

# NUTRITION NEWS

WRITTEN BY: SHANNON DAVIS, RD, CDN

LAYOUT BY: JACKIE MURPHY

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## Healthy Heart Month

February is Healthy Heart Month. Heart disease continues to be the leading cause of death for men, women, and people of most ethnic groups in the United States. Here are some sobering statistics.

- \* One person dies every 36 seconds in the US from cardiovascular disease.
- \* About 655,000 Americans die from heart disease each year—that's 1 in every 4 deaths.
- \* Heart disease costs the US about \$219 billion each year. This includes the cost of health care services, medicines, and lost productivity due to death.
- \* Coronary artery disease (CAD) is the most common type of heart disease, killing more than 365,000 people in 2017.
- \* About 18.2 million adults age 20 and older have CAD.
- \* About 2 in 10 deaths from CAD happen in adults less than 65 years old.

- \* In the US, someone has a heart attack about every 40 seconds.
- \* Each year, about 805,000 Americans have a heart attack.
- \* Of these 805,000, 605,000 are a first heart attack.
- \* Of these 805,000, 200,000 happen to people who have already had a heart attack
- \* Of these 805,000, about one in five heart attacks is silent. This means that the damage has already been done but the person is not even aware of it.

There are a number of medical conditions and lifestyle choices that can put you at an elevated risk for developing heart disease. This includes diabetes, being overweight or obese, following an unhealthy diet, being inactive physically, and excessive alcohol use.



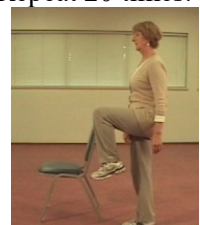
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### Monthly Exercise

#### Knee Marching

1. Stand with arms at sides, feet shoulder width apart.
2. Raise one knee up as high as comfortable. Lower, then raise the other knee.
3. Repeat 20 times.



Changing your eating habits can be difficult. The Mayo Clinic spells out eight heart healthy tips to get you started.

1. Control your portion size— how much you eat may be just as important as what you eat. Eating until you feel stuffed results in the consumption of many more calories than you need. Remember too that portions served in restaurants are often much more than you need. Use a small plate or bowl to help control your portions. Eat larger portions of low calorie, nutrient dense foods, such as fruits and vegetables while eating smaller portions of high calorie, high sodium foods, such as refined, processed, or fast foods. Lastly, keep track of the number of servings you eat. A serving size is a specific amount of food, defined by common measurements such as cups, ounces, or pieces. For example, one serving of pasta is about 1/2 cup, but you can consume more than one calorie at a sitting. You just need to keep track of the number of servings you've consumed.
2. Eat more vegetables and fruits— they are both great sources of vitamins, minerals, and fiber. Eating more of these foods can also help you consume less calories from less desirable foods, such as meat, cheese, and snack foods. Keep vegetables washed and cut in the fridge for quick snacks. Keep fruit in a bowl in your kitchen so that you'll remember to eat it. Choose recipes that feature vegetables and fruits as the main ingredients, such as salads or a stir fry. Remember that not all fruits and vegetables are unlimited. Frozen fruit with sugar added, canned fruits packed in heavy syrup, and vegetables with cream sauces should all be used sparingly.

3. Select whole grains— whole grains are good sources of fiber and other nutrients that may play a role in reducing your blood cholesterol. You can increase your intake of whole grains simply by making simple substitution for grain products that are refined. You could also try a new whole grain, such as quinoa or barley. Try substituting whole wheat flour for white or refined flour. Try a high fiber cereal with 5 g of fiber or more per serving. Or try whole grain pasta instead of white pasta.
4. Limit unhealthy fats— limiting how much saturated and trans fats you eat can lower your cholesterol, thereby lowering your risk of developing cardiovascular disease. The American Heart Association recommends you avoid trans fats whenever possible. It also recommends no more than 5-6% of your total daily calories, which generally equates to no more than 11 to 13 grams daily. You can easily reduce the amount of saturated fat in your diet by trimming fat off your meat or choosing lean meats. Even red meat is easily found in lower fat versions. You can also use less butter, margarine, or shortening when cooking. Try topping your baked potato with salsa or low fat yogurt instead of sour cream. Use sliced whole fruit or a lower sugar jam on your toast . instead of butter. When you do use fats,( as we all need to do) choose monounsaturated fats, such as olive oil or canola oil. Polyunsaturated fats, found in certain fish, avocados, nuts, and seeds, are also good choices for a heart healthy diet. Moderation is key. All fats are high in calories but it is also important to acknowledge that our bodies need a certain amount of fat daily.



5. Choose low fat protein sources— lean meat, poultry, and fish, low fat dairy products, and eggs are great sources of protein. Be careful to choose lower fat options, such as skim milk instead of whole milk. Fish can also be rich in omega-3 fatty acids, which can lower your triglycerides. You'll find your highest amount of omega-3's in cold water fish, such as salmon, mackerel, and herring. Other sources include flaxseed, walnuts, soybeans, and canola oil. Legumes are also a good source of protein and generally contain less fat than meats and no cholesterol. Legumes include beans, peas, and lentils. They can also increase your fiber intake.
6. Reduce the sodium in your food— eating large amounts of sodium can contribute to high blood pressure or hypertension. Hypertension also puts you at increased risk of developing cardiovascular disease. The American Heart Association recommends that healthy adults consume less than 2400 milligrams of sodium daily. It is important to realize that while eliminating the salt shaker at the table is a good place to start, much of the sodium we consume comes from canned or processed foods. Soups, store bough baked goods, and frozen dinners are all high in sodium. Eating fresh foods or preparing your own home cooked food is a good way to keep your sodium intake in check. Lastly, condiments also tend to be quite high in sodium. Ketchup, mayonnaise, and soy sauce are all high in hidden salt.
7. Plan ahead by creating daily menus— when selecting foods for each meal and snack, emphasize vegetables, fruits, and whole grains. Choose lean protein sources and healthy fats while limiting salty foods. Watch your portion sizes and add as much variety as possible to your menus. Adding variety also helps ensure that you are getting all of the vitamins and minerals that your body needs as well. And it keeps things interesting!

8. Allow yourself an occasional treat— don't worry about the occasional indulgence. A candy bar or a piece of cake or a serving of potato chips is not going to derail your entire diet. Don't let it turn into an excuse for giving up! Sometimes, an indulgence is just what you need to keep your motivation up and stay on track.

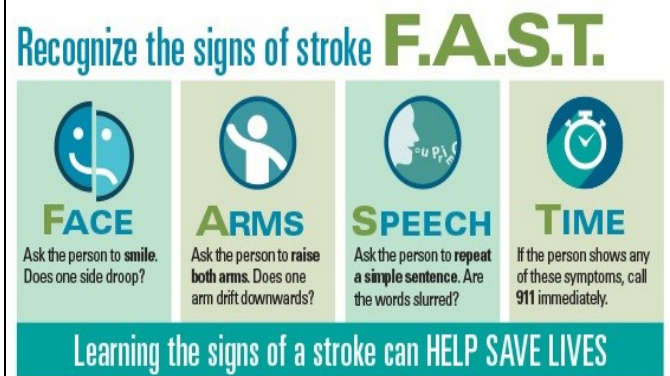
Lastly, many people don't realize that a stroke is a form of cardiovascular disease. A stroke can actually be likened to a heart attack of the brain. It is important to recognize the early signs of a stroke. A recent advertising campaign focused on using the letters "FAST" to spot stroke signs and call 911 asap.

**F:** face drooping. Is one side of the face numb or drooping? Does the person's smile appear lopsided or uneven?

**A:** arm weakness. Is one arm weak or numb? If the person is asked to raise both arms, does one arm drift downward?

**S:** speech. Is the speech slurred? Is the person unable to speak or difficult to understand. Ask the person to repeat a simple sentence.

**T:** time to call 911. If the person shows any of the above symptoms (even if the symptoms go away) call 911 and get them to the hospital immediately.



***Red Lentil Soup with Lemon Mint Yogurt***

**2 tbs butter**

**1 large yellow onion, diced**

**1 tsp kosher salt, or more to taste**

**3 tbs tomato paste, or more to taste**

**4 cloves garlic, crushed**

**2 tsp ground cumin**

**1/8 tsp cayenne pepper**

**1 quart chicken broth**

**1 cup red lentils**

**1 rib celery, diced**

**1 large carrot, diced**

**For the Lemon Mint Yogurt:**

**6 leaves fresh mint, thinly sliced**

**1 pinch salt**

**1/2 tsp lemon zest**

**1/2 lemon, juiced**

**3 tbs plain Greek yogurt, or more to taste**

**Step 1:** melt butter in a saucepan over medium high heat. Add onion, salt, and tomato paste. Cook, stirring often, until the onion softens and the tomato paste turns a deep brick red or brown color, 5 to 7 minutes.

**Step 2:** add garlic, cumin, and cayenne; cook stirring, for 2 more minutes. Stir in the broth and bring to a simmer. Reduce heat to medium-low and add the lentils, celery, and carrots.

**Step 3:** stir and bring to a simmer. Cook, stirring occasionally, until the lentils and vegetables are very tender, 30 to 40 minutes.

**Step 4:** meanwhile, grind the mint and salt into a paste using a mortar and pestle. Add lemon zest, lemon juice, and yogurt, and stir together until combined. Refrigerate until ready to serve.

**Step 5:** taste the soup and adjust seasoning as needed. Serve as is or use an immersion blender to puree about half of the soup to achieve a creamier texture. Serve hot with spoonfuls of the lemon mint yogurt.

**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.

**HERKIMER COUNTY  
OFFICE FOR THE AGING**

109 Mary St., Herkimer, NY 13350

Phone: 315-867-1121

Fax: 315-867-1448

Email: [hcofa@herkimercounty.org](mailto:hcofa@herkimercounty.org)

Web: [www.herkimercounty.org](http://www.herkimercounty.org); then 'departments' then 'Office for the Aging'

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