

# Food Facts

Sensible Nutrition for Healthy Families

## Show Your Heart Some Love



Heart disease is the #1 killer of men and women in the United States.

The good news is there are many simple things we can do to improve our heart health. Keep in mind, including your whole family in healthy behavior can help prevent your kids from developing heart disease later in life.

### Other Factors:

Besides eating a healthy diet, here are other ways you can reduce your chances of heart disease:

**Physical Activity!** Try to be active 30 minutes or more on most days of the week.

**No tobacco!** Especially not around your kids. It's a bad example and we all know 2<sup>nd</sup> hand smoke is dangerous.

**Limit Alcohol!** If you do drink, keep it under 2 drinks a day if you're a man and only 1 drink a day if you're a woman.

### Eating Healthy for Your Heart's Sake:

**Vegetables and fruits** are high in vitamins, minerals and fiber — and they're low in calories. Eating a variety of fruits and vegetables can help you control your weight and your blood pressure.

**Whole-grain foods** contain fiber that can help lower your blood cholesterol and help you feel full, which may help you manage your weight.

Eat **fish** at least twice a week, but not deep fried! Eating oily fish containing omega-3 fatty acids (such as tuna, salmon, trout, and herring) may help lower your risk of heart disease.

## The Sodium Situation...

You've probably heard that too much sodium can increase your blood pressure, which puts you at a bigger risk of having a stroke or heart attack. Did you know that most sodium comes from processed (pre-made) foods and not the salt shaker? About 77% of our sodium comes from processed foods, while only 6% is added during meals. So, easy ways to lower your sodium are:

- Buy fresh foods whenever possible.
- Check the nutrition label and compare products.
- Drain and rinse canned vegetables or use frozen.
- Cook at home instead of eating out.
- Buy low sodium products when possible.
- Use lemon juice, garlic, herbs & spices to season food, instead of salt or salt-based seasoning mixes.
- Cut back on high sodium add-ins, like sauces and of course, table salt.
- Limit processed meats.

## Salmon Patties

*Try this heart-healthy recipe that your whole family will enjoy!*

**Serving Size:** 1/9 of recipe     **Yield:** 9

### Ingredients:

1 can (15 1/2 ounce) drained salmon	1/2 cup 1% milk
1 cup whole-grain, crushed cereal or crackers	1/8 teaspoon black pepper
2 large eggs - lightly beaten	1 Tablespoon vegetable oil

### Instructions:

1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to fish.
4. Mix thoroughly.
5. Shape into 9 patties.
6. Heat oil in a skillet.
7. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

**Note:** You can replace the salmon with canned tuna fish.

**Nutrition Facts:** 110 calories, 4.5g fat, 20 mg cholesterol, 270 mg sodium, 5g carbohydrate, 1g fiber, 12g protein

