



## FEBRUARY...NATIONAL HEART MONTH

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:

- Be physically active. Move around as much as possible.
- 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

*Be a good role model for your children. They are watching what you eat.*

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.
- 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.
- Read the label and ingredient list on foods.



*Johanna Hicks*

County Extension Agent -  
Family & Consumer Sciences  
P. O. Box 518  
1200-B W. Houston St.  
Sulphur Springs, TX 75482  
903-885-3443—phone  
903-439-4909—fax

## Upcoming Events

- Visit the Extension exhibit at the Sulphur Springs Public Library during the Emergency Management Seminar—Thursday, January 16, 7:00 p.m.
- Master Wellness Volunteer Training, February 3, 10, 17, 24, March 3, County Extension Office, 9:00 a.m. Call for more information.
- “Do Well, Be Well with Diabetes” series, March 18, 20, 25, 27, April 1, County Extension Office, 6:00 p.m. - call 903-885-3443 to sign up.

Contact our office if you have questions on any of these!



## *What Can You Do?*

- ◇ Start your day with breakfast.
- ◇ Try to eat more whole grains.
- ◇ Go easy on the salt.
- ◇ Use healthy shopping strategies.
- ◇ Move more!
- ◇ Other: \_\_\_\_\_



## 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. 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.
- ◆ 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.*

## Soup Time!

The hot days of summer are still a few months away. Take time to relax and enjoy warm soups made with lots of vegetables, beans, and a small amount of meat. Soup is a great family meal that stretches your food dollar!

Plan to serve breakfast, lunch and dinner each day. Have 2 to 3 planned snacks. Planned meals and snacks help your child feel safe and secure.

### 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. In large pot, add meat, 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



### Healthy Shopping Tips

Healthy eating begins with healthy shopping.

- ◆ Plan ahead. Ask children for dinner suggestions, then write it down.
- ◆ Take your kids grocery shopping. Let them select produce. Steer clear of the candy and soda aisles. Discuss healthy choices.
- ◆ Leave bowls of fresh fruit for snacking (apples, bananas, oranges)
- ◆ Select whole-grain, low-sugar cereals.
- ◆ Select healthy snacks—nuts, low-fat granola bars, baked crackers, applesauce, etc.
- ◆ Keep low-fat string cheese and milk on hand.
- ◆ Let your child see you eating healthy foods! He will want to do the same.

#### References:

*Nutrition Matters, Inc.*  
*Cooking Well with Diabetes*  
*Texas A&M AgriLife Extension*  
*Resources for Educators*