



Newsletter-Wise County February 2021

American Heart Health Month



What do you think of when you hear the phrase? "heart attack?" and how does heart disease affect male and females in USA.

Heart disease is the leading cause of death for women and men in the United States, killing 357,761 men about 1 in every 4 males, and 299,578 women or about 1 in every 5 females.

Heart disease is the leading cause of death for men of most racial and ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer, while 1 in 16 women age 20 and older is also the cause of death, 6.5% for African American, and 6.1% for white, Hispanic is 6% and 3.2% American Indian and Alaska Native women, heart disease and cancer cause roughly the same number of deaths each year. For Hispanic and Asian or Pacific Islander women, heart disease is second only to cancer as a cause of death.

One of the best ways to lower your risk of heart disease, no matter if you are male or female, is to eat less fat and cholesterol control your weight and walk or do another physical activity for at least 30 minutes each day. Here are some suggestions to help you accomplish this.

Control How Much You Eat:

Portion control is crucial. No single serving of any food should be larger than your fist. So, while you can have those pinto beans, it is not that you are eating them, it is how much of them you are eating. Controlling how much of a single food you eat goes a long way to keeping your heart active, pumping, and healthy.

Raise your Fruits and Vegetables You Eat:

Fruits and vegetables are a great source of vitamins, minerals, and even fiber. You should strive to have two helpings of fruits and vegetables, on average, with every meal. If you buy canned fruits, ensure they are packed in fruit juice or water.

Whole Grains:

Fiber is essential for heart health and lower blood sugar. When eating your grains, you should ensure they are whole grains. Bread, for example, should be whole grain bread and leaving out wheat bread and white bread will go a long way towards a healthy heart.

Proteins:

Proteins are an important part of any diet and if you know what types are good for your heart.

Eggs and low-fat dairy will give your proteins the right combination of taste and health. Salmon, tuna and other high-fat, oily fish are also great proteins. Other proteins you should include in your new diet include: Soy, Legumes, Tofu, Ground meats with less than 10% fat and Chicken.



Lower the Sodium:

When it comes to heart health, sodium is detrimental. The key is to lower sodium with the intent to remove it as near complete as possible. This is a lot easier said than done as sodium is added to almost every food and high salt intake causes high blood pressure and host other medical concerns that can turn detrimental. Condiments, table salt, canned foods and prepared foods have a lot of salt. To give you an idea of salt intake, a healthy adult should only have a daily salt intake of one teaspoon or 2300mg.

Trans Fat:

Not all fat is bad for us, and in a well-balanced diet, you will have fat. Trans fat and saturated fat will raise your cholesterol and can be a major factor in the appearance of heart disease, check all labels carefully. Some fats are good for you though, polyunsaturated fats, for example, are almost required in a heart healthy diet. You can get these from certain healthy foods like fish, nuts, and avocados.

2 MARCH PANTRY DATES

March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

April pantry moving to March 27



DUE TO EASTER WEEKEND, THE APRIL PANTRY WILL BE MARCH 27

For recipes, use only half the salt recommended. If your recipe calls for 1 teaspoon salt, use only ½ teaspoon. Gradually reduce the amount of salt each time you make a recipe so that, over time, you get used to a less salty flavor.

*When cooking pasta, noodles, or rice, do not add salt to the water.

*Use the saltshaker sparingly. Do not use it until you have tasted your food.

*Add fresh hot peppers for more “bite”.

*Use citrus (lemon, lime, or orange) juice or vinegar to give the flavor of salt without all the sodium.

*Give yourself a little time to get adjusted to a diet lower in sodium. Most people make the adjustment and enjoy it.

Source: Cooking Well with Diabetes”, Texas A&M AgriLife Extension Service.

Habichuelas Rosadas a la Caribeña (Caribbean Pink Beans)

Servings 16

Ingredients:

- 1 pound pink, pinto, or light red kidney beans, sorted for stones and shriveled beans, rinsed, and drained.
- 8 cups water
- 1 28-ounce can no-salt-added crushed tomatoes, drained.
- 1 medium red bell pepper finely chopped.
- 1 small white onion finely chopped.
- 2 tablespoons chop ped fresh cilantro.
- 2 tablespoons chopped fresh parsley or 3 teaspoons dried parsley, crumbled.
- 3 teaspoons jarred minced garlic or 6 medium garlic cloves, minced.

Directions:

1. Soak the beans overnight using the package directions. Drain well in a colander.
2. Transfer the beans to a large stockpot. Pour in the water. Bring to a boil over medium heat. Cook for 1 hour and 30 minutes, or until the beans are soft, stirring occasionally.
3. Stir in the remaining ingredients. Cook for 20 minutes, still over medium heat, stirring occasionally.

Fudgy Fruit

Ingredients

- 2 tablespoons chocolate chips (semi-sweet)
- 2 bananas (large, peeled and cut into quarters)
- 8 strawberries (large)
- 1/4 cup peanuts (chopped, unsalted)

Directions

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.

2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.

3. Sprinkle the fruit with chopped nuts.

4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

[Valentine's Day | SNAP-Ed \(usda.gov\)](#)

Better Living for Texans-Wise County is celebrating American Heart-Health Month and I would like to celebrate with you!!

BLT will share some Tips and delicious, simple, and affordable recipes that are good for your heart and for your wallet.

Love Your Heart with Heart Healthy recipes from Dinner Tonight and American Heart Association.



Better Living for Texans-Wise County

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