

Newsletter



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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Family and Consumer Science

February

Calendar at a Glance

The Purchase Area Master Clothing Volunteers will be doing a service project to make quilts for hospice patients in the area. Anyone that would like to help sew is welcome to join! Our next session will be in Graves county on February 17th starting at 10:00 am. If you need more information please give me a call.

The Purchase Area Cultural Arts Day will be March 3rd from 9-2 at the Graves County Extension Office. Registration is \$13.

Sarah E. Drysdale
County Extension Agent
Family and Consumer
Science

Jan. 31
Craft Class with Brittany & Sarah @ Ballard Senior Citizens Center

Feb. 14
Valentine's Day

Feb. 16
Blood Drive

Feb. 17 from 10-2
Hospice Quilt Project @ Graves Co.

Feb. 23 @ 2 pm & 6 pm
Craft Class

Mar. 3
Area Cultural Arts Day @ Graves Co.

Mar. 6 @ 3:30
Homemaker Council

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

KEHA NEWS

2023 KEHA State Board Elections – Credentials will be sought for a total of six positions to be elected in May 2023. All will serve from July 1, 2023, to June 30, 2026. Credentials must be sent certified mail and postmarked by April 8. The following KEHA state officer and chair positions will be open for election:

- First Vice President (Program)
- Treasurer
- Environment, Housing, & Energy Chair
- Food, Nutrition, & Health Chair
- Leadership Development Chair
- Marketing and Publicity Chair

If you would like more information please contact me.

Lifelong Learning Series

Heart Health
mail out

Included in this month's newsletter is the February Lesson on Heart Health.



Blackberry Peach Crumble

- | | |
|---|---|
| 2 cups fresh blackberries | ½ cup all-purpose flour |
| 2 cups peeled and sliced fresh peaches or 1 (16 ounce) bag frozen peach slices, thawed | ½ cup chopped blanched almonds, (optional) |
| 1 teaspoon grated lemon peel | ¼ teaspoon salt |
| 2 tablespoons cornstarch | 6 tablespoons butter, cut into pieces |
| ⅓ cup , plus ½ cup packed brown sugar | |

Combine blackberries, peaches, lemon peel, cornstarch and ⅓ cup brown sugar in a large bowl.

Pour ingredients into a lightly greased 8 inch baking dish.

Mix together flour, almonds, salt, and remaining ½ cup brown sugar. With pastry blender or two knives, cut in the butter until the mixture resembles coarse meal.

Sprinkle flour mixture over fruit.

Bake in a pre-heated 400° F oven for 30 minutes.

Cool 10 minutes prior to serving.

Yield: 8, ½ cup servings

Nutritional Analysis: 270 calories, 14 g fat, 25 mg cholesterol, 135 mg sodium, 35 g carbohydrate, 2 g protein, 3 g fiber. Without almonds: 220 calories, 9 g fat, 25 mg cholesterol, 135 mg sodium, 35 g carbohydrate, 2 g protein, 3 g fiber.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Craft Class

Date & Time: Feb. 23 @ 2 pm or 6:00 pm

Location: Ballard County Extension Office

Cost: \$10



Each project will be painted with white, brown, and yellow. Green and blue paint for the 4th house. If you want a different 4th color, please bring it with you

**LIMITED TO 12 PARTICIPANTS TO
REGISTER PLEASE CALL THE
OFFICE 270-665-9118 BY FEB 17**



Area Cultural Arts Day Registration Form

March 3, 2023

9-2:00

Graves County Extension Office

Name _____

Address _____

Telephone Number _____ County _____

If you will be attending as a volunteer or judge, please indicate _____

Agents', judges' and instructors' lunch will be paid for by the committee.

*Lunch

Catered by Cindy's Restaurant in Mayfield **\$12.00** _____

Craft Class 1

Class times 10:00 and 11:00. **Bring a glue gun.**

Seashell brooch. Make your own design from shells hand gathered from the ocean.

Taught by Fulton County Homemakers **5.00** _____



Craft Class 2

Class times 10:00 and 11:00.

Snow Measuring Snowman

Made from tobacco sticks. Taught by Hickman County Homemakers. **\$5.00** _____



Total

\$ _____

Make checks payable to Purchase Area Homemakers

Registration Deadline February 1

Mail registrations to: Pat Sullivan

1031 New Liberty Church Rd.

Kevil, KY 42053

Phone number: **270-462-3881 (home) or 270-366-3589 (cell)**

E-mail: icareforkids2@comcast.net



ADULT

HEALTH BULLETIN



FEBRUARY 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

HEART-HEALTHY CHOICES EVERY DAY



Every February, the American Heart Association sponsors American Heart Month to increase awareness about heart disease. During February, and throughout the year, the AHA encourages all Americans to consider ways they can increase their heart health and decrease their risk of cardiovascular disease.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease. By taking action, you can lower your risk of heart disease and improve your overall health and well-being.

Continued on the next page



Small changes in dietary habits are often more sustainable than making a drastic change to eating patterns all at once.

→ Continued from the previous page

Preventing heart disease starts with knowing what your risk factors are and what you can do to lower them. Some risk factors you cannot change. These include your age, sex, and a family history of early heart disease. Many others you can modify. For example, being more physically active, not smoking, and eating healthy are important steps for your heart health.

Risk factors such as high blood pressure or cholesterol do not have obvious signs or symptoms. A crucial step in determining your risk is to see your health-care provider for a thorough checkup and risk assessment. Your provider can be an important partner in helping you set and reach goals for heart health. Ask about your risk for heart disease at your annual checkup. Since your risk can change over time, keep asking each year.

Healthy choices that everyone should take also decrease a person's chances of developing heart disease. These include eating a healthy diet and being physically active. A heart-healthy eating plan includes fruits, vegetables, whole grains, lean protein, and low-fat dairy. It also limits sodium (salt), saturated fat, added sugars, and alcohol. Small changes in dietary habits can add up over time. They are often more sustainable than making a drastic change to eating patterns all at once.

Regular physical activity can help you lose excess weight, improve physical fitness, lower many heart disease risk factors such as "bad" LDL cholesterol levels, increase "good" HDL cholesterol levels, and manage high blood pressure, lower stress, and improve your mental health. Talk with your health-care provider before you start a new exercise plan. Discuss how much and what types of physical activity are safe for you. Even modest amounts of physical activity are good for your health.

To encourage people to add heart-conscious practices into their daily routine, the AHA partnered with the National Institute of Health. They created a calendar for the month of February that includes one heart-healthy activity to complete each day.



These activities range from completing a specific physical activity, to adding heart-healthy foods, to health behaviors such as having your blood pressure checked. You can download *28 Days to a Healthy Heart* at <https://www.nhlbi.nih.gov/resources/28-days-towards-healthy-heart>.

REFERENCE:

<https://www.nhlbi.nih.gov/health/heart-healthy-living>

ADULT
HEALTH BULLETIN

Written by:

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123RF.com



Heart Health: Managing Heart Disease through Diet

Fact Sheet 9.384

Food and Nutrition Series | Health

by L. Bellows and R. Moore* (3/13)

Updated by J. Clifford and S. Mi (12/21)

What is Heart Disease?

Heart disease, also known as cardiovascular disease or coronary heart disease, is a broad term for conditions that result in narrowed or blocked blood vessels that may lead to chest pain, heart attack, or stroke. Common cardiovascular diseases include atherosclerosis (hardening of the arteries), hypertension (high blood pressure), and heart failure, all of which are related and often coexist. Other conditions such as arrhythmia (irregular heartbeat), heart valve problems, or congenital heart defects, also fall under the definition of heart disease. Despite being a mostly preventable disease, death as a result of cardiovascular disease is the number one killer in the United States.

What Causes Heart Disease?

Most often, heart disease occurs due to poor lifestyle choices including lack of exercise, tobacco use, or an unhealthy diet. Risk factors such as age, gender, and family history also play a major role. Heart disease may also occur as a result of infections or genetic abnormalities affecting the heart, not related to lifestyle choices.

An unhealthy diet and sedentary lifestyle can lead to conditions that are often precursors to heart disease such as: high blood cholesterol, high blood pressure, diabetes, and obesity.

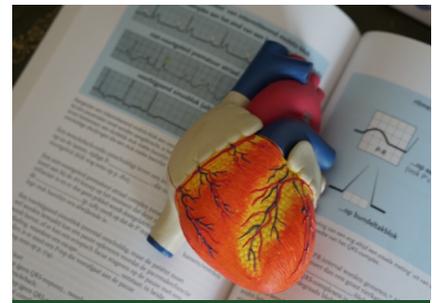
High blood cholesterol, often from a high fat diet, can lead to plaque formation in vessel walls. Plaque buildup occurs with no symptoms and causes narrowing of the arteries, high blood pressure, and may lead to a heart attack without warning.

For more information on how dietary fat and cholesterol affect blood cholesterol and triglyceride levels, see fact sheet Dietary Fat and Cholesterol. For more information on how dietary patterns affect one's risk for hypertension, see fact sheet Diet and Hypertension.

Heart Disease Management and the Diet

The following tips are general dietary recommendations for the prevention and management of heart disease. Most importantly, one should attempt to maintain a healthy body weight (BMI between 18.5 to 24.9) by balancing caloric intake and physical activity, as these guidelines aim at meeting this overarching goal.

These tips should be used alongside the American Heart Association (AHA) general lifestyle recommendations for managing heart disease and the United States Department of Agriculture (USDA) Dietary Guidelines for Americans.



Quick Facts

- Heart disease is the number one killer in the United States. However, healthy lifestyle modifications may reduce many risk factors.
- Healthy weight maintenance through a nutritious diet and physical activity are important steps to decrease one's risk for heart disease.
- Fruits and vegetables contain cholesterol lowering compounds such as antioxidants and other phytonutrients that may help prevent heart disease.
- Limiting dietary saturated fat and cholesterol intake is an important strategy to reduce one's risk for heart disease, and can be achieved through label reading, shopping carefully for non-fat or low-fat dairy products, and choosing lean meats.
- Dietary approaches such as the Dietary Approaches to Stop Hypertension (DASH) diet and the Therapeutic Lifestyle Change (TLC) may help one follow a heart healthy diet.

*L. Bellows, Colorado State University Extension food and nutrition specialist and assistant professor; R. Moore, graduate student. 3/13.

*J. Clifford, Colorado State University Extension Nutrition Specialist and Registered Dietitian and S. Mi, Colorado State University Graduate.

Important Dietary Tips for the Prevention and Management of Heart Disease

1. Consume a diet rich in vegetables, fruits, and whole grains
2. Limit foods and beverages with added sugar.
3. Choose foods with low salt content.
4. Limit the amount of saturated fat and cholesterol in the diet.
 - a. Read the 'Nutrition Facts' on food labels.
 - b. Choose lean meats and plant-based protein sources.
 - c. Cook meals that are low in saturated fat and cholesterol.

Consume a diet rich in vegetables, fruits, and whole grains

- Fruits and vegetables help to regulate appetite and are naturally low in fat. Fiber and various plant compounds found in fruits, vegetables, and whole grains may have cholesterol-lowering properties. For in-between meal snacks, it is important to choose fresh, frozen, or canned fruits and vegetables without added salt and sugar, instead of high calorie snack foods.
- Antioxidants: Research indicates that consuming a diet rich in fruits and vegetables may help to lower blood cholesterol levels and aid in healthy weight maintenance. Certain compounds in fruits and vegetables known as antioxidants may be responsible for this effect. In particular, vitamin C, carotenoids, and vitamin E are important antioxidants that play a role in heart disease prevention.
- Plant Stanols and Sterols: These compounds are naturally found in fruits and vegetables, and can help lower low-density lipoprotein (LDL), the 'bad' cholesterol. They work by inhibiting the body's absorption of cholesterol in the intestine.

Other Phytonutrients: Various other phytonutrients (plant compounds) that promote heart health can be found in fruits and vegetables. Soybeans and products made from soy such as tofu and tempeh contain phytonutrients that may reduce the risk for heart disease. This is especially true when plants that contain phytonutrients are consumed instead of products high in saturated fat.



- Fiber: Research has shown eating foods rich in soluble fiber may decrease LDL cholesterol levels. Fiber acts by binding to cholesterol in the intestine and passing it out of the body. Foods high in soluble fiber include but are not limited to beans, peas, legumes, fruits, vegetables, oatmeal, brown rice, oat, wheat bran, and barley. For more information on fiber, see fact sheet Dietary Fiber.

Limit foods and beverages with added sugar

Consumption of added sugars and sweeteners such as sucrose, corn syrup, and high-fructose corn syrup has increased dramatically in the past few decades, leading to an increase in total calories and weight gain in many individuals. Added sweeteners are present in most pre-packaged food items and processed beverages (such as soda).

In order to maintain a healthy weight, one should reduce intake of foods and beverages with added sugar. For more information on sugar and the diet, see fact sheet Sugar and Sweeteners.

Recent research indicates that following the Mediterranean Diet (which includes plant-based fats that are healthy unsaturated fats such as nuts and olive oil, as opposed to harmful saturated fats such as butter and animal fat) can reduce cardiovascular disease events by up to 30%. Unsaturated fats are a source for high density lipoprotein (HDL), the “good” cholesterol, which helps to remove excess cholesterol.

Read the ‘Nutrition Facts’ on food labels—This panel on a food label provides the necessary information to help consumers meet dietary guidelines from the AHA and USDA Dietary Guidelines for Americans. The ‘Nutrition Facts’ panel lists the Daily Reference Values (DRV) for specific nutrients including fat, saturated fat, cholesterol, and sodium.

Health Claims on Food Labels—Specific health claims can be made for food products that meet certain requirements such as “lean,” “low fat,” or “low in cholesterol.” Though these products may have reduced fat, one should still pay attention to portion size and calories per serving size. For more information on food labels in general, watch a short video of How to Read a Nutrition Facts Label and this handout on How to Read Food Labels, and for more information on health claims and food labels for sodium, see fact sheet Sodium and the Diet.



Choose lean meats and plant-based protein sources—Selecting lean cuts of beef, pork and skinless poultry, along with preparing all meats in a heart-healthy way are important tips to meet this recommendation. Limit processed meat intake to two or fewer servings per week.

Health Claims on Food Labels

- ‘Percent’ Fat Free: This term must accurately reflect the amount of fat present in 100 grams of the food. ‘Percent fat free’ products must meet the low fat or fat free product definitions. For example, if a product contains 2.5 grams of fat per 50 grams, the claim must be ‘95 percent fat free.’
- Fat Free: Less than 0.5 grams of fat per serving.
- Low Fat: 3 grams of fat or less per serving.
- Saturated Fat Free: Less than 0.5 grams of saturated fat.
- Low Saturated Fat: 1 gram of saturated fat or less.
- Cholesterol Free: Less than 2 milligrams of cholesterol and 2 grams or less of saturated fat per serving.
- Low Cholesterol: Less than 20 milligrams of cholesterol and 2 grams or less of saturated fat per serving.
- Lean: Less than 10 grams of fat, less than 4 grams of saturated fat, and less than 95 milligrams of cholesterol per serving and per 100 grams.
- Reduced: At least 25 percent fewer calories, fat, saturated fat, cholesterol, or sodium per serving than the original product.
- Extra lean: Less than 5 grams of fat, less than 2 grams of saturated fat, and less than 95 milligrams of cholesterol per serving and per 100 grams.
- Light: 1/3 fewer calories, 1/2 the fat, or 1/2 the sodium of reference food.

Adding two servings of fish per week and incorporating protein from vegetable sources may decrease one's risk for heart disease and high blood lipid levels (Table 1).

Cook meals that are low in saturated fat cholesterol—Preparing meals in a heart-healthy way involves recognizing hidden fat and cholesterol sources in food items. Simply substituting olive oil and vinegar in place of creamy salad dressings, or using other easy tips to reduce saturated fat and cholesterol in recipes can be effective ways to lower the risk for heart disease. The following are recommendations for reducing saturated fat and cholesterol in meats, dairy, and recipes:

- Cut off all visible fat.
- Thoroughly drain fat off of all cooked meats.
- Make stews, broths, and stocks a day ahead of time and refrigerate. Remove the hardened fat from the top before it is reheated or used in soups and other recipes.
- Baste with wine or tomato juice instead of drippings.
- Broil rather than pan-fry meats such as hamburgers, chops, and steak.
- Remove skin from chicken.
- Purchase lean or extra lean meats.
- Purchase white meat as opposed to dark meat.

To reduce fat and cholesterol from dairy foods:

- Choose 1% or nonfat milk instead of whole milk.
- Choose low fat or fat free yogurt.
- Use lower fat chesses or limit portion sizes.

To reduce fat and cholesterol in recipes:

- Broil, bake, boil, steam, stir-fry, or microwave foods instead of deep frying or pan frying.
- Use lean meats in recipes.
- Limit use of butter, margarine, and lard, and replace with non-tropical vegetable oil.
- In casseroles, use more vegetables and less meat.
- Be aware of fat content in sauces.

- Try cutting oil or fat in half when cooking on the stove top, as this usually does not affect the taste of the food. Be aware that reducing oil or fat when baking may affect the taste and properties of the finished product.
- Use low-fat alternatives such as nonfat yogurt or whipped topping made from skim milk, instead of high fat condiments like sour cream, mayonnaise and whipping cream.

Making adjustments to the type of ingredients as well as amount and/or frequency of their consumption will help one lower saturated fat intake without eliminating these foods from diet.

Limit the amount of saturated fats in the diet

Healthy individuals without heart disease should limit saturated fat to less than 10% of total daily calories, while those with heart disease, diabetes, or high LDL cholesterol should limit intake of saturated fat to less than 5 to 6% of total daily calories. Following a diet low in saturated fat and cholesterol may lower one's risk for cardiovascular disease by reducing LDL cholesterol levels.

Choose foods with low salt content

Sodium, a major component of salt, plays a crucial role in blood pressure regulation. Dietary guidelines suggest that reducing sodium intake may prevent and control high blood pressure (hypertension) by helping to lower blood pressure. A decreased sodium intake is also associated with reduced risk for congestive heart failure. General guidelines for sodium intake for adults recommend no more than 2,300 milligrams daily. Those who are African American, over the age of fifty, or have hypertension, diabetes, or chronic kidney disease should consume no more than 1,500 milligrams of sodium per day. For more information on sodium and the diet, see fact sheet Sodium and the Diet, and for more information on how the diet affects one's risk for hypertension, see fact sheet Diet and Hypertension.

Plan of Action for Heart Disease

Management

- Healthy weight maintenance, by following these four dietary tips, is an important step in preventing and managing heart disease.
- A healthy diet that aides in healthy weight maintenance can help achieve recommended levels of LDL, HDL, triglycerides, normal blood pressure, and normal blood glucose levels. For a list of normal levels, see fact sheet Dietary Fat and Cholesterol, and fact sheet Diet and Hypertension.
- Several dietary patterns meet dietary recommendations, such as the DASH dietary pattern (see fact sheet Understanding the DASH Diet), and the Therapeutic Lifestyle Change Dietary Pattern (TLC). These diets are low in dietary fat, cholesterol, and sodium and rich in dietary fiber, fruits, and vegetables (Table 2).
- In addition to dietary recommendations, regular physical activity is necessary to maintain a healthy weight. Regular physical activity also improves blood pressure levels, cholesterol and triglyceride profiles, and blood sugar levels. Moderate exercise for at least thirty minutes every day is recommended.
- Limit tobacco use and exposure, and moderate alcohol consumption.

Table 1. Heart-Healthy Lean Protein Choices.

Protein Source	Healthy Lean Choices	Why are they Heart Healthy?
Fish	Cold-water fish: salmon, herring, mackerel, tuna, and whitefish.	Diets high in fish have been linked to reduced risk of heart disease. Those who include fish in their diet tend to have lower blood cholesterol and triglyceride levels, most likely due to high amounts of omega-3 fatty acids found in fish.
Poultry	Skinless, white meat.	Eliminating the skin and dark meat from poultry will reduce its overall fat content.
Beef	Round steak, rump roast, top ground steak and roast, tip steak and roast, lean cubed steak, top loin steak, tenderloin steak, flank, sirloin, and ground beef (lean or extra lean).	Lean cuts of beef still contain saturated fat and cholesterol, but in reduced amounts. A healthy portion of meat is 3 ounces, roughly the size of a deck of cards.
Pork	Leg roast (fresh ham), leg steak, lean pork cutlets, center rib chop and roast, butterfly chop, sirloin roast, tenderloin, tenderloin roast, ground pork (lean or extra lean), lean shoulder cubes, lamb-leg, and loin chops.	Lean cuts of pork still contain saturated fat and cholesterol, but in reduced amounts. A healthy portion of meat is 3 ounces, roughly the size of a deck of cards.
Vegetable Protein	Legumes, beans, and bean products such as chick-peas, black beans, soybeans, tempeh, and tofu.	These proteins have cholesterol lowering qualities. They are also low in fat, low in saturated fat, and high in starches and fiber. These sources are also rich in unsaturated fatty acids, which can replace saturated fat found in red meats.

Table 2: Examples of Heart Healthy Dietary Patterns: DASH and TLC.

Food Group	DASH (servings/day)	TLC (servings/day)	Examples of 1 serving
Grains	6-8	7	1 slice of bread 1 ounce of cereal ½ cup cooked rice or pasta
Vegetables	4-5	5	1 cup raw vegetable ½ cup cooked vegetable ½ cup vegetable juice
Fruits	4-5	4	1 medium fruit, ¼ cup dried fruit, ½ cup fresh/ frozen/ canned fruit, ½ cup fruit juice
Fat-free or low-fat dairy products	2-3	2-3	1 cup of milk, yogurt, or 1- ½ ounces cheese
Lean meats, poultry, fish	Less than 6 oz.	Less than 5 oz.	3 ounces is the size of a deck of cards
Nuts, seeds, legumes (beans)	4-5	Counted as vegetable servings	2 tablespoons of peanut butter, seeds, or ½ cup dry beans
Fats and Oils	2-3	Dependent on daily calorie level	1 teaspoon of margarine, 1 tablespoon of mayonnaise, 2 tablespoons of salad dressing, 1 teaspoon of vegetable oil
Sweeteners and sugars	Less than 5 servings per week	No recommendation	1 tablespoon of sugar or jelly, ½ cup sorbet, 1 cup of lemonade

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28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#OurHearts
are healthier together

Day 1
Call a friend and join the #OurHearts movement.



Day 2
Make a heart-healthy snack.

Day 3
Schedule your annual physical. Discuss your heart health goals with your doctor.



Day 4
Sport red today for National Wear Red Day.

Day 5
Squat it out. Do 1 minute of squats.



Day 6
Make today a salt-free day. Use herbs for flavor instead of salt.



Day 7
Visit Smokefree.gov to take the first step to quitting smoking.



Day 8
Get your blood pressure checked.



Day 9
Walk an extra 15 minutes today.



Day 10
Aim for 30 minutes of physical activity today.



Day 11
Plan your menu for the week with heart-healthy recipes.



Day 12
Reduce stress using relaxation techniques.



Day 13
Give the elevator a day off and take the stairs.



Day 14
Protect your sweetheart's heart: Plan a heart-healthy date.



Day 15
Swap the sweets for a piece of fruit for dessert.



Day 16
Stress less. Practice mindful meditation for 10 minutes.



Day 17
Head to bed with enough time to get a full 7-8 hours of sleep.



Day 18
Add a stretch break to your calendar to increase your flexibility.



Day 19
Eat vegetarian for a day.



Day 20
Share a funny video or joke that makes you laugh.



Day 21
Dance for 15 minutes to your favorite music.



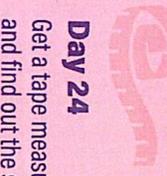
Day 22
Call a relative and ask about your family health history.



Day 23
March in place during commercial breaks to get your heart going.



Day 24
Get a tape measure and find out the size of your waist.



Day 25
Ask a family member or neighbor to join you for a walk.



Day 26
Fill half of your lunch and dinner plates with vegetables.



Day 27
See how many push-ups you can do in 1 minute.

Day 28
Pay it forward and tell a friend about [The Heart Truth](http://TheHeartTruth.org).



nhlbi.nih.gov/heartmonth



National Heart, Lung, and Blood Institute

