



# Keeping Your Heart in Shape this February!

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## February 2018 Brazos County Better Living for Texans Newsletter

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           |
|-----------------------|------------------------|-------------------|
| <b>Blood Pressure</b> | Less than 120/80 mm Hg | Over 120/80 mm Hg |
| <b>Blood Glucose</b>  | 70-100 mg/dL           | Over 100 mg/dL    |
| <b>Cholesterol</b>    | 100-199 mg/dL          | 200 + mg/dL       |
| <b>BMI</b>            | 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          |            |
| <b>Serving size 2/3 cup (55g)</b> |            |
| <b>Amount per serving</b>         |            |
| <b>Calories</b>                   | <b>230</b> |
| <b>% Daily Value*</b>             |            |
| <b>Total Fat</b> 8g               | <b>10%</b> |
| Saturated Fat 1g                  | <b>5%</b>  |
| Trans Fat 0g                      |            |
| <b>Cholesterol</b> 0mg            | <b>0%</b>  |
| <b>Sodium</b> 160mg               | <b>7%</b>  |
| <b>Total Carbohydrate</b> 37g     | <b>13%</b> |
| Dietary Fiber 4g                  | <b>14%</b> |
| Total Sugars 12g                  |            |
| Includes 10g Added Sugars         | <b>20%</b> |
| <b>Protein</b> 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
- ½ 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](http://blt.tamu.edu)

