

Words on Wellness

February Is American Heart Month



Heart disease is the leading cause of death in the United States. One out of every four deaths each year is caused by heart disease. Heart attacks occur when the flow of blood to the heart is severely reduced or blocked. Men are more likely to develop heart disease after age 45. Women have a higher risk after age 55 or following menopause.

Consider the following steps you can take to help protect your heart.

- 1. Know your numbers:** High blood pressure, cholesterol, and weight can increase your risk of heart disease. Talk to your provider about ways to improve your numbers.
- 2. Stop smoking:** To quit, contact 1-800-QUIT-NOW (1-800-784-8669).
- 3. Model your plate using the [DASH Eating Plan](http://www.nhlbi.nih.gov/education/dash-eating-plan), www.nhlbi.nih.gov/education/dash-eating-plan:** Choose more plant foods including vegetables, fruits, and whole grains. Eat lean dairy and proteins including fish, skinless poultry, and beans. Use heart healthy fats such as canola and olive or vegetable oils, nuts, and seeds. Limit sodium, sugar-sweetened drinks, and desserts.
- 4. Physical activity:** Set a goal of at least 150 minutes of physical activity each week. Sitting less can help control weight, decrease stress, and improve sleep quality.
- 5. Prioritize sleep:** Adults need 7–9 hours of sleep a night.
- 6. For more information, download the resource [28 Days Toward a Healthy Heart](#), www.nhlbi.nih.gov/resources/28-days-towards-healthy-heart.**
Sources: NHLBI, go.iastate.edu/MAGKP8

Slow Cooker Mexican Chicken Soup



Serving Size: 1 1/2 cups | Serves: 8

Ingredients:

- 2 cans (14.5 ounces) diced tomatoes
- 3/4 cup dried black beans, rinsed
- 1 bag (16 ounces) frozen corn, thawed
- 3 cups water
- 1 teaspoon chili powder
- 1/4 teaspoon pepper
- 1 pound chicken breast, thawed
- Optional: baked tortilla chips, chili flakes, chopped cilantro, jalapenos, lime, sliced avocado, salsa, light sour cream, shredded cheese

Directions:

1. Add all ingredients to the slow cooker. Cook for 4 to 6 hours on high or for 8 to 10 hours on low.
2. Remove chicken right before serving. Shred. Stir chicken back into soup.
3. Serve with choice of optional ingredients.

Nutrition information per serving:

210 calories, 3g fat, 1g saturated fat, 0g trans fat, 35mg cholesterol, 270mg sodium, 28g carbohydrates, 6g fiber, 4g sugar, 19g protein. This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [Spend Smart. Eat Smart.](http://SpendSmart.EatSmart), spendsmart.extension.iastate.edu.

Using Food Thermometers

Did you know 66% of people do not use food thermometers correctly? If food temperatures are not checked regularly, people are at higher risk of a foodborne illness.

Research by the USDA shows one out of four hamburgers turn brown before they reach the minimum internal temperature. The color of cooked food does not determine its doneness. Check meats in the thickest part of the food without touching any bone or fat. Clean thermometers before and after use with hot soapy water.

[USDA Safe Minimum Internal Temperature Chart](https://go.iastate.edu/JAZA0S), go.iastate.edu/JAZA0S.

- Beef, Pork, Veal, Lamb—Steaks, Roast, Chops: 145°F
- Fish: 145°F
- Ground Beef: 160°F
- Egg Dishes: 160°F
- Turkey, Chicken, Duck—Whole, Pieces, Ground: 165°F

Sources: [USDA Food and Safety Inspection Service](https://www.fsis.usda.gov/), www.fsis.usda.gov/

VITA—Volunteer Income Tax Assistance



Need help preparing and filing your income tax return? The VITA program has been helping people for more than 50 years. VITA sites offer free services to people who need assistance.

You may qualify for the VITA program if you:

- Make \$60,000 or less per year
- Have a disability
- Are a limited English-speaking taxpayer

In addition to VITA, free tax help for persons 60 years of age and older is available. Tax Counseling for the Elderly (TCE) specializes in questions about pensions and retirement.

Iowa State University Extension and Outreach offices provide services in some areas. Locate a [VITA site near you](https://go.iastate.edu/CGRZ9D), go.iastate.edu/CGRZ9D, or call AARP volunteer tax preparers at 1-800-906-9887.

Source: [Internal Revenue Service](https://www.irs.gov/individuals/), www.irs.gov/individuals/

Copyright 2022 © Iowa State University of Science and Technology, Iowa State University Extension and Outreach. All rights reserved. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.
PM 2099 February 2024

Here for you.
Now.
Always.

Iowa State University
Extension and Outreach

AnswerLine

Call 1-800-262-3804

extension.iastate.edu/answerline

Spend Smart. Eat Smart.®

spendsmart.extension.iastate.edu

Human Sciences

[extension.iastate.edu/](https://extension.iastate.edu/humansciences)

[humansciences](https://extension.iastate.edu/humansciences)

If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.



Share your thoughts with us!

go.iastate.edu/BBYBJQ