

February is Heart Health Month



Celebrate American Heart Health Month by taking control of your health to prevent heart disease or manage existing conditions. Eat right and exercise to keep your heart healthy and happy. Get up and get active by being physically active for at least 30 minutes on most days of the week.

Know your **ABCS**:

- ✓ **A**spirin. Ask your doctor if you should take one every day.
- ✓ **B**lood pressure. Find out if you have high blood pressure.
- ✓ **C**holesterol. If you have high cholesterol, get effective treatment.
- ✓ **S**moke? If you do, get help to quit.

Roasts 101

Whether an Oven Roast, Pot Roast, Rotisserie Roast or Mini Quick Roast, roasts are easy to prepare, with very little prep time. They may take longer to cook, but there's no need to fuss with them while they're cooking - they basically cook by themselves

Premium Oven Roasts: Cut from the sirloin, loin and rib, these ever-tender roasts are more of a splurge.

Look for: Prime/Standing Rib · Rib · Rib Eye · Top Sirloin · Strip Loin · Tenderloin and Wing.

Oven Roasts: Cut from the hip, these boneless roasts tend to be leaner and are a more frugal option.

Look for: Eye of Round · Inside Round · Outside Round · Sirloin Tip · Bottom Sirloin Tri-tip · Rump and Heel of Round.

Kathy May



Beef makes a fantastic main dish
for a decadent and delicious
Valentine's Day dinner.

Surprise your significant other with the sizzle of their
favorite steakhouse steak at home.

Grilled T-Bone Steak for Two

Ingredients

- 1 beef T-Bone steak, cut 1 inch thick (about 1 pound)
- 1 teaspoon steak seasoning

Sauces:

Wasabi, Citrus, Coffee Sauces (recipes follow)

Instructions

1. Prepare desired Sauce(s); set aside.
2. Press steak seasoning evenly onto beef steak. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 14 to 16 minutes (over medium heat on preheated gas grill, covered, 15 to 19 minutes) for medium-rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Remove bone; carve steak crosswise into slices. Serve with sauce(s).

Lemon-Pesto Sauce (Summer): Combine 3 tablespoons basil pesto sauce, 1 tablespoon fresh lemon juice, 1 teaspoon grated lemon peel and 1/4 teaspoon coarse grind black pepper in small bowl. Makes 1/4 cup

Wasabi Sauce (Fall): Combine 3 tablespoons maple syrup, 2 tablespoons reduced-sodium soy sauce, 1-1/2 teaspoons wasabi paste and 1 teaspoon minced fresh ginger in small bowl. Makes about 1/3 cup.

Coffee Sauce (Winter): Combine 1/2 cup strong brewed coffee, 1-1/2 tablespoons packed brown sugar, 1 tablespoon balsamic vinegar, 1-1/2 teaspoons cornstarch and 1 teaspoon smoked paprika in small saucepan; bring to a boil. Reduce heat; simmer 4 to 5 minutes or until **sauce is thickened and reduced by about half, stirring occasionally.** Stir in 1 tablespoon butter, 1/4 teaspoon salt and 1/8 teaspoon pepper; keep warm until ready to use. Makes about 1/2 cup

B12 is Important for Older Adults

As many as 30 percent of older adults suffer from a digestive condition that decreases stomach acid and in turn decreases absorption of vitamin B12. Individuals with this condition are unable to absorb the vitamin B12 that is naturally present in food. Most, however, can absorb the synthetic vitamin B12 added to fortified foods and dietary supplements. As a result, the Institute of Medicine recommends that adults 50 years and older, consume most of their vitamin B12 from vitamin supplements or fortified foods. Fortified foods include breakfast cereals and many soy products. If you are diagnosed with this condition, be sure to talk to your health professional about recommendations for your diet.

Does My Diet Cause Gout?

Over the past 20 years, more American adults than ever before have been diagnosed with gout. About 6% of men had gout, compared to 2% of women. Gout is an inflammatory form of arthritis caused by high uric acid forming crystals in the joints. Your body produces uric acid when it breaks down purines. Purines are found naturally in your body, but they are also found in certain foods, such as animal protein. A study released in 2011, suggested that the increase in the number of adults with gout can be linked to obesity and high blood pressure. They note that better prevention of these risk factors might help reduce the number of people developing the painful condition. A gout prevention diet resembles a healthy eating plan like MyPlate. In addition to helping maintain a healthy weight, the diet also can help manage gout.

Specifically, a gout diet should:

- ◆ Limit foods high in purines, such as protein rich foods, by having small servings.
- ◆ Help you lose weight if you are overweight or obese. However, avoid fasting and rapid weight loss because these can promote a gout attack.
- ◆ Provide plenty of fluids, especially water, to help flush uric acid from your body.
- ◆ Limit or avoid alcohol. Alcohol interferes with the elimination of uric acid from your body. Drinking beer, in particular, has been linked to gout attacks.



Food Safety How Are You Handling Your Food?

Ready-to-eat fresh foods found in a store's deli, can help you save time but some of the foods present a high risk for foodborne-illness, especially for older adults. When shopping, choose ready-to-eat fresh foods that are packaged safely and are clean. The food should be stored in the refrigerator, both at the grocery and at home. At home, ready-to-eat fresh food should be eaten as soon as possible and disposed of after four days. Do you remember 4 A Day Throw Away? To be sure you do not keep things too long, write the date you opened the package on the container.

Some foods need special attention for storage. The foods listed here should never be at room temperature for very long. Since these foods are at higher risk of causing foodborne illness handle with care.

- ◆ Soft cheeses such as brie, feta, ricotta, and blue-veined cheese
- ◆ Raw, unpasteurized milk (should never be drunk)
- ◆ Hot dogs, luncheon meats, cold cuts (older adults should not eat unless they have been reheated to steaming temperatures)
- ◆ Pâtés and meat spreads (choose only canned)
- ◆ Precooked chicken
- ◆ Deli-type salads (such as coleslaw)
- ◆ Pre-packed raw vegetables and mixed raw vegetable salad
- ◆ Pre-cut fresh fruits and fruit salads

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