

# SENIOR NUTRITION NEWS

*Eat Smart Idaho*

*February 2019*

## Tips for a Healthy Heart



A proper diet and regular physical activity can be the key to a healthy heart. This Valentine's Day, indulge in these tips for a healthy heart:

- ♥ **Go Fish** — did you know for ideal health you should eat fish (particularly oily fish such as salmon, mackerel or tuna) twice a week?
- ♥ **Take a walk** — walking is free, and costs nothing to get started. Walking for as little as 30 minutes a day provides heart-health benefits.
- ♥ **Instead of frying foods**, which adds unnecessary fats and calories—use cooking methods that add little or no fat, like stir-frying, roasting, grilling or steaming.
- ♥ **Try something new** — dare yourself to try a new fruit or vegetable. Many grocery stores have free recipe cards in the produce section or look online for tips on preparing your new food.
- ♥ **Stay hydrated** — staying properly hydrated helps you feel (and look) better and water is a great alternative to high-calorie, sugar-sweetened drinks.
- ♥ **Make a change** — pick a small thing you can change about your daily diet — start buying fat-free milk or add extra veggies to your dinner plate.
- ♥ **Snacking isn't bad**, if done in moderation, and eating a little throughout the day can actually keep you from overdoing it at meal times.
- ♥ **Use low-fat or no-fat ingredients** in your favorite recipes. These substitutions can help cut down on saturated fats, trans fats & cholesterol, while noticing little, if any, difference in taste.
- ♥ **Whether cooking or making dressings, use the oils that are lowest in saturated fats, trans fats and cholesterol** — such as canola oil, corn oil, olive oil, safflower oil, sesame oil, soybean oil and sunflower oil—but use them sparingly, because they contain 120 calories per tablespoon.

## Whole Wheat Peanut Butter Cookies

*Makes 2 dozen cookies*

Using whole wheat flour in cookies can be tricky because whole wheat flour has a stronger taste and a denser consistency than all-purpose flour. Whole wheat flour works well in peanut butter cookies, because peanut butter cookies are naturally a denser cookie, and the whole wheat flavor just contributes to the nuttiness of the peanut butter!



**Ingredients:**

1 cup peanut butter	1 egg
1/2 cup butter, softened	1 1/4 cup whole wheat flour
1/2 cup honey	1 tsp baking powder
1/2 cup sugar	

### **Directions:**

1. Preheat the oven to 350°F.
2. In a large bowl, mix together the peanut butter, butter, honey, brown sugar and egg until smooth. Combine the whole wheat flour and baking powder; stir into the batter until blended. Roll into small balls, and place on a greased cookie sheet. Flatten slightly using a fork.
3. Bake for 13 to 15 minutes in the preheated oven, or until cookies are slightly toasted at the edges.

Sources: <http://www.heart.org>, [www.allrecipe.com](http://www.allrecipe.com), "Easy Whole Wheat Peanut Butter Cookies"

## Ask For the Nutrition Advisor In Your County:

**Eat Smart Idaho offers FREE classes & educational events that can help limited resource individuals & families learn how to eat well for less! Ask for the Nutrition Advisor in your County.**

Kootenai, Benewah, Bonner,  
Boundary & Shoshone 208-446-1680  
Clearwater, Idaho, Latah, Lewis  
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