



All of us have many numbers to remember (phone numbers, password numbers, birthdays, social security number, license numbers—too many!). It can be taxing to our brains and add stress to our lives especially when we can't remember them when we need them! But one important number you should know is your cholesterol level. When cholesterol levels are too high we put ourselves at higher risk for heart disease and stroke. Heart disease remains the # 1 killer for both men and women in this country so it's definitely something to learn more about. There is some great information in the attached newsletter and this month's lunch-and-learn will also be on this topic. **"Cholesterol: The Good, the Bad, and the Ugly"** on Wednesday Sept. 19 from noon to 1 PM in 0331 Palmer. Please let me know if you would like to reserve a seat!

If you haven't had a cholesterol screening, make an appointment with your physician soon. We also have the HeartReach Mobile lab coming to campus to do several different cardiac screenings on the morning of Sept. 19. See the details above!

Fall may be the best time of year for walking with cooler temps and the leaves changing color! If you need a "push" to get started, consider joining the **ISU pedometer challenge** which will run Oct. 3-31. Registration will be via e-mail beginning Sept. 24. The first 500 registered will get free pedometers! Watch for instructions on how to register coming via e-mail soon!

Fall foods that offer nutrition...this week is **pears!**

Pears offer natural dietary fiber—you can meet about 25% of your recommended fiber (6 grams) intake with one medium pear (be sure to include the skin). 41% of this fiber is pectin which is helpful for lowering cholesterol levels and stabilizing blood glucose levels. Dietary fiber intake has also been linked with lower body weights, lower blood pressure and lower triglyceride levels. Pears are a sweet treat that are low in calories (about 100 calories in average size fruit) and offer virtually no sodium. Fresh pears are a good source of vitamin C (10 % of recommended daily intake) and potassium (5% of recommended daily intake). The peel of the pear contains beneficial phytonutrients. All of this make pears a nearly PEARfect snack!

What could be easier than a breakfast pear parfait?

Breakfast Pear Parfait

Serve yourself 1/2 cup plain oat cereal and 1/2 cup honey oat cereal. Top mixture with 1/2 cup pears and diced pears and 1/2 cup lowfat yogurt.

Other delicious recipes with pears:

Almond Chicken Pear Salad <http://www.usapears.com/delicious/recipeCard.asp?recID=24&catID=7&chapter=Salads>

Brie, Ham and Pear Panini <http://www.usapears.com/delicious/recipeCard.asp?recID=35&catID=7&chapter=Salads>

Or check out many other recipes at <http://www.usapears.com/delicious/recipes.asp>

September is National Fruit and Vegetable-More Matters month <http://www.fruitsandveggiesmorematters.org/> Did you know 90% of us are not eating enough produce?? Visit this website for ways to include more and to learn about the many health benefits they offer.

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