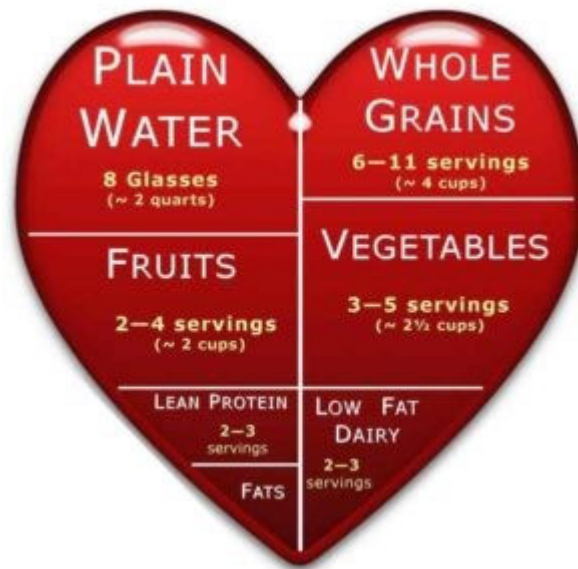


A message from NUTRITIONAL DEVELOPMENT SERVICES

February 1, 2023

National Heart Health Month



Heart disease is the leading cause of death in the United States. It is also one of the most preventable. February is recognized as National Heart Health Month, which highlights and promotes ways to prevent and reduce heart disease. Aim to make healthier lifestyle changes this month to help reduce your risk of heart disease!

Click [HERE](#) for 25 Ways You Can Take Part in Heart Month

Did you know:

- Coronary Heart Disease, also known as atherosclerosis, is the most common type of heart disease (American Heart Association).
- In the United States, someone has a heart attack every 40 seconds, and every 60 seconds more than one person in the United States dies from a heart disease-related event (CDC).
- The average age of the first heart attack is 65.6 years for men and 72 years for women (American Heart Association).
- The estimated annual incidence of heart attacks in the United States is 720,000 new attacks and 335,000 recurrent attacks (American Heart Association).
- Nearly 1 of every 3 American adults have high levels of LDL cholesterol, the “bad” kind (American Heart Association).

- High blood pressure, high cholesterol, and smoking are key risk factors for heart disease. About half of Americans (49%) have at least one of these three risk factors (CDC)

For More Information on Heart Disease and Stroke, [visit CDC.gov](https://www.cdc.gov)

Articles and Resources for Celebrating Heart Health Month

- [Choose Healthy Fats](#)
- [Heart Smart Fun](#)
- [Love Walking](#)
- [Test Your Salt Savvy](#)

HEART HEALTH AWARENESS

February is National Heart Month — a great time to make sure your ticker is tickin' properly. We've all heard it: change your diet, maintain a healthy weight, be physically active, quit smoking. But why? Can this advice **REALLY HELP** you lower your cholesterol and improve your heart health? **YES!** Making small changes in your daily routine can add up to big benefits and help you live a healthier, more balanced life.



A message from NUTRITIONAL DEVELOPMENT SERVICES

February 8, 2023

Greetings,

Happy and Healthy Wellness Wednesday! Today's topic is about the February Harvest of the Month produce: Potatoes!



Each month Harvest of the Month highlights a locally grown produce. During the month of February, we highlight potatoes! Did you know the potato is the second most consumed food in the U.S., trailing only milk products?

The potato plant grows flowers, which produces an inedible fruit. The potato part of the plant grows underground. This part of the plant is known as the tuber and serves as a nutrient store for the plant.

There are 3,000 varieties of potatoes grown in the United States! Potatoes are broken into four basic categories, which are russet, long white, round white, and round red. Each type has its own unique color, taste, shape and texture. Most potatoes have a white flesh but they are also available with purple and pink flesh.

Potatoes are an excellent source of fiber, vitamin C, and potassium. Fiber helps our bodies maintain healthy digestion and may play a role in reducing the risk of diseases such as obesity, heart disease, and diabetes. Vitamin C is important in the body's healing process and may play a role in guarding against heart disease and

cancer. Potassium helps maintain your cell growth and normal water levels in the body.

Potatoes are very versatile and can be prepared using many different methods such as baking, boiling, microwaving, grilling, roasting and steaming. They can be eaten as a vegetable side dish or used as an ingredient in soups, salads, stews, and casseroles.

The best preparation method vary by the type of potato:

- Russet, red, and yellow potatoes are good for baking and roasting,
- Red potatoes are best for grilling, and
- White potatoes are good for steaming and to use in salads, soups, and stews.

For more information on the different types of potatoes and recipes, visit [Potatoes USA](#). (Control + click to watch the video below and others from their YouTube channel.)



A message from NUTRITIONAL DEVELOPMENT SERVICES

February 15, 2023

Greetings and Happy Wellness Wednesday! This week's topic is:

Healthy Eating to Lower Cholesterol



Cholesterol is a waxy, fatty substance that is produced naturally by your liver and found in your blood. Cholesterol is used for many different things in your body, but it can become a problem when there is too much of it. High levels of cholesterol is mainly caused by eating foods that are not part of a heart-healthy eating pattern. Adjusting your diet can help lower your cholesterol, by incorporating foods that lower LDL, the harmful cholesterol.

Different foods provide different benefits so a diet consisting of a variety of cholesterol lowering foods is best. A largely vegetarian diet helps substantially to lower LDL, triglycerides, and blood pressure. Be sure to include plenty of fruits and vegetables, whole grains, and lean protein foods throughout the week.

Top foods for lowering LDL cholesterol

1. Oats
2. Barley and other whole grains
3. Beans
4. Eggplant and okra

5. Nuts
6. Vegetable oils
7. Apples, grapes, strawberries, and citrus fruits
8. Soy
9. "Fatty" fish

Healthy Eating Tips

- Aim to include beans in at least two meals a week. Beans make a great alternative to meat in tacos - or try hummus as a snack!
- Use avocado, nut butters, tahini or spreads made from healthy unsaturated fats such as canola, sunflower or extra virgin olive oil.
- Choose reduced fat milk, yogurt and cheese. Make sure to check labels and look for items with a small amount of added sugar.

Looking for recipe inspiration?

- [Falafel](#)
- [Cilantro-Lime Cauliflower Rice](#)
- [Vegan Stuffed Peppers](#)

Making healthy eating choices makes you a great role model! Showing children how to make healthy choices can have a lasting impact on their health!

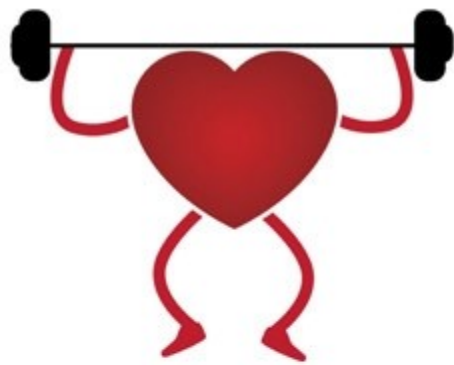
A message from NUTRITIONAL DEVELOPMENT SERVICES

February 27, 2023

Greetings from NDS!

This week's Wellness Wednesday is: Heart Healthy Physical Activity

Physical activity is a key component of good heart health! Physical activity strengthens the heart muscle, helps keep your weight under control and wards off artery damage from high cholesterol, high blood sugar and high blood pressure that can lead to heart attack or stroke.



There are different types of exercise, and together they provide complete fitness. [John Hopkins Medicine](#) outlines 3 Kinds of Exercise that Boost Heart Health

Aerobic Exercise

What it does: Aerobic exercise improves circulation, which results in lowered blood pressure and heart rate. In addition, it increases your overall aerobic fitness, as measured by a treadmill test, for example, and it helps your cardiac output (how well your heart pumps). Aerobic exercise also reduces the risk of type 2 diabetes and, if you already live with diabetes, helps you control your blood glucose.

How much: Ideally, at least 30 minutes a day, at least five days a week.

Examples: Brisk walking, running, swimming, cycling, playing tennis and jumping rope. Heart-pumping aerobic exercise is the kind that doctors have in mind when they recommend at least 150 minutes per week of moderate activity.

Resistance Training (Strength Work)

What it does: Resistance training has a more specific effect on body composition. For people who are carrying a lot of body fat (including a big belly, which is a risk factor for heart disease), it can help reduce fat and create leaner muscle mass. Research shows that a combination of aerobic exercise and resistance work may help raise HDL (good) cholesterol and lower LDL (bad) cholesterol.

How much: At least two nonconsecutive days per week of resistance training is a good rule of thumb, according to the American College of Sports Medicine.

Examples: Working out with free weights (such as hand weights, dumbbells or barbells), on weight machines, with resistance bands or through body-resistance exercises, such as push-ups, squats and chin-ups.

Stretching, Flexibility and Balance

What they do: Flexibility workouts, such as stretching, don't directly contribute to heart health. What they do is benefit musculoskeletal health, which enables you to stay flexible and free from joint pain, cramping and other muscular issues. That flexibility is a critical part of being able to maintain aerobic exercise and resistance training, says Stewart.

“If you have a good musculoskeletal foundation, that enables you to do the exercises that help your heart,” he says. As a bonus, flexibility and balance exercises help maintain stability and prevent falls, which can cause injuries that limit other kinds of exercise.

How much: Every day and before and after other exercise.

Examples: Your doctor can recommend basic stretches you can do at home, or you can find DVDs or YouTube videos to follow (though check with your doctor if you’re concerned about the intensity of the exercise). Tai chi and yoga also improve these skills, and classes are available in many communities.

To learn more of heart health and exercise, check out this 30 minute podcast from Johns Hopkins as they explore and discuss current research.

Take a brisk walk while you listen and learn about heart health while you work it out!

