



Food and Fitness

West Virginia
Bureau of
Senior
Services

Promote Heart Health

Protecting your heart is important to do. Your heart is the most vital organ that pumps blood through the circulatory system. The human heart contains four chambers, two atria, two ventricles, and much more. Maintaining an adequate blood pressure and cholesterol can help protect your heart!

Blood Pressure

What is blood pressure? It is the pressure of blood



moving in the circulatory system. It is related to the force and rate of the heart-beat. The two different measurements of blood pressure are systolic (top number) and diastolic (bottom number). Systolic pressure measure is the pressure of blood in the arteries while the heart-beats (muscles contact) and diastolic measures the pressure of blood in the arteries in between heart

beats (when the heart is resting).

Normal blood pressure is considered less than 120/80 (systolic/diastolic).

Which number is most important?

Usually the focus is on the systolic number due to concerning risk for cardiovascular disease for people over the age of 50 years old. Commonly, the systolic blood

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pressure rises with age.

What can be done, in the since of diet, to help maintain normal blood pressure?

Limit sodium intake to 2400ml or less per day

Salt is hidden in processed meats, canned foods, instant foods, and frozen meals. Foods from restaurants are usually high in sodium.

Follow a DASH (Dietary Approaches to Stop Hypertension) diet

The DASH diet has a large focus on fruits and vegetable as well as eating more low fat dairy and whole grains.

Avoid alcohol

Alcohol can cause an increase in blood pressure and should be discussed

with your healthcare provider.

Avoid too much caffeine

Limit caffeine to no more than two drinks per day.

Cholesterol

What is cholesterol?

Cholesterol is a compound that is found in most body tissue. It is a waxy substance produced by the liver and found in certain foods. Cholesterol is a type of lipid (fat in the body) and is found in foods from animal sources. The human body produces cholesterol in addition to getting it from foods we consume.

What does cholesterol do?

Cholesterol travels in the bloodstream and combines with certain proteins. When the cholesterol and protein combined, they are called lip-

oproteins and they transport the cholesterol to different parts of the body. Two main lipoproteins are high-density lipoproteins (HDL – “good” cholesterol) and low-density lipoproteins (LDL – “bad” cholesterol). HDL cholesterol removes cholesterol from the blood to be excreted out of the body. LDL cholesterol is the kind that clogs blood vessels and keeps blood from flowing.

What can be done, in the since of diet, to maintain a good cholesterol?

Avoid saturated and trans fats

These types of fats raise blood cholesterol and are typically solid at room temperature. Animal fat is a saturated fat and you should try to choose leaner cuts of meat. Also, keep in mind some plant based fats like coconut oil and palm oil are high in saturated fat. Trans

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fats are when liquid fats at room temperature have been hardened (hydrogenated) to make foods have a longer shelf life.

Choose healthy fats

When adding fats to foods, choose fats like olive oil and canola oil. Some foods like nuts, seeds, and fatty fish have

fats that are considered heart healthy.

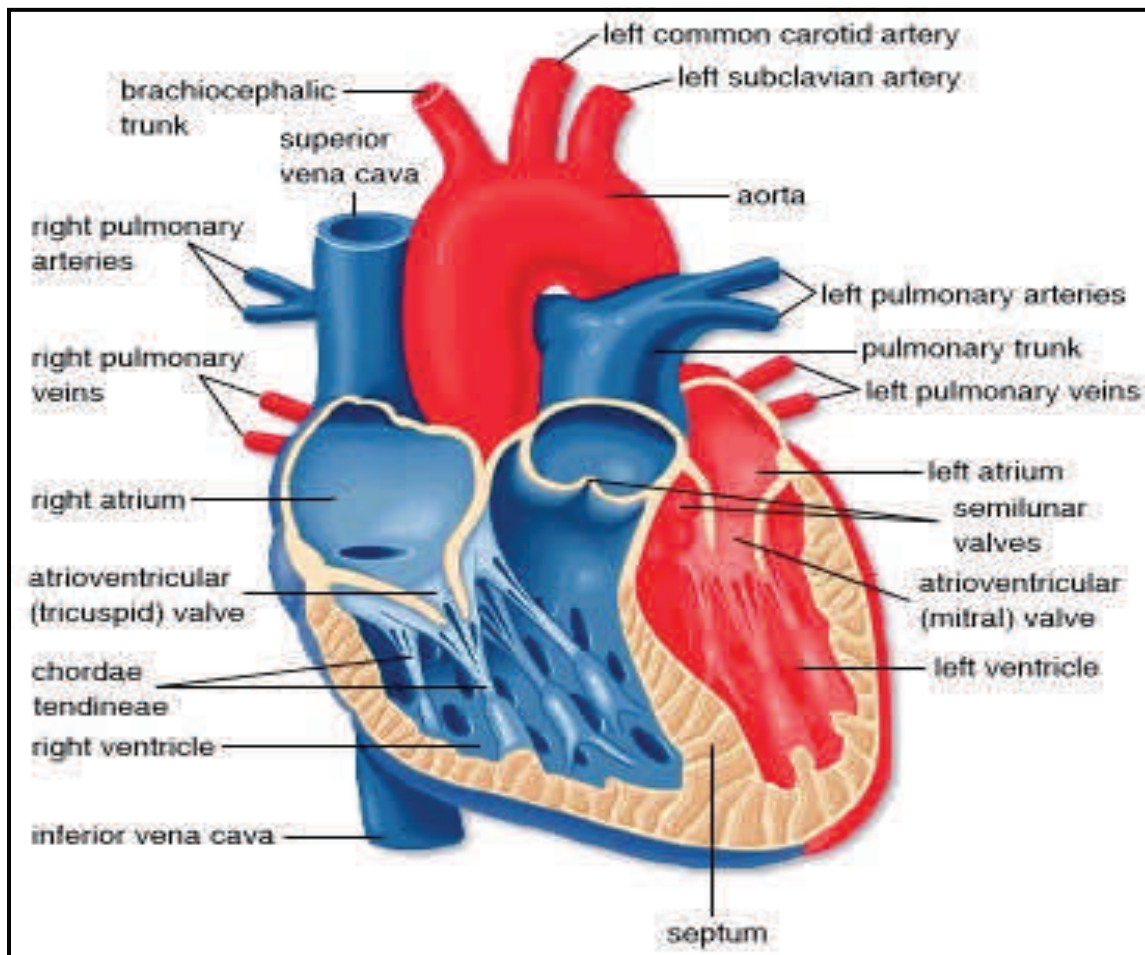
Limit food with cholesterol

Consuming less than 200 milligrams of cholesterol from food.

Weight

Maintain a healthy weight. Carrying extra weight can raise both blood pressure and cholesterol.

Heart health and awareness are very important to living a healthy lifestyle. With blood pressure and cholesterol being at the top of dietary focus to promote heart health, try to eat more lean meats, fruits, vegetables, whole grains, and low-fat dairy for your own heart.



Supplement Use— Are They Helpful or Harmful?

Herbal and botanical supplements are being used by more and more of the population. When taking these products, you need to be aware of all the possible benefits and risks of using such product. While some product may benefit some people, the same product

could cause harm to another. Example: Fish oil is used for high triglycerides and heart disease but could cause possible interactions such as bleeding disorders, fish allergies, can cause problems when taking certain blood pressure medications, and can cause issues for people with compromised immune systems. It is very important to tell your health care provider if you are al-



ready taking any supplements or for additional information/ advice before you start taking one.

Did you know supplements classified as herbs are not subject to FDA (Food and Drug Administration) approval? This means these products are not required to be tested for safety and effectiveness. However, some products will opt to be approved by the FDA for validation of safety and effectiveness. Keep in mind when hearing about supplements, natural does not mean safe.

Commonly used herbal products: Echinacea, Garlic, Ginkgo, Gingseng, St. John's Wort, Chromium Pico-



linatone, Valerian, Saw Palmetto, and Fish Oil

Certain populations are at a higher risk for complications when using supplement. These populations are the elderly, infants, children, pregnant or lactating women, people taking more than three medications, and the chronically ill.

When talking with a healthcare provider about medications, make sure you include any additional supplements.

Healthcare providers can provide information on products and can provide reliable recourses. Asking questions is a great way to find out if a supplement is for you.

Turkey and Wild Rice Loaf



Serves 4; 2 slices turkey loaf and 2 tablespoons sauce per serving

Ingredients

Cooking spray

Turkey Loaf

1 large egg white

2 tablespoons fat-free milk

1 pound ground skinless turkey breast

1 cup cooked wild rice, cooked without salt

1/2 cup shredded carrot

1/4 cup chopped green onions

1/4 cup chopped fresh parsley

2 medium garlic cloves, minced

1/2 teaspoon dry mustard

1/4 teaspoon pepper

Sauce

1/2 cup fat-free sour cream

1 tablespoon bottled white horseradish,
drained

1/4 teaspoon pepper

ingredient items

Nutrition Facts

- Calories 220
- Total Fat 1.0 g
- Saturated Fat 0.5 g
- Polyunsaturated Fat 0.5 g
- Monounsaturated Fat 0.0 g
- Cholesterol 76 mg
- Sodium 125 mg
- Carbohydrates 17 g
- Fiber 2 g
- Sugars 4 g
- Protein 33 g

Preparation

1. Preheat the oven to 350°F. Lightly spray a 9 x 5 x 3-inch loaf pan with cooking spray.
2. In a large bowl, using a fork, lightly beat the egg white and milk. Add the remaining turkey loaf ingredients. Using your hands or a spoon, gently combine. Shape the mixture into an 8 1/2 x 4 1/2-inch loaf. Place in the pan.
3. Bake for 1 hour to 1 hour 10 minutes, or until the turkey registers 165°F on an instant-read thermometer. Remove the pan from the oven. Let stand, covered, for 10 minutes. Turn the loaf out onto a cutting board and cut into 8 slices.
4. Meanwhile, in a small bowl, whisk together the sauce ingredients. Spoon over the slices of turkey loaf.

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Received From: <https://www.goredforwomen.org/?recipe=turkey-and-wild-rice-loaf>

Math Brain Exercise

Do Not Just Exercise Your Body, Work Out Your Brain!

	-		/		1
+		/		-	
	/		X		4
+		+		X	
	X		+		27
24		5		24	

Try to fill in the missing numbers.

Use the numbers 1 through 9 to complete the equations.

Each number is only used once.

Each row is a math equation. Work from left to right.

Each column is a math equation. Work from top to bottom.

Try Another One!

	-		+		14
+		-		X	
	X		-		34
+		+		-	
	+		/		2
15		2		5	

Answers On Page 8

Received From: <http://puzzlemaker.discoveryeducation.com/>



February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Popcorn Day</i>	2 <i>Crepe Day</i> Ground-hogs Day	3 <i>The Day The Music Died</i>	4 <i>National Signing Day</i>	5 <i>Weather-man's Day</i>	6 <i>Girl Scout Cookie Day</i>	7 <i>Ballet Day</i>
8 <i>World Marriage Day</i>	9 <i>Man Day</i>	10 <i>Extraterrestrial Visitor Day</i>	11 <i>Make A Friend Day</i>	12 <i>Safety Pup Day</i>	13 <i>Get A Different Name Day</i>	14 <i>Ferris Wheel Day</i> Valentine's Day
15 <i>National Gum Drop Day</i>	16 <i>National Almond Day</i>	17 <i>International Pancake Day</i>	18 <i>National Drink Wine Day</i>	19 <i>Chinese New Year</i>	20 <i>World Day For Social Justice</i>	21 <i>International Mother Language</i>
22 <i>World Thinking Day</i>	23 <i>National Dog Biscuit Day</i>	24 <i>National Cupcake Day</i>	25 <i>Inconvenience Yourself Day</i>	26 <i>National Bacon Day</i>	27 <i>Read Me Day</i>	28 <i>Sword Swallowers Day</i>

February Monthly Observations

- American Heart Month
- National Weddings Month
- National Grapefruit Month
- Black History Month
- Canned Food Month
- National Hot Breakfast Month
- Creative Romance Month
- Great American Pie Month
- National Cherry Month
- National Children's Dental Health Month
- Love the Bus Month

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Puzzle 1 Answers

8	-	3	+	9	14
+		-		X	
5	X	7	-	1	34
+		+		-	
2	+	6	/	4	2
15		2		5	

Puzzle 2 Answers

9	-	4	/	5	1
+		/		-	
8	/	2	X	1	4
+		+		X	
7	X	3	+	6	27
24		5		24	