

RIGHT BITE

YOUR NEWSLETTER
FOR BETTER EATING

LISTEN TO YOUR HEART | FCS213



WHAT'S THE RISK?

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.

HEART HEALTHY TIPS

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

DID YOU KNOW?

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

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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 60 mg/dl. It helps keep cholesterol from building up in the arteries.

Triglycerides should be lower than 150 mg/dl. They are another form of fat in the blood and can also raise heart disease risk.

Blood pressure reading should be less than 120/80.



LOSE THE FAT NOT FLAVOR

Oven-frying and roasting are the two best ways to amp up flavor when looking to cut fat.

To oven-fry, most recipes will recommend a marinade for retaining moisture during cooking. Next, a breading process, then a light coating of oil or cooking spray. This method is the best substitute for anything you would bread and fry such as chicken, fish, shrimp, or mushrooms.

Roasting lends lots of flavor to vegetables and meat. This method relies on fairly uniform pieces for even cooking and a bit of oil in which to toss the food. Then, simply spread the food across a roasting pan giving each piece room to cook, turning half-way through cooking time.

Oven-frying and roasting recipes typically call for 400°–475° oven temperatures. Recipes can be found online using the search term: MyPlate.gov, oven-fried and roasted

