



# Take a NOURISH Step!

January: The Big Picture of what doctors call “Metabolic Syndrome.”



## Did you Know?

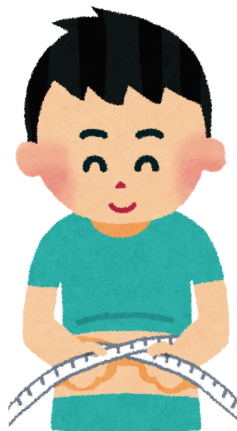
~1 in 3 adults may have Metabolic Syndrome.  
Waist size is one of the strongest predictors.



## What is Metabolic Syndrome?

Metabolic syndrome may be the most common and serious condition you've never heard of, and it's on the rise. **Nearly half of all people over 60 may have it.**

Metabolic syndrome is a group of health problems, such as high blood pressure, high blood sugar, unhealthy cholesterol levels, and extra weight around your waist. When several of these occur together, they put extra strain on your heart and overall health.



## Why is it a big deal?

Having Metabolic Syndrome increases the risk of the following:

- Cardiovascular disease (including heart attacks and stroke)
- Diabetes
- Liver and kidney disease
- Sleep apnea

## How Do You Know If You Have It?

According to the most widely accepted definition, a person has metabolic syndrome when **at least three** of the following are present:

- **Increased waist size:** Greater than 40 inches in men or 35 inches in women
- **Elevated blood triglycerides** (a type of fat in the blood): Above 149 mg/dL
- **Low HDL (good) cholesterol:** Below 40 mg/dL in men or 50 mg/dL in women
- **High blood pressure:** 130 mmHg over 85 mmHg or higher
- **Elevated blood sugar:** A fasting plasma glucose level of 100 mg/dL or above

## What Can You Do to Lower Your Risk?

Lowering your risk starts with small daily lifestyle changes. Losing 7–10% of your body weight over a year—if you weigh 200 lbs, this would be 14 to 20 lbs. Eating more whole grains, fruits, vegetables, and fiber, and reducing unhealthy fats and added sugars. Aiming for 30–60 minutes of physical activity most days of the week can make a big difference and help you lose weight.

**\*NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

## Quick Chicken Rice Soup

### Ingredients:

- 4 cups water
- 4 cups low-sodium chicken broth
- ½ cup white rice or quick-cooking brown rice or precooked rice
- 1 cup cooked and chopped chicken
- 2 cups mixed vegetables (fresh, frozen, or canned, drained and rinsed)
- 1 teaspoon oregano &/ or thyme
- ¼ teaspoon black pepper

### Directions

- In a large saucepan, bring water and broth to a boil. Add the rest of the ingredients.
- Reduce heat to simmer, cover, and cook for 20 minutes or until the rice and vegetables are tender if using fresh produce or uncooked rice. Cooking time can be reduced if using frozen, canned or pre-cooked rice.
- Refrigerate leftovers and use within 3 days or freeze for longer storage.
- For variety, try other seasonings, such as rosemary or crushed red pepper.



Recipe adapted from

<https://foodhero.org/recipes/quick-chicken-rice-soup>

## Wellness Bingo

<b>Try an Exercise Video</b>	<b>Swap Sugary Drink for Water</b>	<b>Eat a Veggie</b>	<b>Try a New Food</b>
<b>Try a Whole-Grain Snack</b>	<b>Focus on Your Breathing</b>	<b>Call a Friend</b>	<b>March in Place</b>
<b>Take a 10-Minute Walk</b>	<b>Snack on crunchy Veggies</b>	<b>Go Outside</b>	<b>Stretch for 5 Minutes</b>
<b>Drink 3 Glasses of Water</b>	<b>Have a Cup of Tea</b>	<b>Do 10 Leg Lifts</b>	<b>Eat a Fruit</b>

Keep taking **NOURISH Steps** and learn more about **Metabolic Syndrome** at <https://www.nhlbi.nih.gov/health/metabolic-syndrome>

