

SENIOR NUTRITION NEWS

Eat Smart Idaho

February 2024

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 to 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. Be sure to drain and rinse your ground meats.
 - Two 4 ounce servings a week of salmon, trout, or other oily fish can help support heart health.
 - 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 and seeds.
- ♥ **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.**



Strawberry Banana Oat Cookies

1 cup oats
5 strawberries

1 banana
2 tsp vanilla



1. Wash hands with soap and water.
2. Preheat oven to 350°F.
3. Combine all ingredients in a bowl; mash well.
4. Make into cookies and bake at 350°F for 15-20 minutes. Makes 8 servings.

Black Bean & Corn Salsa

16-ounce can black beans, no salt added
16-ounce can yellow corn, no salt added
10-ounce can Rotel tomatoes
¼ cup chopped onion
4 Tbsp chopped cilantro
Dash of lime juice



1. Wash hands with soap and water.
2. Combine drained black beans and corn, Rotel, onions and cilantro in a large bowl.
3. Add lime juice to taste. Serve with tortilla chips.

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

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

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



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Sources: <http://www.heart.org/HEARTORG/>; https://www.uwyo.edu/cnp/snac/snac_recipes.html retrieved 1/23/24

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