

SENIOR NUTRITION NEWS

Eat Smart Idaho

February 2020

Heart Healthy Foods

Some foods can help you improve heart health. Choose more of these foods:

Fruits and vegetables Eating more fruits and vegetables is associated with improving health. Nutrition experts recommend that adults consume 2½ cups of vegetables and 2 cups of fruit daily. See www.choosemyplate.gov for more information.



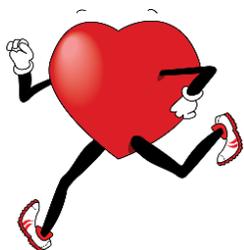
Fiber, especially soluble fiber found in barley, oatmeal, legumes such as cooked beans and produce such as carrots and apples, may reduce blood cholesterol levels if eaten regularly and in combination with a diet low in saturated fat.

Whole grains Make at least half your choices grains whole grains. Whole-wheat bread and oatmeal are examples of whole-grain foods. How do you know a whole grain? Look for the “whole grain” seal on product packages, look for a health claim, or look at the ingredient label for “whole grain,” “whole wheat” or “whole grain oats” as the first ingredient.

Polyunsaturated and monounsaturated fatty acids Substituting polyunsaturated fats (such as sunflower, safflower, corn and soybean oils) or monounsaturated fats (such as olive, canola and peanut oils) for solid fats can help improve cholesterol.

Fish Fatty fish, such as salmon, tuna, herring, mackerel, bass and halibut, contain omega-3 fatty acids, which are considered more heart healthy.

Soy foods Tofu, soymilk, soy-based burgers and soy nuts are examples. Soybased foods can carry a health claim linking soy to improved heart health if the foods meet certain criteria. To carry the health claim, the product must contain 6.25 grams of soy protein or more and be low in fat (less than 3 grams per serving), low in saturated fat (less than 1 gram per serving) and low in cholesterol (less than 20 milligrams per serving).



Move more! Aim for at least 30 minutes of moderate physical activity, such as walking, on five or more days of the week. Three 10-minute segments count. Regular physical activity strengthens the heart, improves oxygen delivery to tissues, may lower blood pressure and may increase HDL cholesterol levels. Talk to your health care provider before starting any new exercise routine.

Vegetable Bean Wrap

- 2 green or red bell pepper (seeded and chopped)
- 1 onion (peeled and sliced)
- 1 can black beans, 50% less salt (15 ounce, drained and rinsed)
- 2 mango (chopped)
- 1 lime, juiced
- 1/2 cup fresh cilantro (chopped)
- 1 avocado (peeled and diced)
- 4 flour tortillas, fat free (10 inch)



Directions:

In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes. Next, in a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve 1/2 mixture for topping. Fill warmed tortillas with 1/4 bean mixture and 1/4 mango mixture. Finally, fold the ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

Sources: <https://www.ag.ndsu.edu/pubs/yf/foods/fn589.pdf>; <https://www.ag.ndsu.edu/bensoncountyextension/food-nutrition-and-health/a-taste-for-nutrition/fruits/avocados-the-good-kind-of-fat> retrieved 1/30/20

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-446-1680

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



Kali Gardiner, RD, LD, ESI Coordinator Shelly Johnson, MS, ESI Administrator
E-mail: kalig@uidaho.edu Email: sjohnson@uidaho.edu
Phone: 208-446-1680 Website: www.eatsmartidaho.org

This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.