

## Heart Health Month

**Heart Healthy Saturated Fats.** Wait! What? Isn't that an oxymoron? For decades we were taught that fat, particularly saturated fat, was to be avoided at all cost. Not only would it deposit directly on our hips and thighs, causing almost overnight obesity, but it would practically lodge in our hearts and lead to sudden heart attacks, quietly and with no warning. Based on this we gave up simple luxuries such as butter, whole milk and saturated fat-laden meat and cheeses.

Newer research is showing that saturated fat is not, in fact, as closely linked to heart disease as once believed. We now know there are different types of fat and saturated fat, all with different effects on blood cholesterol. Some types of saturated fat, such as those found in dairy foods, are neutral or even beneficial to heart disease risk.

Many people, health professionals included, are slow to embrace this new evidence but it's time to rethink established edicts. The bottom line is that **saturated fat is not the demon once believed.** Foods that were once avoided can be incorporated into healthy, balanced diets.

This does not mean it is open season on one-pound hamburgers and all-you-can eat bacon, but it does open the door to enjoy highly satisfying foods in moderation while making healthy choices with physical activity and diet patterns that include nutrient-rich foods from all five food groups.

[Read more here](#) about the latest research and please pass the butter....

**Mark Your Calendars**  
**[National Wear Red Day: February 6, 2015](#)**



## Move of the Month

### Partner Yoga Pose: Seated Facing Twist!

Spinal twists can be relaxing when done on your own, but are intense and give an incredibly deep stretch when pulling against a partner.

- Sit with legs crossed (or in Lotus) so you and your partner's knees touch.
- Each of you reach your right arm around your lower back, with the back of your hand touching just above your hip. Reach your left hand out diagonally and grab your partner's right hand. If you can't reach, each hold the end of a towel, bringing your hands close. If holding hands is easy, reach further and hold wrists. Turn hands, so your thumbs are pointing down.
- Look over your right shoulders and pull against each other as much as you can to feel the deepest twist. Hold for five or more deep breaths.
- Gently release, bring your torsos back to neutral and reposition to twist to the other side.

Move and image courtesy of [popsugar.com](#).



## Recipe of the Month

Enjoy this treat with your sweetheart or loved ones!

### Inside Out Cannoli With a Twist of Lime

#### Ingredients:

- 2 ½ tablespoons fresh Lime juice
- ½ cup sweetened condensed Milk
- 1 cup California reduced-fat Ricotta cheese
- ½ cup confectioners' Sugar, sifted
- Finely grated zest of ½ Lime
- 1 cup California heavy Cream
- Chopped Pistachios, for topping
- Plain crisp wafer Cookies, for serving



Recipe + photo:  
Cape Fear Nutrition  
Blog—Diane Boyd

#### Preparation:

Stir fresh lime juice into milk and set aside.

Combine ricotta, sugar and lime zest in a large bowl and beat with an electric mixer on medium until smooth, about one minute. Pour cream into another bowl and beat on medium until stiff peaks form, about two minutes. (The whipped cream should hold its shape and cling to the beater.)

Fold one-third of the whipped cream into ricotta mixture until combined and uniform. Gently fold in remaining whipped cream. Spread half of the ricotta mousse into a pie plate or loaf pan. Drizzle with half of the lime sauce. Repeat with remaining ricotta mousse and lime sauce. Chill, uncovered, 30 minutes or up to overnight.

Spoon mousse into bowls and sprinkle with nuts. Serve with crisp wafer cookies on the side.

