

FAMILY COMMUNITY HEALTH NEWSLETTER

Sheila Ondrusek, Hamilton County, Family Community Health Agent



American Heart Month:



The Dinner Tonight program of the Texas A&M AgriLife Extension Service is celebrating American Heart Month this February by announcing that the American Heart Association has certified over 70 of its recipes with its Heart-Check mark.



Heart Healthy Skillet Chops and Rice



Servings: 4 Prep
Time: 10 minutes
Cook Time: 15 minutes

Ingredients:

- 4 - 4 ounce center cut pork chops 1/2 inch thick
- 1 1/2 cups instant brown rice
- 2/3 cup water
- 1/2 cup onion chopped
- 1/4 teaspoon black pepper
- 1 - 14 1/2 ounce can Italian style stewed tomatoes undrained and chopped
- 1 - 8 ounce can tomato sauce unsalted
- Cooking spray

Instructions:

1. Trim fat from chops. Coat a large nonstick skillet with cooking spray and place over medium-high heat until hot.
2. Add chops and cook 2 minutes on each side. Remove from skillet and set aside.
3. Combine rice, water, onion, pepper, tomatoes and tomato sauce in skillet. Bring to a boil.
4. Arrange chops over rice mixture. Cover, reduce heat and cook 5-10 minutes or until liquid is absorbed and rice and pork are done and pork has reached 160 degrees F.

Nutrition Facts	
4 servings per container	
Serving size	(355g)
Amount per serving	
Calories	360
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 320mg	14%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 1mcg	6%
Calcium 105mg	8%
Iron 12mg	70%
Potassium 833mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

4 WAYS TO TAKE CONTROL YOUR HEART HEALTH



Don't smoke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.



Manage conditions. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing high blood pressure and high cholesterol.



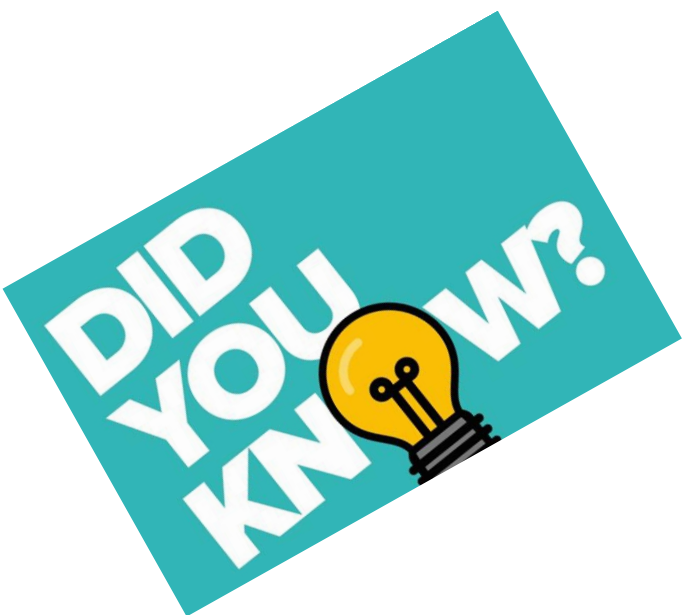
Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options. Learn more about how to reduce sodium.



Stay active. Get moving for at least 150 minutes per week. You can even break up the daily 30 minutes into 10-minute blocks for ease and time restraints!

Heart Fun Facts

1. Your heart pumps about 2,000 gallons of blood every day
2. Your heart beats about 115,000 times each day
3. If you were to stretch out your blood vessel system, it would extend over 60,000 miles
4. Laughing is good for your heart. It reduces stress and gives a boost to your immune system.



HEART HEALTHY VALENTINE'S DAY



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Heart-Healthy Valentine's Day Tips

Your sweetheart may have the key to your heart, but a proper diet and regular physical activity can be the key to a healthy heart. This Valentine's Day, indulge your sweetheart with a heart-healthy gift or date.

1. Rather than tempting your beloved with chocolates, consider a gift that has more permanence. Search for a poem that describes your feelings and write it on beautiful paper for a handmade Valentine.
2. Quality time is one of the most meaningful gifts. Bundle up and plan an active outing such as sledding, ice skating, gathering wood for a fire, or if you're feeling adventurous, visit an indoor rock wall.
3. If your children are having a Valentine's Day party at their school or day care, instead of sending candies, consider mini-boxes of raisins, mini-bags of pretzels, pencils or stickers as tokens of their friendly affection.
4. Cooking at home is an excellent way to control the quality and amounts of what you eat. Take a date to a local cooking class to practice your skills or learn a new technique.
5. Prepare a romantic candlelit dinner at home using one of our heart-healthy recipes.
6. If you go to a restaurant to celebrate, check out our heart-healthy tips for dining out.
7. Give to one another by giving back. Ask a date to volunteer with you at a local charity. Giving back is a healthy habit that will boost your mood and beat stress.
8. Visit www.ShopHeart.org for gift ideas that benefit the American Heart Association.
9. Use this day as an opportunity to tell your loved one how you feel about him or her, and share ways that you can support each other's health and wellness. Get started by taking the [My Life Check](http://mylifecheck.heart.org) (mylifecheck.heart.org).
10. Still craving something sweet? Send a fruit basket to your loved one that has natural sugar as well as healthy nutrients instead of sending sweets with added sugars.
11. Spice it up – try cooking at home with healthier seasonings and avoid prepackaged mixes that may contain a lot of salt. Instead, add some spice with some fresh hot peppers. Remove the membrane and seeds first, then finely chop them up. A little goes a long way.
12. Sharing is caring – if you do go out for a romantic dinner date, order one entrée to share. Many restaurant servings are enough for two – splitting will keep you from overdoing it.
13. Don't forget to love Fido, too! Give your pet a Valentine and remember to walk or exercise them daily – getting active will benefit your health and your bond with your pets.
14. Take it slow – if you were gifted a luxurious box of chocolates from your sweetie stick it in the fridge or freezer and enjoy in moderation over several weeks.
15. Still seeing hearts? You've seen hearts all month long; look for them at the grocery store and select products with the heart-check mark, which limits the amount of total fat, saturated fat, trans fat, cholesterol and sodium in a food.
16. One of the best things you can do for your heart is to give up smoking or help a loved one quit. Smoking is the most preventable cause of premature death.



HEART HEALTHY VALENTINE'S DAY



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17. Go fish – did you know for ideal health you should eat fish (particularly oily fish such as salmon, mackerel or tuna) twice a week?
18. Take a walk – walking is free, and costs nothing to get started. Walking for as little as 30 minutes a day provides heart-health benefits.
19. Instead of frying foods – which adds unnecessary fats and calories – use cooking methods that add little or no fat, like stir-frying, roasting, grilling or steaming.
20. Try something new – dare yourself to try a new fruit or vegetable. Next time you're at the store pick up something you've never made before. Many grocery stores have free recipe cards in the produce section or just type the food into your favorite search engine.
21. Rekindle an old flame – try preparing one of your less-favorite foods in a new way. Not crazy about bananas? Try grilling one for dessert. Pop grapes in the freezer for mini-ice pop snacks.
22. Stay hydrated – staying properly hydrated helps you feel (and look) better and water is a great alternative to high-calorie, sugar-sweetened drinks. Treat yourself to a fun new water bottle to encourage the habit – if it's always handy, you're more likely to drink up.
23. Get active inside – winter is almost over, but there are plenty of ways to get moving indoors that don't involve a gym membership; start mall walking, hit the stairs at work, or check out a yoga video from the public library or your local video store.
24. Know before you go – make it a point next time you go out to eat to look up the nutrition information for the restaurant you're going to (most major chains have this online) and note the nutrition information for what you plan or usually order. Just knowing what you're eating is a good step in the right direction.
25. Make a change – pick one small thing you can change about your daily diet – start buying skim milk, order the nonfat latte, skip the afternoon vending machine visit or add an extra veggie to your dinner plate.
26. Snacking isn't bad if done in moderation and eating a little throughout the day can actually keep you from overdoing it at meal times. Check out some of our heart-healthy snack ideas.
27. You can make many of your favorite recipes healthier by using lower-fat or no-fat ingredients. These healthy solutions can help you cut down on saturated fats, *trans* fats and cholesterol, while noticing little, if any, difference in taste.
28. Whether cooking or making dressings, use the oils that are lowest in saturated fats, *trans* fats and cholesterol – such as canola oil, corn oil, olive oil, safflower oil, sesame oil, soybean oil and sunflower oil – but use them sparingly, because they contain 120 calories per tablespoon.

**National
Wear Red Day**
February 7

Heart disease is the leading cause of death in the U.S. Know your risk and protect your heart.

#WearRedDay
hearttruth.gov



NIH National Heart, Lung, and Blood Institute

