ensure it’s free of added sugars and high-sodium sauces and syrups.

DINING OUT WITH CAD

Lean proteins like grilled fish or chicken, roasted vegetables, and dishes made from whole grains are smart choices. Many restaurants list nutritional information on their menus. Watch out for dishes that are fried, breaded, creamy, or come with heavy sauces.



4 questions to ask before you leave the hospital after heart surgery

You're ready to be discharged from the hospital after a cardiac stay, which means you're well on your way to recovery. Before your discharge, ask your care team these questions.

1 What should I eat now? Generally, you will be advised to limit sodium and unhealthy fats. Foods high in fiber, omega-3 fatty acids, and antioxidants all contribute to heart health.

2 How soon can I exercise again? Initially, light activities such as walking short distances

may be recommended. Gradually, your doctor can recommend increasing the intensity of your exercises.

3 What medications will I need to take? After heart surgery, your doctor will likely prescribe medications. These can

range from blood thinners and beta-blockers to ACE inhibitors. It's important to take them as prescribed.

4 Will I need any special medical equipment at home? Depending on the type of heart surgery you had and your general health condition, you might need certain equipment at home. This could include a blood pressure monitor, a hospital bed, or oxygen equipment.

Spotlight on Program Manager

Alissa Kennedy, RN, CCM, has been with AvMed for 13+ years and a registered nurse for 25+ years.



"Our mission within the Disease Management program is to educate and empower our Members to assist with successfully managing their chronic conditions and achieving their health goals." Alissa really enjoys knowing that she and the Disease Management team are helping our Members live their best lives.

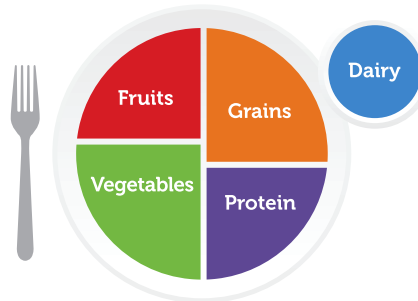
To reach us, please call 1-833-609-0735.



Healthy Eating Made Simple

Natalie M. Sinel-Rojas, M.S., R.D., L.D.N., C.Ph.T., AvMed's Registered Dietitian, shares her favorite tips for happier, healthier meals — without feeling deprived.

How to build a balanced meal



Balanced meals are key to maintaining a healthy weight and feeling energized all day long. While the Food Pyramid served as a helpful guide in the past, the U.S. Department of Agriculture now promotes healthy eating through MyPlate.

Half your plate: **FRUITS AND VEGETABLES**

These nutritional powerhouses provide essential vitamins, minerals, and fiber that help reduce the risk of chronic diseases. Fruits and veggies are also low in calories and fats.

Quarter of your plate: **PROTEIN**

Protein is essential for building tissues and enzymes, preserving muscle mass, supporting brain function, and bolstering the immune system. However, it is important to select lean proteins and avoid consuming undesirable fats, such as the ones found in processed baked goods. Tofu, beans, poultry, fish, and nuts are examples of lean protein.

Quarter of your plate: **WHOLE GRAINS**

Whole grains are more beneficial than refined

grains. Foods such as brown rice, whole wheat bread, and oatmeal are excellent sources of whole grains, providing essential nutrients such as fiber, B vitamins, and minerals.

MyPlate tip: **Remember to mix it up**

MyPlate offers helpful guidelines about portion sizes, but that doesn't mean your meals need to stay divided into quadrants on your plate.

Salads, for example, can be more than just a side dish. Mix different types of greens, add colorful vegetables (such as tomatoes, cucumbers, and carrots), and top it with a source of protein such as chickpeas or hard-boiled eggs. Toss in some quinoa or farro for added texture and whole grains.

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Recipe



Fiesta egg tortilla cups

Serves 6 | Prep time: 35 min

This is a great make-ahead breakfast option for busy mornings. These egg cups can be refrigerated and reheated for up to three days after cooking.

Ingredients

- 12 (4.5" - 5") flour tortillas ("street taco" size)
- 12 large eggs
- 1 cup prepared pico de gallo, plus more for serving
- Salt and black pepper to taste

Instructions

1. Preheat oven to 350° F. Place tortillas in a stack and wrap in a damp paper towel. Place on a microwave-safe plate, and microwave for 30 seconds. (This makes the tortillas more pliable.)
2. Press one tortilla into

each cavity of a muffin tin, pressing along the sides to secure. Crack one egg into each tortilla cup, and top with 1 mounded tablespoon of pico de gallo. Repeat with remaining tortillas until all are filled. Season each egg cup with a pinch of salt and black pepper to taste, if desired.

3. Place muffin tin in the oven and bake for 22 to 25 minutes, until the whites are set and yolks are slightly runny. Serve with extra pico de gallo, if desired.

Nutrition facts Calories 300 | Fat 13 g | Carbs 28 g | Fiber 4 g | Protein 17 g