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Office in Brownwood



Chris McClish, M.D.
*Interventional
Cardiology*

Hendrick Medical Center is pleased to announce that Chris McClish, M.D., has office hours the third Tuesday of each month in Brownwood. Dr. McClish is an interventional cardiologist at Cardiology Consultants in Abilene. He earned his medical degree at The University of Texas Medical Branch in Galveston and completed his residency, internship and cardiology fellowship at the University of Virginia in Charlottesville. He also completed a Fellowship in Interventional Cardiology at The University of Texas Health Science Center at San Antonio.

Dr. McClish is board certified in Cardiovascular Disease and Interventional Cardiology.

Now attending Brownwood the first and third Tuesdays of each month

120 South Park Drive
Brownwood, TX 76801
325-793-3100



5 Tips for Healthy Summer Eating

By **Dr. Nancy C. Lee**

Former Deputy Assistant Secretary for Health – Women’s Health and Director, Office on Women’s Health

You know the healthy eating basics, but you also know it’s not always easy to apply them to daily life. That’s okay! Focus on making small changes. Here are five smart, simple tips for healthier eating this summer.

Work more veggies into your diet. I like adding avocado to my sandwiches. Or the next time you’re cooking fish, meat, or poultry, try this: sauté some peppers, onion, garlic, and tomatoes to serve as the topping. Not only will it be packed with flavor, but your portion size will be bigger without too many additional calories.

Get the most out of your salad. Not all salads are healthy, especially at a restaurant. Salads loaded with dressing, cheese, and fried chicken are also loaded with calories and fat. But healthy salads don’t have to be boring. Pick the ones with a lot of different vegetables for more disease-fighting nutrients. Top it off with a lean protein like grilled chicken, fish, or beans.

Avoid overdoing it at summer BBQs. Beat the temptation to overeat by filling up on the healthy stuff first. Fill your plate with fruit and green salads and choose raw vegetables over chips. If you treat yourself to dessert, be aware of the portion size and keep it reasonable. The key is moderation and recognizing when you’re full. Once you’ve finished, get moving! Play with the kids or get everyone together for a game of volleyball, Frisbee, basketball, or tag. I know that when I move away from the table, I’m less tempted to keep eating.

Cook at home. There are a lot of benefits to eating at home. Not only will you save money, but you’ll know exactly what goes into your meal. Plus, cooking at home is generally healthier, especially if you use a heart-healthy recipe.

Don’t forget the fruit! Summer is a great time for fresh fruit. Add your favorite berries to your morning cereal or oatmeal. Choose watermelon or cherries for dessert instead of cookies or ice cream. Did you know you can grill peaches?

Courtesy of WomensHealth.gov.