

# Food and Fitness



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## Heart Healthy Habits

Your heart does a lot for you and is working constantly to keep you going. To show your appreciation, choose heart-healthy foods that will keep it fine-tuned and working great for many more years to come. The foods to increase are ones that will help you lower your cholesterol and have a preventative role in reducing your risk for heart disease.

- Trans & Saturated Fats (often found in pre-packaged snacks and meals)
- Sodium (limit processed foods; for canned vegetables, remember to drain then rinse with water)
- Refined Grains (these are foods made with white flour)
- Added sugars
- Dietary cholesterol



### Decrease Intake

### Hurtful to Heart

### Helpful to Heart

### Increase Intake

- Poly- & Mono-unsaturated Fats (provided by oils, and nuts)
- Fruits & Vegetables
- Whole Grains
- Fiber
- Fatty Fish (e.g. tuna, salmon; canned in water is fine)
- Skinless poultry & lean meats
- Low-fat dairy products (Try fat-free or 1% milk, reduced fat cheese, etc)



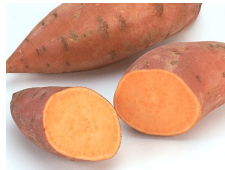
## Heart-y Recipe

Salt can have a direct effect on your blood pressure since too much sodium can cause you to retain more water, putting more strain on your blood vessels and heart. Try this low-salt sweet potato casserole. It only has 36 mg of sodium, plus it has three grams of fiber, no cholesterol, and its total fat is from unsaturated fat sources. Your heart and taste buds will be thanking you!

### Sweet Potato Casserole

#### Ingredients:

- 4 med. sweet potatoes or 2 15-ounce cans sweet potatoes
- Vegetable oil spray
- 1/4 cup fresh orange juice
- 2 Tbsp chopped walnuts
- 1/4 tsp ground nutmeg
- 1/4 tsp brandy flavoring (optional)



#### Cooking Instructions:

- 1) Wash your hands. Preheat oven to 375°F. Lightly spray a 1-quart casserole dish with vegetable oil spray.
- 2) If using fresh sweet potatoes, first wash with warm water. Then boil them whole in a large pot for 25 to 30 minutes, or until tender. Using tongs, transfer the potatoes to a large bowl of cold water. Soak until cool enough to handle. Peel. If using canned potatoes, drain thoroughly.
- 3) In a large bowl, mash the potatoes.
- 4) Stir in the remaining ingredients.
- 5) Bake for 25 minutes, or until heated through.

(Recipe from: *American Heart Association Low-Salt Cookbook, Third Edition*, Copyright © 2006 by the American Heart Association)

## Moving For Health

Good nutrition is not the only way to show love to your heart. Being physically active can also reduce your risk of heart disease.

Physical *in*activity is a major modifiable risk factor for heart attacks. Becoming more active can lower your blood pressure by as much as 4 to 9 mm Hg. That is the same reduction in blood pressure delivered by some blood pressure medications! Plus, physical activity can also boost your levels of good cholesterol. Do yourself and your heart a favor, and *get moving!*

Check with your healthcare provider before becoming physically active.



## Satisfying Snacks

Enjoy this heart-healthy treat that is filled with fiber and good fats to keep your heart pumping strongly.

### Homemade Hummus

- 1) Blend:
  - 1 drained can chick peas
  - 2 crushed garlic cloves
  - Juice of a lemon
  - 2-4 Tbsp olive oil
- 2) Enjoy with whole wheat pita bread or fresh vegetables

*Enjoy!*

## Resources

Polk County  
Congregate Meals  
(515) 286-2062

Commodity &  
Supplemental Foods  
(515) 286-3655

Nutrition, Food  
Preparation & Food Safety  
ISU AnswerLine  
1-800-262-3804

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