



**BETTER LIVING FOR TEXANS...Nutrition Newsletter**  
*A monthly newsletter for people wanting to improve their diets and save money at the grocery store.*



## FEBRUARY 2017



### FEBRUARY...NATIONAL HEART MONTH

What do you think of when you hear the phrase “heart attack?” We usually think of elderly men suffering from heart disease or stroke. While heart disease and stroke kill one in every 3.7 men, one in 2.4 women lose their lives to heart disease and stroke. Surprised? Most people are. Most of us do not realize that heart disease and stroke are the Number 1 and Number 3 killers of women. A majority of women don’t know how deadly heart disease and stroke are. By way of comparison, breast cancer kills one in 29 women. One of the best ways to lower your risk of heart disease and stroke, no matter if you are male or female, is to eat less fat and cholesterol, control your weight and walk or do another physical activity for at least 30 minutes each day. Here are some suggestions to help you accomplish this:

\*Use up at least as many calories as you take in. If you take in more calories than your body uses, you will gain weight. If you take in fewer calories than your body uses, you will lose weight.

\*Be physically active. Move around as much as possible. When watching TV, sit up instead of lying on the sofa. Do some arm stretches or leg lifts while watching TV. Stand up when talking on the phone. Aim for at least 30 minutes of physical activity on most days of the week.

\*Eat a variety of nutrient-rich foods: fruits, vegetables, grains, dairy products, lean meats.

\*Eat several servings of fruits and vegetables daily.

\*Choose whole-grain, high fiber foods. Read the label to make sure you are eating whole grain foods.

\*Eat fish at least twice a week.

\*Limit how much fat, trans fat and cholesterol you eat.

\*Choose lean meats and poultry without skin and prepare them without added fat.

\*Select fat-free, 1% fat and low-fat dairy products.

\*Cut back on foods and beverages with added sugars.

\*Choose and prepare foods with little or no salt.

\*Read the label and ingredient list on foods.

\*Trim all visible fat from the outside of red meats. Remove the skin from chicken before cooking. Choose tuna packed in water instead of oil.

\*Use fat-free milk instead of whole milk. Since the yolk of eggs contain cholesterol, use two egg whites instead of one whole egg in most recipes.

\*Use cheese sparingly. Sprinkle only enough on top of foods for the appearance of melted cheese rather than the full amount.



### Lowering Sodium

Do you have high blood pressure? Having high blood pressure is a risk factor for heart disease, kidney disease and stroke. Even if you don’t have high blood pressure, controlling the amount of sodium you eat may reduce your blood

pressure. Salt has many uses in food. It adds flavor and improves texture of food. It also acts as a preservative so that bacteria does not grow as quickly. This extends the shelf life of food. The average person eats about one to three teaspoons of salt per day. Ordinary table salt is the most commonly used spice in the United States. It is cheap, easy to use and flavorful. Most food contains some sodium but is added during the processing and preparation of packaged food products. Here are some examples of food that are high in sodium:

\*Processed meats such as bacon, ham, cold cuts (bologna), corned beef, hot dogs and sausage.

\*Canned foods such as vegetables, soups and vegetable and fruit juices.

\*Prepared products such as macaroni and cheese, seasoning mixes, boxed dinners, frozen dinners.

\*Snacks such as salted crackers, pretzels, potato chips, cookies, cakes, doughnuts.

\*Other foods such as olives, pickles, cheeses, salad dressings, soy and steak sauce.

Read the nutrition label on the package to check the sodium content. Many food products now have a low sodium version. Here are some suggestions for reducing the amount of sodium in your diet:

\*For recipes, use only half the salt recommended. If your recipe calls for 1 teaspoon salt, use only ½ teaspoon. Gradually reduce the amount of salt each time you make a recipe so that, over time, you get used to a less salty flavor.

\*When cooking pasta, noodles or rice, do not add salt to the water.

\*Use the salt shaker sparingly. Do not use it until you have tasted your food.

\*Add fresh hot peppers for more “bite”.

\*Use citrus (lemon, lime or orange) juice or vinegar to give the flavor of salt without all the sodium.

\*Give yourself a little time to get adjusted to a diet lower in sodium. Most people make the adjustment and enjoy it.

**Source: Cooking Well with Diabetes”, Texas Cooperative Extension.**



### **Featured Recipes**

#### **Ground Beef Stew**

½ pound ground beef

Salt and pepper to taste

1 can tomato soup

1 soup can full of water

6 medium carrots, sliced thin

2 medium potatoes, peeled and sliced thin

1 cup chopped onion

Brown meat in fry pan; Season with salt and pepper. Add soup, water and vegetables. Bring to a boil, stirring frequently. Simmer, covered about 25 minutes or until vegetables are tender. Remove from heat. Cover with lid for about 10 minutes to thicken. Serve hot. Serves 4. Per serving: 250 calories, 8 grams fat, 540 milligrams sodium, 27 grams carbohydrate.

A handwritten signature in black ink that reads "Carrie T. Brazeal".

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