



# NUTRITION NEWS

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### Healthy Heart Month

Each February, we talk about small changes that you can make that may improve your cardiovascular health. Many people only think about heart attacks when talking about cardiovascular health. It is important to note that cardiovascular disease also encompasses high cholesterol, high blood pressure, and stroke.



A heart attack (also called a myocardial infarction or MI) occurs when blood flow to the heart is blocked. The blockage is usually a buildup of fat or cholesterol. If you think you may be suffering a heart attack, make sure you call 911 or seek medical help immediately. The survival rate of heart attacks has greatly improved over the past few years, largely in part to people seeking help quickly when the symptoms first present themselves.

Symptoms of a heart attack include the following:

- \* Pressure, tightness, pain, or a squeezing or aching sensation in your chest or arms that may

spread to your neck, jaw, or back



- \* Nausea, indigestion, heartburn, or abdominal pain
- \* Shortness of breath
- \* Cold sweat
- \* Fatigue
- \* Lightheadedness or sudden dizziness

Be aware that not all people experience the above symptoms during a heart attack. The severity of the symptoms also varies. Some heart attacks strike suddenly, while others have warning signs and symptoms days, or even weeks, in advance.

Being aware of certain risk factors that you may have can also help determine the likelihood of suffering a cardiovascular event.



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### Monthly Exercise

#### Knee raises:

**Helps with climbing stairs and getting in and out of cars and buses.**

1. With fingertips on something solid to help balance, lift a knee to hip level & hold it for 5 seconds.
2. Repeat with the other leg.
3. Then repeat 8 times.

The following list of risk factors is not all encompassing, but the more risk factors you have, the greater your chance of suffering a heart attack or stroke.

- ◆ Age (men 45 or older and women 55 or older)
- ◆ Tobacco– smoking greatly increases your risk of all cardiovascular events
- ◆ High blood pressure (normal is 120/80)
- ◆ High cholesterol (strive for a total cholesterol lower than 200)
- ◆ Obesity
- ◆ Diabetes
- ◆ Family history of heart attack
- ◆ Lack of physical activity
- ◆ Stress

By now, most of us are also aware that diet can greatly impact your cardiovascular health. The following recommendations are basic and long standing but are proven to reduce your risk of heart attack or stroke. Here is a partial list, as outlined by The Mayo Clinic.

1. Control your portion size– how much you eat is as important as what you eat! Use a small plate or bowl to help control your portions and keep track of the number of servings you consume.
2. Eat more vegetables and fruit– not only are they good sources of vitamins and minerals, but they also add fiber to your diet. Remember that frozen can be a good option in the winter.
3. Select whole grains– whole grains add fiber and can contribute to a feeling of satiety. They also naturally regulate blood pressure and blood cholesterol.



4. Limit unhealthy fats– saturated and trans fats should be consumed moderately. Choose healthier fats if possible, such as olive oil, canola oil, and vegetable oil.
5. Choose low fat protein sources–lean meat, poultry, and fish are excellent sources of protein while limiting your fat intake. Low fat dairy products, eggs, and legumes are also smart choices.
6. Reduce your sodium intake– healthy adults should consume less than 2400 milligrams of sodium daily. Remember that convenience foods tend to be higher in sodium than foods that are prepared from scratch.
7. Plan ahead– sticking to a routine and planning your diet can help you be more compliant.
8. Allow yourself an occasional treat– in order for a lifestyle change to be long-standing, it must be reasonable and allow for some indulgences. Having a small treat or a “cheat” food that you enjoy won’t hurt, will leave you feeling more satisfied, and may ultimately help you to stick to your new plan!

Don’t forget to try to incorporate a moderate amount of exercise into your daily routine. Adding aerobic activity for half an hour 3-5 days a week can also reduce your risk of suffering a heart attack or stroke.



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According to the National Institutes of Health (NIH), one in four women die from heart disease. Coronary heart disease specifically (which is the most common type of heart disease) is the number one killer of both men and women in the United States.

There are other types of heart disease, such as coronary microvascular disease (MVD) and broken heart syndrome, which also pose a risk for women. These disorders primarily affect women and unfortunately are not as well understood as coronary heart disease.



Coronary heart disease is a disease in which plaque builds up on the inner walls of your coronary arteries. Plaque is made up of fat, cholesterol, calcium and other substances. Over time, plaque can harden or break open. If the plaque breaks open, it can cause a clot. This is the most common cause of a heart attack.

Coronary MVD is a heart disease that affects the heart's tiny arteries. This disease is also called cardiac syndrome X or nonobstructive CHD. Researchers believe women are more likely to have this condition because of a drop in estrogen levels during menopause. Research is ongoing to better diagnose and treat this condition.



Lastly, women are more likely than men to have a condition called broken heart syndrome. In this recently recognized heart anomaly, extreme emotional stress can lead to severe (but often short-term) heart muscle failure. Broken heart syndrome is also called stress-induced cardiomyopathy. Often, patients who are suffering from broken heart syndrome were previously healthy with no underlying cardiac issues. It can mimic a heart attack but because there is no evidence of blocked arteries, it often resolves itself quickly and patients make a full recovery.

Here are some common myths surrounding women and heart disease. Being aware of these common misconceptions can lead to improved recognition of symptoms and early detection of the disease.

**Myth #1: Heart disease is for men and cancer is the real threat for women:**

Heart disease strikes more women than men and is more deadly than all other forms of cancer combined. While one in 31 American women die from breast cancer each year, heart disease kills one in three.

**Myth #2: Heart disease is for old people:**

Heart disease affects women of all ages. For younger women, smoking in combination with birth control pills increases the risk of heart disease by 20%. Risks do increase with age, but being born with an underlying heart condition can also be a factor at any age.

**Myth #3: Heart disease doesn't affect women who are fit:**

Factors like cholesterol, eating habits, and smoking can counteract your other healthy habits. The American Heart Association now recommends getting your cholesterol checked at age 20, earlier if you have a family history of heart disease. Blood pressure monitoring is also important.



**Myth #4: I don't have any symptoms:**

As we previously discussed, severe chest pain isn't the only sign of a heart attack. Women are more likely to experience such symptoms as shortness of breath, nausea/vomiting, and back or jaw pain. They may also experience dizziness, lightheadedness, or fainting, and extreme fatigue.

These recipes can be paired with a vegetable for a complete, heart healthy meal!

**Maple Garlic Marinated Pork**

- 2 tbs Dijon mustard
- 1 tsp sesame oil
- 3 cloves garlic, minced
- Fresh ground black pepper to taste
- 1 cup maple syrup
- 1 1/2 pounds pork tenderloin



Combine mustard, sesame oil, garlic, pepper, and maple syrup. Place pork in a shallow dish

and coat thoroughly with marinade. Cover, then chill in the refrigerator for at least 8 hours, or overnight.

Preheat grill for medium low heat. Remove pork from marinade and set aside. Transfer remaining marinade to a small saucepan, and cook on the stove over medium low heat for 5 minutes. Grill pork, basting with remaining marinade to 165°.

**Slow Cooker Black Eyed Peas**

- 6 cups water
- 1 cube low sodium chicken bouillon
- 1 pound dried black-eyed peas, sorted and rinsed
- 1 onion, diced
- 2 cloves garlic, diced
- 1 red bell pepper, stemmed, seeded, and diced
- 1 jalapeno chili, seeded and minced
- 8 ounces diced low sodium ham
- 1/2 tsp cayenne pepper
- 1 1/2 tsp cumin
- Salt, to taste
- 1 tsp ground black pepper



Pour the water into a slow cooker, add the bouillon cube, and stir to dissolve. Combine remaining ingredients; stir to blend. Cover the slow cooker and cook on low for 6 to 8 hours until the beans are tender.

**HEAP**

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

If you did not receive HEAP last year but want to apply this year, please call our Office at 867-1195.

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