‘Blue Zoning’
the Gulf Coast
Nine health habits for a long and vibrant life

Adoption or Retirement—Why not both?

Cancer Care
When you’re part of the team

Stress-Free CHOLESTEROL IMPROVEMENT Menu
Autumn is a time of harvest and celebration of the year’s hard work. At Baptist Health Care our work focuses on developing comprehensive programs for wellness that allow you and your family to stay close to home when dealing with a health concern. We believe our efforts will be fruitful for our community, and in this issue of Gulf Coast Healthy Living, you’ll learn about the exciting developments we are growing here at Baptist.

Cancer is a diagnosis we all hope to avoid. Unfortunately, many of us will face this challenge at some point in our lifetime. A successful treatment and recovery program carefully designed for a patient’s individual needs is crucial. The Baptist Cancer Institute provides the comprehensive team that can help put you and your family on the road to recovery (page 10).

We all want a great quality of life, filled with time to spend with friends and family. When we can, we give this opportunity to others; read an adoption story that will inspire you on page 6. We seek out physicians who will keep us in the game longer (page 8) and those who can help us ease comfortably into the golden years (page 13). Many health and medical programs have the purpose of slowing the negative effects of aging. However, did you know there are some areas in the world where healthy aging is the norm and not the exception? Turn to page 4 to discover what these people know, and consider adopting their life-enhancing practices that can lead to vibrant, healthy years ahead.

We are finally moving into the cooler months after a long hot summer. We at Baptist hope your year has been bountifully blessed. As we approach 2016, know that Baptist is here for you and will continue to meet the needs of our community and support the good health of our Gulf Coast families for many years to come.

Mark Faulkner
President and Chief Executive Officer
Baptist Health Care

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HEALTHY HABITS

SHARE JOY, NOT GERMS
During the holidays, we hug, shake hands and socialize more. “Good hand washing is always important to maintaining good health, but especially around the holidays. Use plenty of soap, lather well and wash them in warm water for around 20 seconds at least,” encourages Joshua Davis, M.D., Baptist Medical Group – Family Medicine and Specialty Care Center in Pace.

A HEALTHY ADDITION TO YOUR THANKSGIVING FEAST
Balsamic Glazed Butternut Squash
Ingredients:
• 2 to 3 butternut squash
• 2 teaspoons of salt
• 3 tablespoons of balsamic vinegar
• 2 tablespoons of honey
• 2 tablespoons of butter

Directions:
• Peel and cube squash.
• Melt the honey and butter together, then add vinegar.
• Put the squash in a bag or a bowl and coat it with the glaze.
• Pour onto baking pan.
• Bake at 425 degrees for approximately 30 minutes or until tender.


GO FIGHT! DIABETES 101
November is recognized as American Diabetes Month. Today, diabetes affects 25.8 million Americans; 1.9 million Americans are diagnosed with diabetes each year.

To learn more about diabetes health, download the Healthy Lives online publication, “Go Fight! Winning the Battle Against Diabetes,” at eBaptistHealthCare.org/HealthyLives/DiabetesEducation.

DON’T FORGET! GET THE FLU SHOT.
Make an appointment today with your primary care physician and get vaccinated. If you need a primary care doctor, call Baptist Medical Group at 850.437.8600 or visit BaptistMedicalGroup.org.

WHO WOULD HAVE GUESSED?
Do you know what these four celebrities have in common?
• Hoda Kotb, talk show co-host
• Rita Wilson, actress
• Peter Criss, KISS band member
• Sheryl Crowe, musician

They are all breast cancer survivors.

During October, we recognize Breast Cancer Awareness Month and raise awareness about the disease. Breast cancer stems from a malignant tumor that starts in the cells of the breast. While the disease is more common for women, men can get it as well. There are ways to protect yourself from developing the disease such as exercising regularly, monitoring your alcohol consumption and scheduling mammograms on a schedule suitable to your age and risk factors.

To learn more or schedule a mammogram reminder, visit eBaptistHealthCare.org/DigitalMammography.

Learn more about our approach to community wellness. Visit eBaptistHealthCare.org/HealthyLives.
‘Blue Zoning’
the Gulf Coast

The average American life span is about 79 years, but there are places in this world that have us beat by nearly a decade. “Blue Zone” residents have developed nine important health habits that allow them to live long and vibrant lives. Let’s turn northwest Florida into a Blue Zone!

1. **Move naturally.** Forget technology and mechanical conveniences. Do your own work and move without even thinking. You don’t need to be a frequent gym member or a marathon trainee. Instead, take up activities and habits, such as gardening, cycling or taking the stairs instead of the elevator.

2. **Find your purpose.** Know why you wake up every morning. Do you have children? A goal? A job or hobby you love? Knowing your sense of purpose is worth up to seven years of extra life expectancy.

3. **Down shift.** Decrease stress in your life by praying, meditating, enjoying friendly company, taking naps or remembering loved ones. Stress leads to chronic inflammation that is associated with every major age-related disease.

4. **80 percent rule.** Follow an Okinawan mantra and stop eating when you are 80 percent full. Eat your smallest meal in the late afternoon or early evening, and make that your last meal of the day. When you think, “I could eat a few more bites,” stop there.

5. **Plant slant. Eat beans.** The centenarian diet includes plenty of vegetables that they garden themselves.

6. **Meat in moderation.** Blue Zone residents only eat small amounts of meat, mainly pork, about five times a month.

7. **Shared spiritual practice.** All but five of the 263 Blue Zone residents interviewed belong to a faith-based community. No matter the denomination, research shows that attending weekly faith-based services could add four to 14 years to your life expectancy.

8. **Loved ones first.** Keep parents and grandparents nearby and put your family first. Investing in your children gives them a purpose to stay around longer, motivating them to live longer.

9. **Right tribe.** Long-lived individuals are often born into social circles that support healthy behaviors. Your environment is contagious. Know what to avoid, such as smoking, obesity and loneliness.
The Five Blue Zones

- Barbagia region of Sardinia
- Ikaria, Greece
- Loma Linda, California
- Nicoya Peninsula, Costa Rica
- Okinawa, Japan

Let’s dedicate ourselves to making our community the next Blue Zone!

Author and explorer, Dan Buettner, and National Geographic took a team of scientists around the world to find areas of unusual longevity and learn how people are living to be 100 and older.
Throughout our adult lives, we try to time milestones such as when to start a family and when to start easing into retirement. One couple synchronized both aspirations, and today they are having the time of their lives.

At ages 55 and 54, Roger and Yoly Knight have been married for 32 years and have taken a break from their professional pursuits. They are semi-retired, but still manage part-time work schedules that give them far more flexibility with their time. They filled that time by adopting a group of five siblings, ranging from ages 1 to 7. Yoly sums up their decision in simplistic terms: “We’re not trying to move up in our careers. We aren’t materialistic. We wanted children. We love giving.” Roger went on to say how it’s enriched their lives. “We’ve found the fountain of youth,” he said.

Yoly has mastered tree-climbing and the pogo stick. Roger has fine-tuned his “engineering” skills by assembling children’s furniture. “It took me about an hour to assemble a car seat,” he said with a laugh. “I didn’t realize those things were so complicated.”

A typical day in their home is filled with hugs, homework, prayer before dinner and a lot of outdoor exploration. The couple credits much of their happy home life to their strong marriage. “You don’t have to be married to adopt, but if you are, you need to have a solid relationship,” said Yoly. “Aside from that, you just need to be a caring, giving and patient person.”

Time and money always are considerations when thinking about adopting, but the Knights didn’t find those factors overwhelming. Semi-retirement has provided more time for the couple, and they learned about many other benefits for adopting a child or children from the foster care system:

- Pre-service adoption preparation training and post-placement supervision and support for adoptive families.
- Financial assistance is available for adoption finalization expenses.
- Each child is eligible for a monthly subsidy of $417 until he or she reaches age 18.
- Each child receives Medicaid until age 18.
- Adopted children are eligible for a college tuition waiver.
- Adoptive parents may be eligible for a one-time Federal Tax Credit of approximately $13,000 per child.

Most importantly, all five children are thriving in their new home. “These kids are smart. All they needed was for someone to pay attention to them,” said Roger. “We thought we were the ones giving back, but these kids fulfill us so much.”

Often at the end of day, the couple spends time talking about their children and agree that they can’t imagine life without them. Adoption and semi-retirement go well together and add a new layer of purpose and joy to their lives.

Watch videos about adoption at eLakeviewCenter.org/FamiliesFirstNetwork/Adoption.aspx.
Meet some of the children waiting for a forever home.

AUSTIN enjoys swimming, fishing and going to water parks. He can be shy when first meeting new people, but he quickly begins to open up. Austin needs an adoptive home with lots of support and patience in order to help him heal and thrive.

DEVIN, NATALIE, and JOSH are a loving sibling group who enjoy spending time together. Joshua enjoys sports, especially football. Devin enjoys video games and electronics. Natalie is the peacemaker in the family; she can play rough with her older brothers but still wants hugs. This sibling group needs a family who can recognize their sibling bond while offering a safe place for them to grow individually.

Bella loves to be pampered; getting her hair and nails done is her idea of a great day. She enjoys being around people and wants very much to be a part of a loving family. Bella needs a family who understands that her difficult past is a daily challenge to overcome; a family who will help her to accept love.

JORDAN is a good student who likes to be funny and laugh. She needs a loving and supportive family who will understand and help her grow to reach her fullest potential.

TJ loves to smile. Despite his medical needs, he interacts with others through sounds and some movement. TJ needs a family who will love him with every ounce of their being.

MIKHAIL enjoys talking to people and playing video games. He is interested in paleontology, which is his topic of choice. Mikhail needs a family who values his previous connections, but also is willing to help him develop new connections.

To see pictures of many of our local children waiting in foster care for adoption, visit eLakeviewCenter.org/FamiliesFirstNetwork/AdoptionHeartGallery.aspx.

Learn how you can take the first step toward adoption by calling 850.469.3847.

Adoption Heart Gallery.
Steve E. Jordan, M.D., is exactly what amateur, professional and weekend athletes seek.

Our physical health and our ability to play and exercise when we want are high priorities, so when we are hurt or overworked we rely on experienced orthopaedic physicians to return us to good health. In today’s fast-paced world, people want good outcomes and fast recoveries. This is the heart of modern sports medicine. Steve E. Jordan, M.D., is exactly what amateur, professional and weekend athletes seek. He is a fellowship-trained orthopaedic surgeon committed to guiding his patients not only through evidence-based treatment, but also through education and prevention of sports injuries.

Dr. Jordan has helped remarkable athletes and weekend warriors during his career as a U.S. Navy physician and as a team physician at Florida State University for more than twenty years. He was on the sidelines to witness and support the Seminole’s victory in the 2014 BCS Championship football game, and he has treated the FSU baseball team during an unprecedented and remarkable string of winning seasons. Now he brings his experience and expertise to the Andrews Institute for Orthopaedics & Sports Medicine in Gulf Breeze where he will work with his long-time mentor and friend, James R. Andrews, M.D.

Dr. Jordan is a leader in patient-reported outcomes data collection that helps all physicians evaluate and improve care for their patients. He treats and helps prevent throwing injuries of the shoulder and elbow in athletes and all active patients, young and old. Like Dr. Andrews, he believes that the lessons we learn from high-level athletes can be used to help improve care for patients from all walks of life. Areas of surgical interest and research include rotator cuff and labral injuries of the shoulder; ligament reconstruction of the elbow or “Tommy John” surgery; and anterior cruciate ligament (ACL) and meniscus surgery of the knee.

“When I specialize in working with athletes, I look forward to treating people of all ages who want to stay pain-free and active, and I truly enjoy helping patients avoid, manage and recover from bone and joint injuries. I feel it a privilege to be a part of the premier health care team at the Andrews Institute and have an opportunity to work with so many extraordinary physicians.”
THROWING INJURIES in Student Athletes

If a young athlete is throwing too hard, too much, too early, and without rest, a serious elbow or shoulder injury may be on the horizon. The following tips will help ensure your child plays comfortably through the season without injury.

- Warm up properly by stretching, running and easy, gradual throwing.
- Rotate playing other positions that don’t involve throwing.
- Concentrate on age-appropriate throwing/pitching.
- Don’t throw with elbow or shoulder pain. If the pain persists, see a doctor.
- Don’t play year-round.
- Communicate regularly about how your arm is feeling and if there is pain.
- Develop skills that are age appropriate.
- Emphasize control, accuracy and good mechanics.

Sports tips provide general information only and are not a substitute for your own good judgement or consultation with a physician.

When You’re Part of a Team

A cancer diagnosis often comes as a shock, followed by a whirlwind of treatment and recovery. The success of that recovery depends on many interrelated aspects of cancer care, a comprehensive approach that now is more accessible to the community than ever with the help of the Baptist Cancer Institute and its collaboration with Mayo Clinic. Advancements in cancer care are constantly allowing physicians to better treat and prevent the life-threatening disease, and numerous support services help see the patient and family through this challenging time. From diagnosis and patient education to leading-edge treatments and research, Baptist’s nationally recognized program provides a personalized plan of care, ensuring a focus on the patient’s physical and emotional healing process in a state-of-the-art healing environment.
THE TEAM
The dedicated team of cancer-fighting medical experts ranges from oncologists to specialty surgeons to social workers and nurse navigators. Everyone who is necessary for the best possible path toward recovery is included on the team:

- Oncologists
- Radiation oncologist
- Urologist
- Ear, nose and throat specialist
- Pulmonologist
- Cardiothoracic surgeon
- Neurosurgeon
- Colorectal surgeon
- Physical therapists

COLLABORATING ON CARE
Physicians from multiple disciplines gather to consult together on weekly “tumor boards” to discuss the most challenging cases and to determine the best treatment plans. A tumor board generally consists of medical hematologist-oncologists, radiation oncologists, pathologists, radiologists, general surgeons, specialty surgeons, and other physicians who may shed some light on a particular case.

In addition, as a member of the Mayo Clinic Care Network, Baptist physicians can consult Mayo Clinic specialists when they feel additional input would benefit their patients, either through an electronic “eConsult” or by participating in a Mayo Clinic eTumor Board. Mayo’s eTumor Boards allow physicians to meet in real-time video conferencing to present and discuss complex cancer cases with a multidisciplinary panel of Mayo specialists and other members of the network that spans more than 30 different locations across the United States as well as Puerto Rico and Mexico. Baptist provides these additional cancer care resources at no cost to the patient.

“The most rewarding part of providing care is being able to help each patient persevere through their journey,” says Dr. Mann. “And perhaps even to help each patient be strengthened by their experience.”

For more information about Baptist Medical Group physicians, visit BaptistMedicalGroup.org.
Working with the Baptist group, I’ve found that a unique system is in place that allows each patient early on to be part of a survivorship plan. The plan addresses not just the surgery, chemotherapy or radiation components of treatment, but also incorporates lifestyle changes such as an improved exercise program and improved nutrition,” says David Mann, M.D., oncologist and medical director of Baptist’s oncology program. “Each patient is encouraged to be an active participant in his or her treatment.”
Continuity of care from the hospital to a nursing facility and then back to one’s home is essential to the healing and recovery process. A post-acute, long-term care (LTC) geriatrician cares for patients when they transition from the hospital to a rehabilitation facility or other skilled nursing facility. This is a growing area of medical practice that raises the bar on patient care and has been shown to reduce common problems that occur due to an extended illness, such as urinary tract infections and pneumonia. Andrea Hackel, M.D., is a post-acute, LTC geriatrician and a new addition to the Baptist Medical Group – Senior Health team. She joins Baptist Medical Group after serving the Pensacola area for more than 20 years in hospital senior health services.

A Conversation with Dr. Hackel

What led you to choose your focus of medicine?
I found my niche in geriatrics because I believe wisdom usually comes from experience. It is a privilege to have the elderly share their wealth of diverse experiences with me.

What about your line of work do you find most rewarding and why?
Senior citizens are a heterogeneous and challenging group. The frailest among them develop multiple illnesses requiring multiple medications, and the resulting complex interactions require a thorough and careful approach. The more challenging the problem, the greater the satisfaction in finding solutions.

Do you have any specific medical interests?
Dementia, osteoporosis, syncope and cardiovascular disease.

What do you find most encouraging about the work you do?
I feel I make the greatest impact when I educate, and thus empower a patient or the family, to make good health care choices.

Dr. Hackel Cares for Patients at the Following Locations:

- Life Care Center of Pensacola
- Arcadia Health and Rehabilitation Center
- The Health Center of Pensacola
- Azalea Trace Health Care Center

To learn more about Dr. Hackel and the Senior Health program, visit her profile page at BaptistMedicalGroup.org or call 850.437.8600.
BAPTIST HEALTH CARE IS A ‘GREAT PLACE TO WORK’

Becker’s Hospital Review awarded Baptist Health Care a place on its “150 Great Places to Work in Healthcare” list. Baptist was chosen for its reward and recognition program, benefits offerings, wellness initiatives and efforts to improve professional development, diversity and inclusion, work-life balance and a sense of community and unity among employees. Baptist is the only area health care provider to earn a spot on the list.

BHC PARTNERS WITH YALE UNIVERSITY IN LEADERSHIP SAVES LIVES

Baptist Health Care is participating in the Leadership Saves Lives research initiative, in partnership with Yale University’s Global Health Leadership Institute. The overall goal of this two-year collaborative research initiative is to reduce in-hospital heart attack mortality through organizational culture change and leadership development. Baptist is one of only 10 hospitals nationwide chosen for inclusion in this project.

$25,000 GIFT FOR INDIGENT MAMMOGRAM PROGRAM

Baptist Health Care Foundation received a $25,000 gift from Pink Ribbon Pensacola. This donation supports the Indigent Mammogram Program at Baptist Health Care in serving women in need.

DAVID M. JOYNER, M.D., SELECTED AS SENIOR VICE PRESIDENT AND EXECUTIVE DIRECTOR OF THE ANDREWS INSTITUTE

A board certified orthopaedic surgeon with a sports medicine emphasis, Dr. Joyner is responsible for the day-to-day operation of the Andrews Institute for Orthopaedics & Sports Medicine, including physician alignment, strategic business partnerships and affiliations, branding and recruitment. He is a former chairman and senior member of the United States Olympic Committee sports medicine team and, most recently, was the athletic director for Penn State University and a member of the Penn State University Board of Trustees.

STEPPING OUT IN STYLE FASHION SHOW IS COMING!

Get runway ready for the 39th annual Stepping Out in Style Fashion Show at New World Landing, presented by the Women’s Board of Baptist Health Care Foundation and Gulf Coast Health Care. On Thurs., Oct. 15, professional and local celebrity models will show off the latest fashions from local boutiques. In addition to the runway show, the event will feature both silent and live auctions, hors d’oeuvres and a cash bar. Doors open at 5:30 p.m. and tickets are $50. Proceeds from the fashion show fund programs and services at Baptist Health Care to support its Mission to improve the quality of life for our community. For more information visit BaptistHealthCareFoundation.org or call 850.469.7419.

Happy Anniversary!

Thank you for choosing us for your care.

Baptist Hospital celebrates 64 years of service to the community in October 2015.

Jay Hospital celebrates 36 years of affiliation with Baptist Health Care in November 2015.
Changing your diet to improve cholesterol levels is one the hardest challenges people go through. Thankfully, Healthy Lives is making change easier with a simple, easy-to-follow menu full of tasty meals for each day of the week.

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
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<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
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<tr>
<td>Tastes Like Fall in a Bowl</td>
<td>Waffle to Go</td>
<td>Breakfast Pizza</td>
<td>Egg Muffins</td>
<td>“Rice” Pudding</td>
</tr>
<tr>
<td>½ cup oatmeal (plain)</td>
<td>1 waffle: Kashi Go Lean or Vans (at least 5 grams of fiber and protein)</td>
<td>100 calorie Thomas English Muffin (~5 grams of fiber)</td>
<td>Place spinach into muffin tins and fill with Southwest Egg Beaters</td>
<td>½ cup cottage cheese</td>
</tr>
<tr>
<td>¼ cup 100% Pure Pumpkin (Libby’s)</td>
<td>2 Tbsp. almond butter</td>
<td>Cut in half and split.</td>
<td>Bake at 350 degrees until firm.</td>
<td>1 Tbsp. honey</td>
</tr>
<tr>
<td>10 walnuts</td>
<td>1 small banana</td>
<td>1 wedge of Laughing Cow cheese</td>
<td>1 small pear</td>
<td>15 raisins</td>
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<tr>
<td>Dash of cinnamon</td>
<td>If you don’t like pumpkin, substitute chopped up apple.</td>
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<th>LUNCH</th>
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<tbody>
<tr>
<td>Avocado Deli Sandwich</td>
<td>Portabella Mushroom Sandwich</td>
<td>Omega-3 Hummus Wrap</td>
<td>Omega-3 Tuna Tacos</td>
<td>Crab Salad</td>
</tr>
<tr>
<td>2 slices WG* bread</td>
<td>2 slices portabella mushroom as a bun</td>
<td>2 oz. hummus</td>
<td>1 green bell pepper cut in half to make two “bowls”</td>
<td>Artificial crab</td>
</tr>
<tr>
<td>2 oz. lean deli turkey</td>
<td>2 Tbsp. avocado spread (fresh)</td>
<td>1 WG* wrap</td>
<td>2 oz. fresh/canned tuna (olive oil based mayo, fresh herbs)</td>
<td>2 oz. avocado slices</td>
</tr>
<tr>
<td>2 Tbsp. avocado spread (fresh)</td>
<td>2 slices tomato</td>
<td>1 cup salad mix (dark greens)</td>
<td>2 tomato slices</td>
<td>1 cup salad mix (dark greens)</td>
</tr>
<tr>
<td>2 tomato slices</td>
<td>6 WG* crackers</td>
<td>1/4 cup chopped tomatoes</td>
<td>4 cucumber slices</td>
<td>2 Tbsp. flaxseed oil dressing</td>
</tr>
<tr>
<td>1 cup sprouts, onions, cucumber slices</td>
<td>1 small pear</td>
<td>1/4 cup chopped onions</td>
<td>6 WG* crackers</td>
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<table>
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<tr>
<th>DINNER</th>
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<tbody>
<tr>
<td>Omega 3 Fish Dinner</td>
<td>Salmon Burgers</td>
<td>Chicken and Avocado Dinner Mix</td>
<td>Walnut Oil Sauté Mix</td>
<td>Bean Fiesta Dinner</td>
</tr>
<tr>
<td>3 oz. baked white fish</td>
<td>3 oz. salmon</td>
<td>3 oz. baked chicken breast (skinless)</td>
<td>4 oz. tofu</td>
<td>1/3 cup beans/lentils/edamame</td>
</tr>
<tr>
<td>1/2 cup brown rice</td>
<td>2 slices WG* bread</td>
<td>1/2 cup avocado (fresh)</td>
<td>1/2 cup brown rice</td>
<td>1 oz. low-fat cheese (topper)</td>
</tr>
<tr>
<td>Salad Mix</td>
<td>2 tomato slices</td>
<td>1 small sweet potato (baked)</td>
<td>1/4 cup onion</td>
<td>1/2 cup brown rice</td>
</tr>
<tr>
<td>1 cup salad mix (dark greens)</td>
<td>Veggie Sauté</td>
<td>fresh herb mix to taste</td>
<td>1/4 cup peppers</td>
<td>1/4 cup corn</td>
</tr>
<tr>
<td>1/2 cup broccoli florets</td>
<td>1/3 corn</td>
<td>Salad Mix</td>
<td>1/4 cup mushrooms</td>
<td>1/4 cup tomatoes</td>
</tr>
<tr>
<td>1/2 cup carrots</td>
<td>1/3 cup tomatoes</td>
<td>1 cup salad mix (dark greens)</td>
<td>1/4 cup tomatoes</td>
<td>1/4 cup green beans</td>
</tr>
<tr>
<td>1/8 cup chickpeas</td>
<td>1/3 cup onions/peppers</td>
<td>3 tsp. flaxseed oil (dressing)</td>
<td>3 tsp. oil (Combine stir fry with flaxseed, olive or walnut oil)</td>
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</tr>
<tr>
<td>3 tsp. flaxseed oil (dressing)</td>
<td>2 tsp. walnut oil</td>
<td>1/2 cup cucumbers</td>
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<th>SNACKS</th>
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<tr>
<td>Choose two a day.</td>
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<tr>
<td>1/3 cup nuts, unsalted</td>
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<tr>
<td>1 small fresh fruit</td>
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<tr>
<td>1/4 cup cottage cheese</td>
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<tr>
<td>(low sodium)</td>
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</tr>
<tr>
<td>Cheese stick</td>
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<td></td>
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<tr>
<td>6 - 8 WG* crackers</td>
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*WG: Whole Grains: Must have at least three grams of fiber per serving.

Note: Meal plan based on ~2,000 calorie/day plan; your individual needs may vary. With the increased fiber in this diet plan, please ensure to drink adequate amounts of water throughout the day for digestion (~13 cups for men and ~9 cups for women daily).

Source: adapted from the Academy of Nutrition and Dietetics (High Cholesterol/Therapeutic Lifestyle Change Meal Pattern).

For more information, visit eBaptistHealthCare.org/HealthyLives or call 855.469.6903.
WE’LL BE HERE.

Caring Physicians. Innovative Treatments.

When cancer tries to take you away from the things that matter most, Baptist Cancer Institute is here. From caring physicians to the most innovative treatment options and our collaboration with Mayo Clinic, we’re here to help you during the most difficult of times.

BAPTIST CANCER INSTITUTE

850.434.4080 / eBAPTISTHEALTHCARE.ORG