

# Food for Thought

February 2019

## February is American Heart Month

February is American Heart Month. February is also known for love and hearts thanks to Valentine's Day, so why not use these tips to love your heart and keep it beating healthy and strong.



- ♥ **Control Portion Size:** How much you eat is just as important as what you eat. Use a small plate or bowl to help control your portions.
- ♥ **Eat More Vegetables & Fruit:** Vegetables and fruits are good sources of vitamins and minerals and are also low in calories and rich in dietary fiber. Keep vegetables washed and cut in your refrigerator and fruit in a bowl in your kitchen so that you'll remember to eat it. Choose recipes that have vegetables or fruits as the main ingredients, such as vegetable stir-fry or fresh fruit mixed into salads.
- ♥ **Select Whole Grains:** Whole grains are good sources of fiber and other nutrients that play a role in heart health. Choose grains with a whole grain as the first ingredient on the food package. Be adventuresome and try a new whole grain, such as quinoa or barley.
- ♥ **Limit Unhealthy Fats:** such as saturated and trans fats. Trim fat off meat. Choose lean meats with less than 10% fat. Add less butter, margarine and shortening when cooking and serving. Use low-fat substitutions such as topping your baked potato with low-sodium salsa or low-fat yogurt rather than butter. Choose mono and polyunsaturated fats, such as olive or canola oil, certain fish, avocados, nuts and seeds. Moderation is key. All fats are high in calories.
- ♥ **Choose Low-Fat Protein Choices:** Legumes — beans, peas and lentils — are good sources of protein and contain less fat and no cholesterol, making them good substitutes for meat. Substituting plant protein for animal protein will reduce your fat and cholesterol intake and increase your fiber intake.
- ♥ **Reduce the Sodium in Your Food:** Much of the salt Americans eat comes from canned or processed foods, such as soups, baked goods and frozen dinners. Eating fresh foods and making your own soups and stews can reduce the amount of salt you eat. If you like the convenience of canned soups and prepared meals, look for ones with reduced sodium. Another way to reduce the amount of salt you eat is to choose your condiments carefully.

### Hurry Up Baked Apples




2 medium-size tart apples                      1 tsp brown packed sugar                      ¼ tsp ground cinnamon  
2 Tbsp oatmeal                                      1 (6-ounce) container low-fat vanilla yogurt  
2 Tbsp (total) raisins, sweetened dried cranberries, chopped walnuts or other nuts

Cut apples in half lengthwise. Use spoon to remove cores. Arrange apple halves, cut sides up, in microwavable dish. Cut thin slices off bottoms to keep from tipping. Combine sugar, cinnamon, oatmeal, raisins, and nuts. Fill each apple half. Cover with plastic wrap. Fold back one edge ¼ inch to vent steam. Microwave 3 to 3 ½ minutes, or until apples can be cut easily. Take from microwave. Let sit a few minutes. Spoon yogurt over the top.

## February 2019

## North Idaho Eat Smart Idaho Class Schedule

Tuesday	Wednesday	Thursday	Friday
<p><b>Eat Smart Idaho offers FREE classes that can help you learn how to eat well for less!</b></p> 			<p>1 Plan: <u>Know What's for Dinner @ Juliaetta Community Center – 614 Main St. – Juliaetta – 5:00 to 6:30</u></p>
<p>5 <u>Choosing to Move More @ Head Start Community Methodist Church – 1470 W. Hanley Dr. – CDA – 9:00 to 10:00</u></p>	<p>6 <u>Healthy Food Pantry Demo @ CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00</u></p>	<p>7 <u>Choosing to Move More Demo @ Christ the King Food Bank – 1700 E. Pennsylvania Ave – CDA – 11:00 to 2:00</u></p>	<p>8 <u>Shop: Get the Best for Less @ Juliaetta Community Center – 614 Main St. – Juliaetta – 5:00 to 6:30</u></p>
<p>12 <u>Choosing More Fruits &amp; Vegetables @ Head Start Community Methodist Church – 1470 W. Hanley Dr. – CDA – 9:00 to 10:00</u></p>	<p>13 <u>Healthy Food Pantry Demo @ CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00</u></p>	<p>14 <u>Choosing Move Fruit &amp; Veggies Demo @ Christ the King Food Bank – 1700 E. Pennsylvania Ave – CDA – 10:00 to 2:00</u> <u>Fix it Fast, Eat at Home Demo @ Canvas Food Pantry – 2200 N. 7<sup>th</sup> St. – CDA – 2:30 to 4:00</u></p>	<p>15 <u>Shop for Value, Check the Facts @ Juliaetta Community Center – 614 Main St. – Juliaetta – 5:00 to 6:30</u></p>
<p>19 <u>Fix it Safe @ Head Start Community Methodist Church – 1470 W. Hanley Dr. – CDA – 9:00 to 10:00</u>  <u>Healthy Food Pantry Demo @ CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00</u></p>	<p>20 <u>Eat More Whole Grains Demo @ Troy Food Bank – 106 E. 6<sup>th</sup> St. – Troy – 4:00 to 7:00</u></p>	<p>21 <u>Eat More Whole Grains Demo @ Moscow Food Bank – 110 N. Polk St. – Moscow – 2:00 to 4:00</u> <u>Fix it Safe Demo @ Christ the King Food Bank – 1700 E. Pennsylvania Ave – CDA – 10:00 to 2:00</u></p>	<p>22</p>
<p>26 <u>Plan: Know What's for Dinner @ Head Start Community Methodist Church – 1470 W. Hanley Dr. – CDA – 9:00 to 10:00</u>  <u>Calcium Rich Foods Demo @ CAP Food Bank – 124 New 6<sup>th</sup> St. – Lewiston – 1:00 to 3:00</u></p>	<p>27 <u>Healthy Food Pantry Demo @ CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00</u></p>	<p>28 <u>Nutrient Knowledge Demo @ Potlatch Food Bank – 510 Pine St. – Potlatch – 10:00 to 12:00</u>  <u>Plan: Know What's for Dinner Demo @ Christ the King Food Bank – 1700 E. Pennsylvania Ave – CDA – 10:00 to 2:00</u>  <u>Smart Size Your Portions Demo @ Canvas Food Pantry – 2200 N. 7<sup>th</sup> St. – CDA – 2:30 to 4:00</u></p>	<p>Sources: <a href="https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702">https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702</a> <a href="https://spendsmart.extension.iastate.edu/recipe/hurry-baked-apples/">https://spendsmart.extension.iastate.edu/recipe/hurry-baked-apples/</a> retrieved 01/30/19</p>

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

Benewah, Bonner, Boundary, Kootenai & Shoshone 208-446-1680  
Clearwater, Idaho, Latah, Lewis, & Nez Perce 208-883-2267



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