



Keeping Your Heart in Shape this February!

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February is American Heart Month and with cardiovascular disease the leading cause of death in the United States, it's important to watch our lifestyles closely. One in every three deaths is from heart disease and stroke, which equal to 2,200 deaths per day. (CDC)

Heart disease comes in different forms including congenital defects, stroke, hypercholesterolemia, and hypertension. Knowing your numbers for blood pressure, blood glucose, cholesterol, and body mass index are important to know to reduce the risk of developing heart disease. Below is a list of healthy and at-risk numbers:

	Healthy	At-Risk
Blood Pressure	Less than 120/80 mm Hg	Over 120/80 mm Hg
Blood Glucose	70-100 mg/dL	Over 100 mg/dL
Cholesterol	100-199 mg/dL	200 + mg/dL
BMI	18.5-24.9	25.0+

If you have any at-risk numbers, we still have the ability to keep them in check. Visit your physician on an annual basis, get your numbers checked, and learn proper treatment and recommendations provided for your needs.



Photo Source:
<https://www.medicalportal.asia/package/2/Healthy-Heart-Health-Check-up-Package>

Source: <http://www.heart.org/HEARTORG/>

New Food Label- What's Different

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Annotations:

- Servings; larger, bolder type
- Serving sizes updated
- Calories; larger type
- Updated daily values
- Actual amounts declared
- New footnote
- New: added sugars
- Change in nutrients required

Elbow Pasta Salad

Makes: 12 cups

Ingredients:

- 1 16oz package elbow macaroni pasta (whole wheat optional)
- 3 tbsp oil (canola, olive, or vegetable)
- 3 tbsp lime juice
- 1/2 cup fat-free or light mayonnaise
- 1 cup chopped celery
- 1 cup chopped bell pepper
- 2 cups chopped green onions
- 1 4oz jar diced pimientos
- 1 cup sliced black olives
- 1 box or package (10 ounces) frozen peas, thawed



Nutrition Information per serving: 1 cup

Calories	240
Total Fat	9 g
Saturated Fat	1 g
Sodium	170 mg
Carbohydrate	35 g
Protein	7 g
Cholesterol	5mg

Directions:

1. Wash your hands and clean your cooking area.
2. Boil elbow pasta according to package directions. Drain.
3. Mix elbow pasta, oil, and lime juice in a bowl.
4. Cover bowl with lid, plastic wrap, or aluminum foil. Refrigerate overnight.
5. The next day, add mayonnaise, celery, bell pepper, onions, pimientos, olives, and peas to the elbow pasta mixture. Mix well.
6. If desired, season with onion powder, garlic powder, salt and pepper.
7. Serve cold and keep refrigerated.

For more recipes and information on healthy nutrition habits, visit:
blt.tamu.edu

