

Food for Thought

February 2018

Love Your Health, Love Your Heart

February is American Heart Month, so give your heart some extra love this month. Heart disease is the leading cause of death in America. Many of these deaths and risk factors are preventable. Age, gender and family history cannot be controlled, but high cholesterol, high blood pressure, excess weight and obesity can be improved with lifestyle changes and healthful eating. Follow these tips to be on your way to a healthier heart:



- ♥ **Regular, moderate physical activity** lowers blood pressure, and helps control stress and weight. Start by doing what you can for at least 10 minutes at a time. Always check with your physician before beginning a new physical activity plan.
- ♥ **Eat more fruits and vegetables.** Fill half your plate with colorful fruits and vegetables at every meal.
- ♥ **Eat less salt.** By preparing food at home, you can control the amount of salt in your meals. As you prepare meals, use as little salt as possible. You can cut at least half the salt from most recipes. As you shop, select reduced-sodium or no-salt-added canned soups and vegetables.
- ♥ **Eat whole grains.** Instead of eating refined grains, like white rice or bread, choose whole-grain options, such as brown rice and 100% whole-grain bread or pasta. To choose a whole grain food, look for foods with a whole grain as the first ingredient on the list of ingredients.
- ♥ **Eat foods low in saturated fats, trans fats and cholesterol, and high in omega-3 fatty acids and fiber.** Saturated and trans fats are found in some meats, high fat dairy products, baked goods and deep-fried and processed foods. Saturated and trans fats raise your LDL – or "bad" – cholesterol level. Eat more plant proteins, fish, poultry and low-fat dairy foods.
- ♥ **Start cooking with oils high in monounsaturated and polyunsaturated fat** like olive or canola oil instead of butter, margarine or shortening, which are high in the less healthy fats.
- ♥ **Talk to your healthCare provider to find out your risks for heart disease.**

Oatmeal with Strawberries, Dried Cherries & Almonds

- 1 3/4 Cup low fat or fat free milk
- 1 Cup old-fashioned or quick cooking oats (not instant)
- 1 Teaspoon brown sugar
- 1/8 Teaspoon ground cinnamon
- 1/4 Cup sliced strawberries
- 1/4 Cup dried cherries
- 2 Tablespoon toasted sliced almonds



Combine milk, oatmeal, brown sugar, and cinnamon in a saucepan; bring to a boil over medium-high heat, stirring often to prevent boiling over. Cook until thickened; divide between two serving bowls and top with strawberries, cherries, and almonds; serve immediately.

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Eat Smart Idaho Class Schedule

Monday	Tuesday	Wednesday	Thursday
			<p>1 <u>Healthy Food Pantry Demo</u> @ Canvas Food Pantry – 2200 N. 7th St. – CDA – 2:30 to 4:00 <u>Choosing to Move More Throughout the Day</u> @ Latah Recovery Center – 531 S. Main St. – Moscow – 5:00 to 6:00 <u>Plan: Know What’s for Dinner</u> @ Post Falls Food Bank – 415 E. 3rd Ave. – Post Falls – 5:30 to 6:30 – call Post Falls Food Bank to register – 208-773-0139</p>
5	6	7	<p>8 <u>Choosing to Move More Throughout the Day</u> @ Palouse Care Network – 1515 W. A St. – Moscow – 12:00 to 1:00 <u>Healthy Food Pantry Demo</u> @ Canvas Food Pantry – 2200 N. 7th St. – CDA – 2:30 to 4:00 <u>Choosing More Fruits & Vegetables</u> @ Latah Recovery Center – 531 S. Main St. – Moscow – 5:00 to 6:00 <u>Shop: Get the Best for Less</u> @ Post Falls Food Bank – 415 E. 3rd Ave. – Post Falls – 5:30 to 6:30 – call Post Falls Food Bank to register – 208-773-0139 <u>MyPlate & Fruits & Veggies.</u> @ Kroc Center – 1765 W. Golf Course Rd. – CDA, 5:30 to 7:30</p>
<p>12 <u>Plan: Know What’s for Dinner</u> @ Heritage Health – 1090 W Park Place – Coeur d’Alene – 12:00 to 1:00</p>	<p>13 <u>Nutrition Demo</u> @ Bonner Community Food Bank – 1707 Culver Dr. – Sandpoint – 11:00 to 1:00</p>	<p>14 <u>Plan: Know What’s for Dinner</u> @ Salvation Army Kroc Center – 1765 W Golf Course Rd – Coeur d’Alene – 10:00 to 11:00</p>	<p>15 <u>Choosing More Fruits & Veggies</u> @ Palouse Care Network – 1515 W. A St. – Moscow – 12:00 to 1:00 <u>Healthy Food Pantry Demo</u> @ Canvas Food Pantry – 2200 N. 7th St. – CDA – 2:30 to 4:00 <u>Fix it Safe</u> @ Latah Recovery Center – 531 S. Main St. – Moscow – 5:00 to 6:00 <u>Shop for Value, Check the Facts</u> @ Post Falls Food Bank – 415 E. 3rd Ave. – Post Falls – 5:30 to 6:30 – call Post Falls Food Bank to register – 208-773-0139</p>
19	20	21	<p>22 <u>Healthy Food Pantry Demo</u> @ Canvas Food Pantry – 2200 N. 7th St. – CDA – 2:30 to 4:00 <u>Plan: Know What’s for Dinner</u> @ Latah Recovery Center – 531 S. Main St. – Moscow – 5:00 to 6:00</p>

Sources: <http://www.eatright.org/Public/list.aspx?TaxID=6442452082> <http://www.quakeroats.com/cooking-and-recipe/hearty-oatmeal-with-strawberries-dried-cherries-and-almonds.aspx> retrieved 01/26/15

For information on FREE Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

Benewah, Kootenai & Shoshone Counties 446-1680
 Bonner & Boundary 263-8511
 Latah, Nez Perce or Clearwater 883-2267
 Idaho or Lewis 983-2667



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD Phone: 446-1680 www.eatsmartidaho.org E-mail – kalig@uidaho.edu

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