

# Food for Thought

February 2020

## Heart Healthy Food Preparation Tips

All foods can fit in a heart healthy diet. One way to improve heart health is through the food preparation methods you use. Here are some ideas for heart healthy food preparation:



- ♥ Steam, boil, bake or microwave vegetables rather than fry. Or, stir-fry vegetables in a small amount of vegetable oil.
- ♥ Season vegetables with herbs and spices instead of fatty sauces, butter or margarine.
- ♥ Try flavored vinegars or lemon juice on salads or use smaller servings of oil-based or low-fat salad dressings.
- ♥ Use vegetable oil in place of solid shortening, margarine and butter whenever possible. Try using less oil than shortening in baked products.
- ♥ Try whole-grain flours to enhance flavors of baked goods made with less fat and cholesterol-containing ingredients.
- ♥ Replace whole milk with low-fat or skim milk in puddings, soups and baked products.
- ♥ Substitute plain, low-fat yogurt or blender-whipped low-fat cottage cheese for sour cream or mayonnaise.
- ♥ Choose lean cuts of meat and trim fat from meat before and/or after cooking. Remove skin from poultry before or after cooking.
- ♥ Roast, bake, broil or simmer meat, poultry or fish rather than fry.
- ♥ Cook meat or poultry on a rack so the fat will drain.
- ♥ Use a nonstick pan for cooking so adding fat is unnecessary.
- ♥ Chill meat or poultry broth until the fat becomes solid. Spoon off the fat before using the broth.
- ♥ To lower fat and cholesterol, try substituting egg whites in recipes calling for whole eggs. Use two egg whites in place of each whole egg in muffins, cookies and puddings.

### Whole Wheat Pancakes

1 1/3 cups whole wheat flour  
1 1/2 teaspoons baking powder  
1/4 teaspoon baking soda  
1 egg, large  
3 teaspoons brown sugar (1 Tablespoon, packed)  
1 1/3 cups buttermilk, 1%  
1 tablespoon



Preheat griddle. In medium bowl, stir or sift dry ingredients together. In a separate bowl, beat egg, buttermilk, brown sugar and oil together. Stir into dry ingredients just until moistened; batter should be slightly lumpy. Pour 1/4 cup batter for each pancake onto sprayed or seasoned hot griddle. Flip the pancake when bubbles appear on surface; turn only once.

Topping options: Your favorite flavor of low-fat yogurt & fruit.

**February 2020**

**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>4 Classes with Spirit Lake Elementary Students</p>	<p>5 <u>Shop: Get the Best for Less @ Riverstone Apartments</u> – 2050 W. Whistler Loop – CDA – 1:00 to 2:00</p>	<p>6</p>	<p>7 Class with Venture High School Students</p>
<p>11 Classes with Spirit Lake Elementary Students</p>	<p>12 <u>Shop for Value, Check the Facts @ Riverstone Apartments</u> – 2050 W. Whistler Loop – CDA – 1:00 to 2:00  <u>Nutrition Demonstration @ CAP Food Bank</u> – 4144 Industrial Loop – CDA – 1:00 to 3:00</p>	<p>13</p>	<p>14</p> 
<p>18 Classes with Spirit Lake Elementary Students</p>	<p>19 <u>Fix it Fast, Eat at Home @ Post Falls Head Start</u> – 106 W. 9<sup>th</sup> St. – Post Falls – 12:00 to 1:00</p>	<p>20 <u>Nutrition Demonstration @ Canvas Food Pantry</u> – 2200 N. 7<sup>th</sup> St. – CDA – 2:30 to 4:00</p>	<p>21 <u>Fix it Fast, Eat at Home @ Harding Head Start</u> – 411 N. 15<sup>th</sup> St. – CDA – 11:00 to 12:00  Class with Venture High School Students</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28 Class with Venture High School Students</p>

Sources: <https://www.ag.ndsu.edu/bensoncountyextension/food-nutrition-and-health/a-taste-for-nutrition/heart-health>;  
<https://www.ag.ndsu.edu/pubs/yf/foods/fn589.pdf> retrieved 01/28/20

**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



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD  
 Phone: 446-1680

[www.eatsmartidaho.org](http://www.eatsmartidaho.org)  
 E-mail – [kalig@uidaho.edu](mailto:kalig@uidaho.edu)