

SENIOR NUTRITION NEWS

Eat Smart Idaho

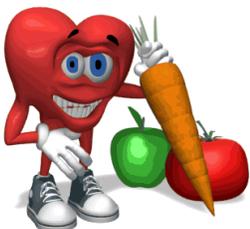
February 2018

Heart Healthy Food Tips

February is American Heart Health Month. Eating better and moving more will help you increase your heart health. Here are some tips on heart healthy food choices:



- ♥ **Include colorful fruits and vegetables.** They are low in calories, high in vitamins, minerals and fiber — aim for at least 4.5 cups of fruits and veggies per day. A variety of colorful fruits and vegetables will ensure you get the health benefits each color has to offer. For example, tomatoes are great for your heart and eyes.
- ♥ **Avoid high fat dairy and meat.**
 - Look for lean meat with the least amount of visible fat. Cuts that say “loin” after them, like sirloin and tenderloin, are often leaner cuts.
 - Ground meats should have less than 20% fat, whether it’s chicken, turkey, pork or beef.
 - Two 3.5 ounce servings a week of salmon, trout, or other oily fish can help lower the risk of heart disease and increase the body’s level of healthy omega-3s.
 - Choose fat-free or low-fat yogurt, milk, cheese and other dairy products.
- ♥ **Eat plenty of nuts and high fiber foods.** Fiber has been shown to have heart health benefits. You can find fiber in fruits, veggies, beans and whole-grain breads and cereals, as well as in nuts.
- ♥ **Read nutrition labels.**
 - Choose canned products that are “no salt added”, “reduced sodium”, “canned in 100% fruit juice”.
 - Avoid beverages with added sugar.
 - Choose whole grains such as whole wheat breads, pastas, oat meal, and brown rice. Whole grain foods can be identified by looking for a whole grain as the first ingredient listed on the ingredient list on food packages.
- ♥ **Limit sodium in the foods you eat.**



Avocado, Black Bean & Corn Salsa

- 2 large (approximately 8 oz.) ripe, fresh avocados (peeled, pitted)
- ¼ cup vinaigrette salad dressing
- ¼ cup sliced green onions
- 1 (15 oz.) can black beans, drained and rinsed
- 1 cup fresh or thawed and drained frozen corn kernels
- ½ cup diced red bell pepper



1. Cut avocados into ½ inch cubes.
2. In a large bowl, whisk together salad dressing and green onions. Stir in beans, corn, and red pepper.
3. Add avocado; toss gently.
4. To store, place a piece of plastic wrap directly on surface of the salsa and refrigerate.
5. Serve as a dip, side dish, sandwich topper, or on it's own with your favorite greens.

Sources: <http://www.heart.org/HEARTORG/> retrieved 1/31/18

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Eat Smart Idaho is an educational service **FREE** to you!

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number. The University of Idaho is an equal opportunity/affirmative action employer, provider and educational institution.