

Living a Heart Healthy Lifestyle

Maintaining a healthy heart is essential to living. You certainly can't live without one! One of the most effective ways to make sure our hearts stay healthy is by eating foods that keep our hearts strong and maintaining these healthy heart food patterns. When we pair this with adequate physical activity, we end up with a match made in heart healthy heaven!

The Right Nutrition

Be sure that you are consuming the appropriate amount of calories for your body. Your calories in should equal the calories that you burn every day. Consume foods high in fiber like whole grains, fruits and vegetables. Eat a variety of colors including dark green, red and orange vegetables and fruits, as well as beans and peas. Include fish and other seafood as a regular part of your diet. Aim to make the grains you consume whole grains. Choose fat free or low fat options of dairy. Keep your sodium intake to 2300mg or lower. Lastly, replace solid fats with oils.



Physical Activity

Anything that makes you move and burn calories is considered physical activity. The best kind of physical activity for a healthy heart is aerobic exercise. Some examples of aerobic exercises are walking, jogging, dancing, swimming, and biking. The simplest way to start is by walking regularly; this small step can make a great improvement on your heart health. Because walking is easy to do, it is more likely that you will be able to stick to it. If you are not used to regular physical activity, start small with walking, then see what other types of physical activity interest you. If you are looking for a way to stay motivated to staying physically active, you can join "Walk Across Texas" individually or with a group at walkacrosstexas.tamu.edu.

Recommendations from the American Heart Association for Overall Cardiovascular Health

"At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150

OR

At least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 minutes; or a combination of moderate- and vigorous-intensity aerobic activity"



In This Issue:

- February is Heart Health Month
- Living A Heart Healthy Lifestyle
- Recommendations from the American Heart Association for Overall Cardiovascular Health
- Keeping Your heart in Check This Valentine's Day
- Recipe: Sweetheart Smoothie

Keeping Your Heart in Check This Valentines Day

Whether you decide to celebrate at home with loved ones or at a restaurant, be in control of what you eat. Here are some tips for caring for your heart whether you're celebrating Valentine's Day or any special day.

- ◆ When eating out, ask for poultry and lean meats. For preparation methods, request for baked broiled or grilled.
- ◆ If cooking special meals at home, look at nutrition labels for lower saturated fat and no trans fat. Most of your fats should come from polyunsaturated and monounsaturated fats. These kind of fats can be found in nuts and fish. Look for recipes containing these.
- ◆ Decide to opt for low added sugars in your foods and beverages. Added sugars should not be within the first ingredients in the ingredient list. The ingredient list goes from the highest amount of the ingredient in the product to the least amount. Added sugars may be displayed in the form of corn syrup, high fructose corn syrup, glucose, and sucrose.
- ◆ As a general rule, when you see a percent Daily Value (DV) on a nutrition label, 5% or less of a nutrient is considered low and 20% or more of a nutrient is considered high (Scneeman, 2011).



For more information on Better Living for Texans programs please contact Priscilla Hammond at (979) 823 0129

SWEETHEART SMOOTHIE



TEXAS A&M
AGRI LIFE
EXTENSION



Prep Time: 15 minutes

Cost per serving: \$0.42

What you need:

Utensils:

- ◆ Knife
- ◆ Cutting board
- ◆ Blender
- ◆ Measuring cups

Ingredients:

- 1 cup low fat vanilla yogurt
 - 1 cup orange juice concentrate*
 - 1 cup frozen strawberries*
 - 1 cup pineapple chunks*
 - 1 banana*, frozen
- (cut into chunks and peel before freezing)

What to do:

1. Wash your hands and clean your cooking area.
2. Add yogurt, juice concentrate, and fruit to blender.
3. Blend ingredients in blender until smooth.
4. Serve immediately.

*WIC Approved Food Package

Nutrition Facts

Serving Size 3/4 cup (160g)
Servings Per Container 6

Amount Per Serving

Calories 160 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 25mg **1%**

Total Carbohydrate 37g **12%**

Dietary Fiber 2g **8%**

Sugars 32g

Protein 3g

Vitamin A 4% • Vitamin C 130%

Calcium 8% • Iron 2%

MyPlate:

$\frac{2}{3}$ cup Fruit



The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)