**Don’t Break Your Heart**

Every one of us is at risk of developing heart disease. We all have different risk factors that may make us more or less likely to develop heart problems. This month is Heart Health Month so it is the ideal time to take a look at some of these risk factors. The more risk factors you have, the more likely you are to develop coronary heart disease at some time in your life. The risk factors include:

- Advanced age
- Male gender
- Family history of heart attacks
- High blood pressure
- Smoking
- High LDL (the “bad” cholesterol)
- Low HDL (the “good” cholesterol)
- Not enough exercise
- Diabetes
- Heart enlargement
- The established presence of coronary heart disease

You have control over some of these risk factors. If you smoke, quit. If you are a couch potato, get up and move. If you eat a lot of high fat or processed foods, choose more fruits, vegetables and whole grains.

Your EFNEP educator can help you make healthy lifestyle choices.

Source: Wellness Councils of America

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**Roasted Root Vegetables**

2 medium-sized sweet potatoes, cut into chunks.
2 carrots, chopped
2 medium-sized turnips or beets, cut into chunks.
1 medium-sized onion, chopped
1/4 c. olive oil
3 T Parmesan cheese
Salt and pepper to taste.

1. Preheat oven to 350 degrees.
2. Put chopped vegetables in a large bowl. Add oil and toss. Sprinkle on Parmesan cheese and toss well to coat all the veggies.
3. Spread mixture on a baking sheet.
4. Bake for 1 hour or until tender.

Makes 4 servings of 1 1/4 cups each.

Per serving:
- Calories: 100
- Total fat: 2.5 g
- Saturated fat: 0
- Sodium: 30 mg
- Protein: 2 g

Source: The Busy Family's Guide to Healthy, Delicious Meals
Simplify

Take a look around your home.

What do you see?

Things you use on a regular basis?

Books you read?

Pictures, artwork and knick-knacks you love?

Or do you see piles of unread magazines, empty soda cans and clothes the kids have outgrown?

Most of us have a lot of clutter that can drive us crazy and make it difficult to find the things we really need.

Taking even 15 minutes a day to remove clutter from a table, organize your bills or clean out a closet can produce big results.

Being Safe in the Kitchen!

Cooking in the Kitchen can be a lot of fun… as long as we don’t get hurt! Before you start, it’s a good idea to learn a few rules of the kitchen. Remember these tips for safe and fun cooking:

⇒ Always ask an adult if you can use blenders, food processors, knives, or other sharp kitchen tools.

⇒ If you’re allowed to use a knife, point the blade away from yourself; keep your fingers away from the blade when you’re cutting.

⇒ Give the job your full attention — no looking at the TV for a quick second or yelling to your brother or sister.

YOU can PREVENT portion distortion by following these tips:

⇒ Use ChooseMyPlate.gov as a guide for the recommended daily servings from the different food groups.

⇒ Measure your portion sizes so you know how much you are eating. You can also “eyeball” portion sizes:

  1 cup: size of a baseball

  ½ cup: size of ½ baseball

  3 ounces of meat: deck of cards

  Teaspoon: tip of thumb to first joint

  Tablespoon: 3 thumbs tips

Maintaining a healthy weight is balancing calories in and calories out.

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

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:

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Portion Distortion

Over the past 20 years, the portion sizes of our foods have grown and so have we. Meals served at restaurants today often have enough food for two people. These increased portions have become “normal” portions at home as well. These extra calories add up—eating an extra 100 calories a day can lead to a weight gain of 10 pounds in a year.

Here are some examples of the differences in portions and calories over the past 20 years:

Source: NHLBI

<table>
<thead>
<tr>
<th>20 Years Ago</th>
<th>Today</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portion</td>
<td>Calories</td>
</tr>
<tr>
<td>Cheeseburger</td>
<td>1</td>
</tr>
<tr>
<td>Spaghetti w/meatballs</td>
<td>1 cup sauce 3 small meatballs</td>
</tr>
<tr>
<td>Soda</td>
<td>6.5 ounces</td>
</tr>
</tbody>
</table>

Portion Distortion

20 Years Ago

Portion Calories Portion Calories

Cheeseburger 1 333 1 590

Spaghetti w/meatballs

1 cup sauce 3 small meatballs 500 2 cups sauce 3 large meatballs 1,020

Soda 6.5 ounces 82 20 ounces 250

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