

With A Healthy Heart The Beat Goes On!



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Recipe

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benefit your
hearts

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Learn how to give your heart a better quality of life with:

Being proactive to better condition your heart

- *Getting required exercise daily.*
- *Eating well to jumpstart your heart.*
- *Omitting bad fats & salty foods.*

Using a low sodium diet regularly

- *Choosing spices and other herbs help improve flavor.*
- *Ditching table salt shakers can prevent sodium overloads.*

Making good nutrition choices

- *Increasing daily fiber intake.*
- *Eliminating the insignificant calorie foods.*

Knowing the risk of tobacco use

- *Taking tobacco can jeopardize your heart.*
- *Finding where to get help with tobacco use.*

Save the event dates!

- **Remember that heart awareness day is on February 6.th**
- **Please do not forget to represent by wearing something “RED.”**
- **Walk Across Texas Kick-Off at the Post Oak Mall at 10:00am on February 7.th**
- **WAT t-shirts will be available for purchasing on that day.**
- **The registration deadline is by February 13th**





Stir Fry Vegetables and & Beef

Cook Time: 20 minutes

Prep Time: 10 minutes

Cost per serving: \$1.05

Utensils:

- Small mixing bowl
- 1 Large frying pan
- 1 Spatula
- Cutting board and sharp knife

Ingredients:

- 1/2 teaspoon ground ginger
- 1/8 teaspoon garlic powder
- 1 tablespoon low sodium soy sauce
- 1/3 cup of water
- 1 cup sliced carrots
- 2 cups of broccoli
- 1 chopped bell pepper
- 1 chopped onion
- 1 package of fresh mushrooms, sliced
- 2 tablespoons of oil
- 8 ounces of sliced, lean beef

Nutrition Facts

Serving Size 2 ounces of beef, 1cup cooked vegetables

Serving Per Container 4

Amount Per Serving

Calories 240

Calories from Fat 110

%Daily Value*

Total Fat 12g

18%

Saturated Fat 2g

10%

Trans Fat 0g

Cholesterol 60mg

8%

Sodium 190mg

9%

Total Carbohydrate 12g

4%

Dietary Fiber 3g

12%

Sugars 5g

Protein 23g

Vitamin A 110%

Vitamin C 120%

Calcium 4%

Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories 2,000 2,500

Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4



By Artheria Brown
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Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. A member of the Texas A&M University System and its statewide Agriculture Program. **For BLT/ Nutrition Classes please contact Flora Williams at Texas AgriLife Extension Service Brazos County Office 2619 Hwy. 21 West Bryan, TX. 77803**