

To Your Health

April 2010

It's Never Too Late to Get Healthy!

Nothing like spring to make us wish perhaps we had been a bit more diligent about eating healthier and moving more during those long winter months!

From a dietitian's blog on the American Dietetic Association's website (www.eatright.org) they remind us that it really is 'never too late' and that spring is a great time for a fresh start.

Here are some of their suggestions:

- Do you want to get more active? Start by walking around the block three times a week.
- Do you need to eat more fruits and vegetables? Think about fresh, canned and frozen.
- Do you want to eat less sodium? Drain and rinse canned vegetables

for 60 seconds to remove 40% of the sodium.

The key is to set one goal at a time, don't expect yourself to be perfect, and give yourself time. You can achieve a healthy lifestyle in 2010... it's never too late to start!

Healthful Tips for April 2010

Browse through the following tips and pick a few that you would be willing to try this month.

1. Try one new fruit and/or vegetable... fresh, canned or frozen. Let your children or grandchildren help pick it out and be part of the experience.
2. Drink at least 4 6 - 8 ounces of plain water each day. Start your day with a glass of water.
3. Drink at least 2 cups (16 ounces) of skim or 1% milk per day.
4. Leave a few extra bites on your plate at a meal.
5. Make a large container of tossed lettuce/greens salad and keep it in your refrigerator for meals and snacks all week long.
6. Have 4 - 5 ounces of fish, baked, broiled or grilled.
7. Go meatless for a day. Eat other protein rich foods such as soy, dairy, beans and whole grains.
8. Instead of going out to eat, ordering in, or getting take out, cook at home for the day.
9. Plan healthful menus for a week, write your grocery list based on what you have on hand and your planned menu. Avoid impulses.. eat healthier.. save money!
10. Think more about what you should eat and less about what you shouldn't!
11. Turn off distractions such as the TV at meals and focus on the food and the company you are eating with.
12. Try a new whole grain bread or cereal.



(Adapted from www.eatright.org)

Blood Pressure and You



Do you know what your blood pressure is? Do you take medication for blood pressure but ignore other lifestyle changes that could improve your blood pressure?

High Blood Pressure (hypertension) is becoming an American epidemic! As we struggle with our population being overweight and the baby boomers aging.. Blood pressure is rising.

Let's review some facts:

-What is high blood pressure?

Blood pressure is the force of blood on the artery walls. The two numbers are the force pushing on the artery walls when the heart is contracting and when the heart is at rest. When this force is high the walls of the arteries get stretched beyond healthy limit. Having a high blood pressure reading once does not mean you have high blood pressure. Having consistent high readings would indicate a problem. High blood pressure is called the 'silent killer', there are usually no symptoms.

Blood Pressure Guidelines:

120/80 or lower = normal blood pressure
121/80-89 = pre-high blood pressure
140/90 or higher = high blood pressure

-What are the health risks?

Damage to the heart and arteries, stroke, kidney damage, vision loss, erectile

dysfunction, memory loss, fluid in the lungs and chest pain are all consequences that can occur when blood pressure is not controlled.

-What can you do?

1. Know your blood pressure numbers. Talk to your physician about your blood pressure, if you should be monitoring it at home, and other recommendations.
2. Learn more! The American Heart Association website is one place to start: www.americanheart.org
3. If you are on medication for high blood pressure, take it as prescribed every day. Be diligent and consistent about taking it.
4. Look at your lifestyle...Are you sedentary, overweight, diabetic? Take steps to improve these factors.
5. Watch your sodium and salt intake. No more than 2400 milligrams of sodium is recommended per day for all Americans.

*Healthy Meals
in a Hurry* –



14 main dishes for now and later

The ISU Extension booklet *Healthy Meals In A Hurry* (Pm 2035) has recipes for main dishes and seasoning mixes that are lower in sodium. Cost is \$2.50. Check at your local county ISU Extension office.