

Improve Heart Health By Adding Plant-Proteins To Your Diet

Diet Suggestions for Your Health

The American Heart Association warns that too much red meat in your diet can be a factor in heart disease. So how do we change gradually?

See this season's Featured Recipe, **Quinoa Fiesta Stuffed Peppers**, for a new meal idea that's tasty and heart-healthy. Quinoa is an ancient grain, one of the few plant-based sources of complete protein, and a gluten-free recipe ingredient.

According to the [American Heart Association](#), "A healthy diet is one of the best weapons you have to fight cardiovascular disease. The food you eat (and the amount) can affect other controllable risk factors: cholesterol, blood pressure, diabetes and overweight."

Diet suggestions from the American Heart Association:

- Choose **nutrient-rich foods** over nutrient-poor foods; look for foods rich in vitamins, minerals, fiber and other nutrients but are lower in calories
- Emphasize intake of **vegetables, fruits, and whole grains**; include low-fat dairy products, poultry, fish, legumes, non-tropical vegetable oils, and nuts
- **Limit intake** of sweets, sugar-sweetened beverages, and red meats
- Maintain a healthy weight by **coordinating diet with physical activity** so you're burning as many calories as you take in

Page Link: <https://healthyforgood.heart.org/>

Clinic Membership:

Ask About it at Work!

Direct primary care clinic membership is a "care first" employer health benefit now offered by many Lawton area employers. Ask your employer about offering access to MainStreet Clinic Membership through payroll deduction.

MainStreet Clinic membership is an ideal health benefit people can use with no insurance coverage required.

[Employer-Employee Benefits on back page](#)



Quinoa Fiesta Stuffed Peppers

FEATURED RECIPE

Ingredients

1 cup quinoa cooked in 1 3/4 to 2 cups water and a pinch of salt
6 bell peppers (red, orange and yellow)
1 can corn 14 oz
1 can black beans 14 oz
1-1/4 cups pico de gallo
1 to 1-1/2 tsp chili powder, add more to taste
1-1/2 tsp cumin

Instructions

Preheat oven to 375 degrees F.

Rinse quinoa and bring to boil with pinch of salt in water. Cover, reduce heat and cook 15 to 20 minutes until all water absorbed. Quinoa texture should be fluffy. Remove from heat. Mix together corn, black beans and pico de gallo with spices and gently stir into quinoa.

Halve peppers, remove seeds and place on baking sheet lined with parchment paper. Stuff each pepper with quinoa mixture and bake for 30 minutes.

Garnish with your choice of grated cheese or sour cream, cilantro and avocado slices.

Serves 8.

Clinic Membership:

Ask About it at Work!

MainStreet Clinic membership is a “care first” employer health benefit people can use with no insurance coverage required.

Employer-Employee Benefits:

- A flat monthly fee for all primary health care can be budgeted as a fixed monthly payroll deduction
- The membership benefit may be all employer-paid, partially employee-paid or all employee-paid
- The clinic membership agreement is entered into by each employee individually; we protect the doctor-patient relationship
- Employees access care quickly during office hours and after-hours, either in person or via cell phone, text or email
- We help maximize the value of any insurance our members have and seek less-expensive alternatives where possible
- When extra tests or specialized care is needed, we take time to help members make decisions and find strategies for affordability
- Discounts may be arranged for lab work and diagnostic imaging; dispensing many prescription medicines at very low cost helps many families make ends meet
- Vision care, too: When employers offer access to MainStreet Clinic membership, people may also enroll in Primary Vision Care



Should A Mobile Health App Be Your Next Prescription?

MainSt Clinic encourages members to try **Lose It!**, a free app that makes calorie counting easier. It helps you scribble and keep track of every snack and every meal.

Lose It! tracks the calories burned via dozens of different exercise options — thereby encouraging you to exercise. This feedback puts you in control and weight loss inevitably follows.

[Read the Common Sense Family Doctor Blog](#) on the MainSt Clinic Website.

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