

Be Heart Smart

Heart disease is the leading cause of death in the United States. You cannot change some risk factors (age, family history), however, there are many risk factors that you can control. Here are some things you can do to reduce your risk of heart disease.

- ◆ Maintain a healthy weight.
- ◆ If you smoke.....quit.
- ◆ Eat a heart-healthy diet that includes lots of fruits, vegetables and whole grains. Reduce sodium intake and choose low-fat protein and dairy foods.
- ◆ Be physically active.
- ◆ Reduce stress.

If you have high blood pressure, high cholesterol or diabetes learn how to control these risk factors.

Getting regular checkups can help you stay heart healthy.



Oven Wedge Fries

This is a tasty surprise for those who love French fries.

Preheat oven to 400 degrees.

2 large russet potatoes cut into wedges

Seasoning mix:

- 2 cloves of garlic, finely chopped
- 1 teaspoon Italian herb seasoning mix
- 1 teaspoon chili powder or paprika
- Mix well.

Spray a cookie sheet with nonstick cooking spray. Place potato wedges on the cookie sheet.

Sprinkle 1/2 of the seasoning mixture over the potato wedges.

Bake for about 7 minutes or until they start to turn brown.

Remove pan from oven and flip potato wedges over. Sprinkle with the remaining seasoning mix. Bake for another 7 minutes or until wedges are browned and thoroughly cooked.

Makes 4 servings.

Per serving: 146 calories, 33 g. carbohydrates, 4 g. dietary fiber, 4 g. protein, 1 g. total fat, 22 mg sodium.



Heart Healthy Eating for Families

Making smart, heart-healthy food choices are good for the whole family. Follow these tips to make it easier to eat a heart healthy diet at home:

- ◇ Reduce the sodium in your family's diet by reducing the use of processed foods (like canned foods and packaged meals) . Look at the amount of sodium per serving on the food label and compare.
- ◇ Package your own healthy snacks. Put cut-up veggies and fruits in portion-sized containers for easy, healthy snacking on the go, without the added sugars and sodium. Saves you time and money!
- ◇ Some fats are better than others. Use liquid vegetable oils such as canola, corn, olive, safflower, sesame and sunflower oils in place of butter and solid fats when possible.
- ◇ Enjoy fish high in omega-3 fatty acids like salmon, mackerel, trout and albacore tuna.
- ◇ A small handful of nuts or seeds are a heart healthy snack. Choose unsalted or lightly salted almonds, peanuts, pistachios and walnuts.

Eating healthy on a budget can seem difficult but it can be done. Many fruits, vegetables, and legumes (beans and peas) cost less than \$1 per serving.

Lisa McCoy, MS, RDN, Extension Educator , FCS-Healthy Living

Musical Hearts Game

Make your own indoor game!

All you need is...

- Construction Paper
- Heart Pattern
- Scissors
- Marker
- Tape



1. Cut out about 20-30 construction paper hearts.
2. With the marker, on the back of each heart, write a fun challenge, such as "make a silly face, act out a skit, hop five hops like a rabbit, sing a particular song, or spin on one foot five times." Make some silly, make some fun, and make some hard; whatever you want!
3. Lay each heart down on the floor in a circle shape, with the writing facing down.
4. Play your favorite music or have someone read a story.
5. When the music/story stops, each person completes the challenge on the heart they're standing on.
6. Once everyone has completed their challenge, begin the music/story again.



This game is easy to add to, change, or make bigger for more players. Have fun!

http://teachmama.com/musical-hearts-reading-moving-crazy-fun-kid-game/#_a5y_p=1475706

Know Your Numbers

High cholesterol does not cause symptoms so it is important to know your numbers and know what those numbers mean.

For Total Cholesterol:

Best is less than 200.
Borderline is 200-239.
High is over 240.

LDL (the bad cholesterol) should be less than 100.

HDL (the good cholesterol) Should be more than 60.

Triglycerides should be less than 150.

Talk with your health care provider about your risk factors and ways to keep your numbers where they belong.



Source: 8 Ways to Improve Your

Newsletter prepared by:

Eileen Morgan and Kathy Kinsman

The Expanded Food and Nutrition Education Program (EFNEP) helps families. **Eat better. Feel better, and Cut food costs.** To find out more about EFNEP contact:

University of Maryland
301-724-3320

Kathy Kinsman—kkinsman@umd.edu
Eileen Morgan—emorgan@umd.edu
Sara Barnard—sbarnard@umd.edu
Linda Ashburn—lashburn@umd.edu
(Coordinator)

<http://www.extension.umd.edu/>