



# Living Well Williamson

Volume 2, Issue 1

Spring Newsletter

## National Heart Month!

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

### How can American Heart Month make a difference?

We can use this month to raise awareness about heart disease and how people can prevent it — both at home and in the community.

Here are just a few ideas:

- Encourage families to make small changes, like using spices to season their food instead of salt.
- Motivate teachers and administrators to make physical activity a part of the school day. This can help students start good habits early.

Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease.

### How can I help spread the word?

We've made it easier for you to make a difference. This toolkit is full of ideas to help you take action today. For example:

Add information about living a heart healthy lifestyle to your newsletter.

Tweet about American Heart Month.

Host a community event where families can be active while learning about local health resources.

Take action: Be the cure!  Join the American Heart Association's national movement in support of healthier communities and healthier lives.

SPRING  
RAIN DROPS  
DAFFODILS  
EASTER TULIPS  
Green Grass  
BABY ANIMALS  
JUMPING IN PUDDLES  
Winter's Thaw  
BUTTERFLIES  
RAINCOATS  
BIRD'S NEST BASEBALL  
CROAKING TOADS  
Fireflies

## WHAT'S ON THE LABEL?

### 1. Serving Size

This section is the basis for determining number of calories, amount of each nutrient, and %DVs of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g., number of grams.

### 2. Amount of Calories

If you want to manage your weight (lose, gain, or maintain), this section is especially helpful. The amount of calories is listed on the left side. The right side shows how many calories in one serving come from fat. In this example, there are 250 calories, 110 of which come from fat. The key is to balance how many calories you eat with how many calories your body uses.

### 3. Limit these Nutrients

Eating too much total fat (including saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure. The goal is to stay below 100%DV for each of these nutrients per day.

### 4. Get Enough of these Nutrients

Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. Eating enough of these nutrients may improve your health and help reduce the risk of some diseases and conditions.

### 5. Percent (%) Daily Value

This section tells you whether the nutrients (total fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet.

The %DVs are based on a 2,000-calorie diet. Each listed nutrient is based on 100% of the recommended amounts for that nutrient. For example, 18% for total fat means that one serving furnishes 18% of the total amount of fat that you could eat in a day and stay within public health recommendations.

### 6. Footnote with Daily Values (%DVs)

The footnote provides information about the DVs for important nutrients, including fats, sodium and fiber. The DVs are listed for people who eat 2,000 or 2,500 calories each day. The amounts for total fat, saturated fat, cholesterol, and sodium are maximum amounts.

Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container about 2		
Amount Per Serving		
Calories 250	Calories from Fat 110	
% Daily Value*		
<b>Total Fat</b> 12g		<b>18%</b>
Saturated Fat 3g		15%
Trans Fat 3g		
<b>Cholesterol</b> 30mg		<b>10%</b>
<b>Sodium</b> 470mg		<b>20%</b>
<b>Total Carbohydrate</b> 31g		<b>10%</b>
Dietary Fiber 0g		0%
Sugars 5g		
<b>Proteins</b> 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%
* 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

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

1 Serving Size

2 Amount of Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Percent (%) Daily Value

6 Footnote with Daily Values (DVs)

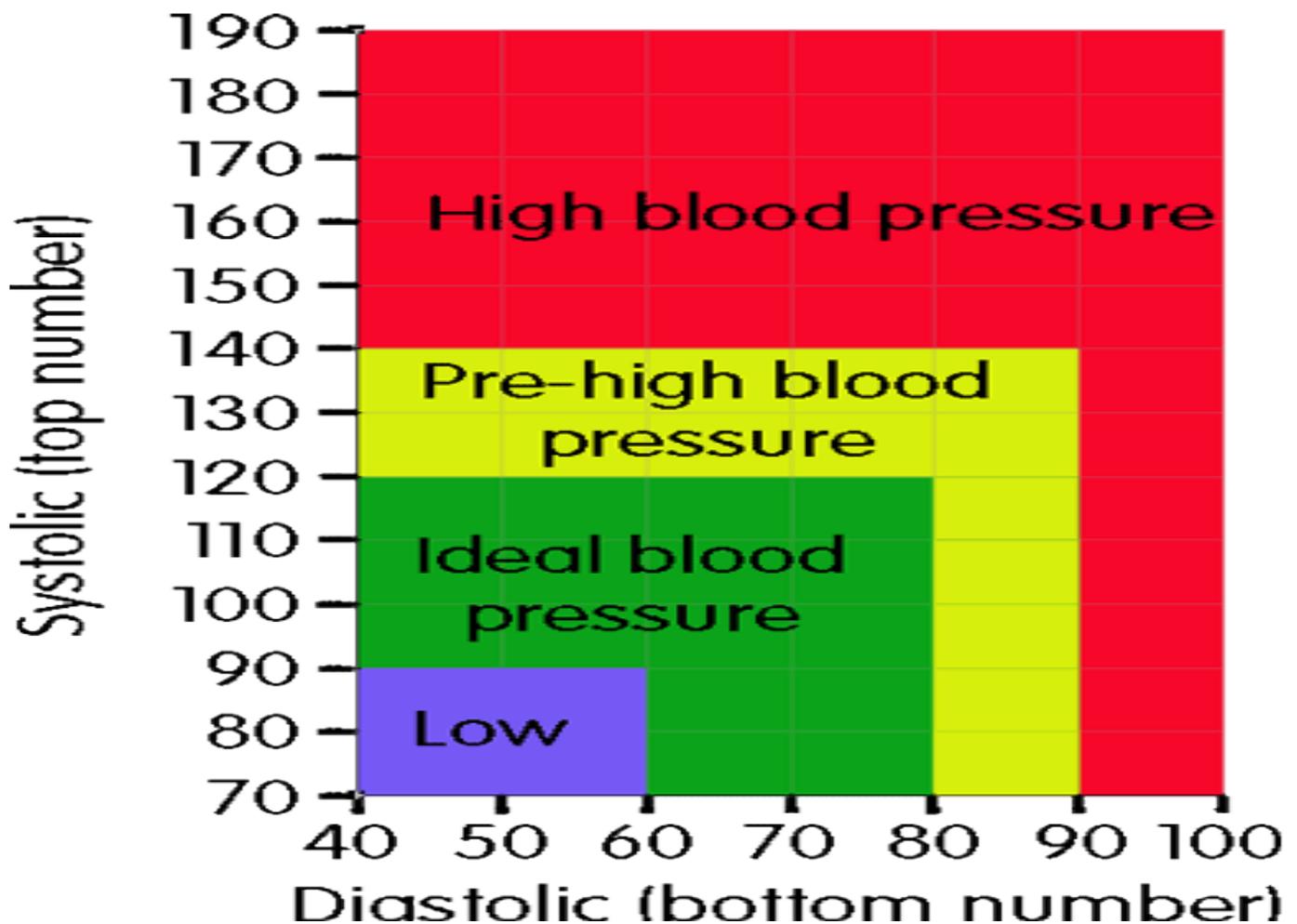
## BLOOD PRESSURE CHART

Use the blood pressure chart below to see what your blood pressure means. The blood pressure chart is suitable for adults of any age. (The level for high blood pressure does not change with age.)

Blood pressure readings have two numbers, for example 140/90mmHg.

The top number is your **systolic** blood pressure. (The highest pressure when your heart beats and pushes the blood round your body.) The bottom one is your **diastolic** blood pressure. (The lowest pressure when your heart relaxes between beats.)

The blood pressure chart below shows ranges of high, low and healthy blood pressure readings.



## Contact Us!

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TEXAS A&M  
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EXTENSION

## Find us on:



Save  
the  
Date

- \* March 8— TEEA Exhibition Day
- \* March 9, 16, 23, 30—Master of Memory—Taylor Housing Authority
- \* April 8—Volunteer Recognition Brunch 9:30am
- \* April 19 -Dinner Tonight! Cooking School

## Spring Time Challenge

PLANT A GARDEN  
AND WATCH A  
MIRACLE HAPPEN

