

Food for Thought

February 2023

Love Your Health, Love Your Heart

February is American Heart Month, so give your heart some extra love. Heart disease is one of the leading causes of death in America. Many of these deaths and risk factors are preventable. Age, gender and family history cannot be controlled, but high cholesterol, high blood pressure, excess weight and obesity can be improved with lifestyle changes and healthful eating. Follow these tips to be on your way to a healthier heart:



- ♥ **Move more, sit less.** Regular, moderate physical activity lowers blood pressure and helps keep your heart healthy. Start by doing what you can for at least 10 minutes at a time for a total of at least 30 minutes of physical activity most days of the week. Always check with your physician before beginning a new physical activity plan.
- ♥ **Eat more fruits and vegetables.** Fill half your plate with colorful fruits and vegetables at every meal.
- ♥ **Choose healthy protein sources.**
 - Plant based sources such as legumes and nuts.
 - Fish and seafood.
 - Low-fat or non-fat dairy.
 - Lean and unprocessed meat and poultry.
- ♥ **Eat less saturated fat.** Cut back on fatty meats and high-fat dairy products as these foods are high in saturated fat.
- ♥ **Eat less salt.** Use the Nutrition Facts Label to choose foods with less salt. By preparing food at home, you can control the amount of salt in your meals. As you prepare meals, use as little salt as possible. You can cut at least half the salt from most recipes. As you shop, select reduced-sodium or no-salt-added canned soups and vegetables.
- ♥ **Eat more whole grains.** Instead of eating refined grains, like white rice or bread, choose whole grain options, such as brown rice and 100% whole grain bread or pasta. To choose a whole grain food, look for foods with a whole grain as the first ingredient on the list of ingredients on the food package.
- ♥ **Get more fiber.** Eat vegetables, fruit, beans, and whole grains to add fiber to your diet.
- ♥ **Minimize your intake of added sugars** both in beverages and the foods you eat.
- ♥ **Start cooking with oils high in monounsaturated and polyunsaturated fat** like olive or canola oil instead of butter, margarine or shortening, which are high in the less healthy fats.



Talk to your healthcare provider to find out your risks for heart disease.

Make Your Own Seasoning Blends

Taco Seasoning

1 Tablespoon chili powder
1 teaspoon cumin
1 teaspoon garlic powder
1 teaspoon paprika
1 teaspoon oregano

Italian Seasoning

2 Tablespoons garlic powder
1 Tablespoon parsley
1 Tablespoon basil
1 Tablespoon oregano
½ teaspoon black pepper
½ teaspoon thyme
2 teaspoons onion powder



Curry Seasoning

2 Tablespoons cumin powder
2 Tablespoons ground coriander
2 Tablespoons turmeric
1½ teaspoon ground cardamom

Ranch Seasoning

2 Tablespoons dried parsley
2 Tablespoons dried chives
1 Tablespoon dill
1 Tablespoon garlic powder
1 Tablespoon onion powder
1 Tablespoon onion flakes
1 Tablespoon celery powder
1 teaspoon black pepper

Instructions:

1. Stir or shake ingredients together.
 2. Store in a closed small container. Seasonings will stay fresh for 3-6 months.
- **Use taco seasoning with:** ground beef, turkey, chicken, pork, shrimp and fish.
 - **Use curry seasoning in:** soups, stews, rice, beans, veggies, and chicken salad.
 - **Use Italian seasoning with:** homemade pizza, spaghetti sauce, or meatballs, chicken breast, pork loin, roasted tomatoes, potatoes, mixed vegetables, marinades and dressings.
 - **Use ranch seasoning in:** yogurt dips, pasta salad, chicken, shrimp, and ranch dressing.

Eat Smart Idaho offers FREE classes & educational events that can help limited resource individuals & families learn how to eat well for less! Ask for Eat Smart Idaho in your County.

Panhandle: Benewah, Bonner, Boundary, Kootenai &
Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah, Lewis, &
Nez Perce Counties 208-883-2267



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD
Phone: 208-292-2525
E-mail – kalig@uidaho.edu
Web: www.eatsmartidaho.org

Sources: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>;
<https://www.cdc.gov/chronicdisease/resources/infographic/heart-health.htm>; <https://health.gov/myhealthfinder/health-conditions/heart-health/heart-healthy-foods-shopping-list>; <https://www.eatright.org/search-results?keyword=heart+health>; <https://extension.umass.edu/nutrition/recipes/make-your-own-seasoning-blends> Retrieved 1/31/23

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