

## In This Issue

Know Your Numbers!

Heart Healthy Tips

Lose the Fat

Food Safety Corner

Right Bite Recipe

Word Find

Take a Bite Out of  
Food Costs

## Listen to Your Heart

Heart disease is the number one cause of death in the United States. There are many factors that can increase the risk for heart disease. Some of these are cigarette smoking, high blood pressure, high total blood cholesterol, lack of exercise, being overweight, diabetes and family history of heart disease.

### DID YOU KNOW?

Everyone age 20 and older should have their cholesterol checked at least once every five years.



## Know Your Numbers!

- ♥ **Total cholesterol** should be less than 200 mg/dl.
- ♥ **LDL ("bad" cholesterol)** should be less than 100 mg/dl. It is the main source of cholesterol buildup and blockage in the arteries.
- ♥ **HDL ("good" cholesterol)** should be greater than 40 mg/dl. It helps keep cholesterol from building up in the arteries.
- ♥ **Triglycerides** should be less than 150 mg/dl. They are another form of fat in the blood and can also raise heart disease risk.
- ♥ **Blood pressure** should be less than 140/90.

## Heart Healthy Tips

- ◆ Be active daily.
- ◆ Don't smoke.
- ◆ Eat 5 or more servings of fruits and veggies each day.
- ◆ Aim for a healthy weight.
- ◆ Reduce stress.
- ◆ Eat less fat; choose low-fat dairy products and lean meats.
- ◆ Eat less salt.
- ◆ Limit alcohol.

## Lose the Fat

Instead of **FRYING**, try these methods:

**Bake** (fish, skinless chicken, vegetables)

**Broil** (lean meats, fish, skinless chicken)

**Microwave** (vegetables)

**Roast** (vegetables, skinless chicken, lean meats)

**Steam** (vegetables)

**Lightly stir-fry in cooking spray, small amounts of vegetable oil or low-sodium broth** (lean meats, chicken, vegetables)

**Grill** (seafood, skinless chicken, lean meats, vegetables)



## Food Safety Corner

### What to Do in a Power Outage

- ◆ Foods that can spoil should not be held above 40 degrees for more than 2 hours – foods like eggs, milk, dairy foods, opened baby formula, most meats, fish, poultry and leftovers.
- ◆ An unopened refrigerator will keep food cold for at least a couple of hours; a freezer that is half full will keep food cold for up to 24 hours and a full freezer for 48 hours.
- ◆ Foods that will spoil can be put in a low-cost styrofoam cooler and packed with ice until the power comes back on.
- ◆ Keep a food thermometer handy so you can check temperatures during these emergencies.

## Right Bite Recipe

### Southwestern Chicken and Pasta

#### Ingredients

- 1 pound chicken breast (skinless)
- 4 cups salsa
- 1 cup black beans (canned or cooked dried)
- 1 cup corn (canned or frozen, thawed)
- 1/2 cup reduced-fat cheddar cheese
- 2/3 pound rigatoni pasta



#### Directions

1. Cook pasta.
2. While pasta is cooking, cut chicken into 3/4-inch pieces.
3. Spray skillet with non-stick spray.
4. Cook chicken 3 to 5 minutes or until done (internal temperature 170° F).
5. Add 1 cup salsa, beans and corn to chicken. Cook for 10 minutes.
6. Toss chicken with pasta and add the rest of salsa.
7. Top with cheese and serve.

## Fiber in Your Diet Can Help Lower Your Cholesterol!

Can you find these high-fiber foods?

- APPLES
- BARLEY
- BEANS
- CARROTS
- GRAPEFRUIT
- OATMEAL
- ORANGES
- PEAS





Cooperative Extension Service  
2301 South University Avenue  
Little Rock, AR 72204

## Take a Bite Out of Food Costs



Cook smart...buy a good, low-cost cookbook.



Plan all meals in advance.



Save and make use of leftovers...look for leftover recipes.



Buy only what you will use.



If possible, visit the grocery store less often.



Shop only on a FULL stomach, never when you're hungry.



Take a healthy lunch to work.

*For more information on food, nutrition or health, contact your county Extension office or visit [www.uaex.edu](http://www.uaex.edu).*