

# WHATS NEW IN NUTRITION?

## Wisconsin Nutrition Education Program (WNEP)

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### LIFE'S SIMPLE 7

The American Heart Association is encouraging us to adopt measures leading to "Ideal Heart Health."

1. **Stop Smoking:** Quit smoking.
2. **Lose Weight:** Body Mass Index (BMI) less than 25.
3. **Get Active:** Physical activity of at least 150 minutes (moderate intensity) or 75 minutes (vigorous intensity) each week.
4. **Eat Better:** Four to five of the key components of a healthy diet.
5. **Control Cholesterol:** Total less than 200 mg/dL.
6. **Manage Blood Pressure:** Below 120/80 mmHg.
7. **Reduce Blood Sugar:** Less than 100 mg/dL.

Currently, only about 5% of Americans meet all seven of these criteria. But the key is prevention. You can start now to PREVENT heart disease. The president of the American Heart Association indicates that if you can reach age 50 with ideal heart health, you will probably live another 40 years free of such afflictions as heart disease and stroke. While genetics do play a factor in heart health, it is prudent to practice as much prevention as possible. The Heart Association has released a new online resource to help individuals. Go to: [www.heart.org/MyLifeCheck/](http://www.heart.org/MyLifeCheck/). At the site you will complete a confidential assessment telling you how you rate on each of the seven goals plus find tools and action steps to assist you in improving your health and tracking your progress.

*Adapted from Tufts University Health & Nutrition Letter, April 2010*

### HEART ASSOCIATION'S 5 EATING BEHAVIORS

The American Heart Association's new definition of a heart healthy diet identifies 5 measurable behaviors.

1. **Fruits and Vegetables:** Eat 4.5 or more cups daily.
2. **Fish** – Eat 2 or more 3.5 ounce servings a week (preferably oily fish such as salmon and mackerel, which are high in omega-3 fatty acids).
3. **Sugar Sweetened beverages** – Drink less than or equal to 450 calories (36 ounces) per week.
4. **Fiber-rich whole grains** – Eat 3 or more 1 ounce servings a day. 1 oz. = 1 slice bread, ½ cup pasta, cereal or rice.
5. **Sodium** – Eat less than 1500 mgs. per day.

The Center for Disease Control states that the lower sodium recommendation is applicable to nearly 70% of US adults. Processed food accounts for 80% of sodium in food.

For example:

- Packaged dinners such as mac & cheese = 500 mgs.
- Milk – 1 cup = 120 mg.
- Cheese – 1 oz = 175 mg.
- Cold cuts – 1 oz. = 310 mg.
- Bread – 1 slice = 160 mg.

*Adapted from Tufts University Health & Nutrition Letter, April 2010*

## MAKE YOUR MEALS & RECIPES HEALTHIER

### **Caution: Canned Foods add a lot of sodium**

Wherever possible, you should try to find canned foods without added salt. This includes soups, broths, canned tomatoes, canned beans, and canned vegetables. At the very least these products should be rinsed before use.

### **Caution: Cheese adds saturated fat and sodium**

Cut way back on the amount of cheese that you use. If you are looking to add flavor, instead of using cheese, consider ground black pepper or dried oregano.

### **Caution: Bread adds a lot of sodium.**

To keep most sandwiches from going way over the recommendation for sodium intake, consider limiting all sandwiches to one slice of bread per person. You need a variety of whole grains such as cooked brown rice and oatmeal in your diet to obtain enough fiber without getting too much sodium.

### **Caution: Deli meats add a lot of sodium.**

Everyone knows they should try to eat lean when it comes to meat and poultry. But many of us don't realize how much sodium is in the deli turkey we are eating. When this ingredient is put on bread with a tiny amount of light mayonnaise, the sodium goes to more than half a day's supply.

### **Healthier: Beans add a lot of fiber.**

Try adding beans to recipes. It will boost the fiber content of your diet. Puree cooked white beans and stir into soups or sauces to make them thicker and creamier. Mash cooked garbanzo beans and add to mashed potatoes. They impart a golden color and rich flavor plus add fiber to everyone's favorite dish.

Try the following Bean Dip Recipe: Mix 1 can refried beans and 1 cup salsa and serve with fresh veggies.

### **Healthier: Vegetables make the serving size a lot larger for the calories they contain.**

Salads, soups and stir-fry dishes that have a lot of vegetables always seem to have huge portions for the calories they contain as compared to other recipes.

## **CRUSTLESS ZUCCHINI QUICHE** SERVES 6

|                            |  |
|----------------------------|--|
| 3 cups zucchini, chopped   | 1 cup nonfat egg substitute                  |
| 1 cup onion, chopped       | 1 cup nonfat evaporated milk                 |
| 1-2 cloves garlic, minced  | 1 cup shredded Swiss cheese                  |
| 2 teaspoons olive oil      | 2 teaspoons grated parmesan cheese, optional |
| 1/4 teaspoon ground ginger | 1/2 cup plain bread crumbs, divided          |

**Microwave Directions:** Spray 9-inch glass pie plate with nonstick vegetable spray and sprinkle with 1/4 cup bread crumbs. Set aside. Sauté zucchini, onions and garlic in olive oil for 7 minutes on full power, stirring every 3 minutes. Add ginger, (salt and pepper if desired), egg substitute, evaporated milk and Swiss cheese; mix. Pour egg-vegetable mixture into prepared pie pan. Sprinkle top with remaining crumbs and grated parmesan cheese. Cook for 13 minutes on full power; turn dish every 3 minutes.

**Conventional Oven Directions:** Bake at 350 degrees for 40-45 minutes, or until knife inserted into center comes out clean.

## **SALMON SALAD SANDWICH** – SERVES 4

|                                   |                                    |
|-----------------------------------|------------------------------------|
| 7.5 ounce can red salmon, drained | 2 ripe plum tomatoes, diced        |
| ½ cup diced cucumber              | 1/3 cup nonfat plain yogurt        |
| ¼ cup sliced green onion          | 8 slices whole grain bread         |
| ¼ cup sliced red bell pepper      | 2 cups shredded dark green lettuce |

Mix salmon, vegetables and yogurt together in medium-sized mixing bowl. Make 4 sandwiches with salmon and dark green lettuce in between 2 slices of whole grain bread. Serve with slaw and fresh vegetable sticks.