



NORTH
DAKOTA

FNP News

Family
Nutrition
Program

#170

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NDSU
Extension Service
North Dakota State University

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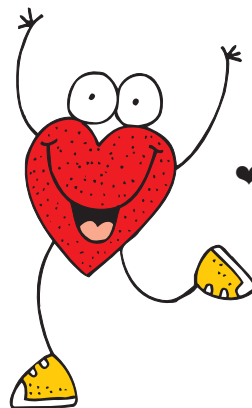
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Have a Healthy Heart!

Make a fist. That's the size of your heart.

Your heart is a pump that moves nutrients throughout your body, so you have energy to work and play. Unfortunately, heart disease is the leading cause of death in the United States for men and women. February, American Heart Month, is a good time to think about keeping your heart healthy and strong.

Some things, such as being older or having a family history of heart disease, might put us more at risk for heart disease. These are beyond our control. Other things, such as our diet and exercise routine, can be changed.



Yes or No?

Answer these questions. If you answer "yes," consider some changes that could improve your heart health over time. Some heart-healthy tips follow each question.

♥ Are you overweight according to a health-care provider?

- Watch portion sizes.
- Steer clear of fad diets.
- Add some physical activity to your routine.

♥ Do you get 30 minutes of moderate physical activity, such as walking, on most days of the week?

- Aim for 30 minutes of moderate activity, such as walking, every day. Even 10-minute segments count toward the goal.
- Use the stairs.

♥ Is your blood cholesterol level high (above 200 mg/dl)?

- Eat less saturated fat. Read "Nutrition Facts" labels to learn about your choices.
- Eat at least five servings of colorful fruits and vegetables daily.
- Eat at least three servings of whole-grain foods, such as oatmeal and whole-wheat bread, every day.

♥ Do you have high blood pressure?

- If you don't know, check with your health-care provider.
- Consider the DASH diet, a diet rich in vegetables, fruit and low-fat dairy products and low in total and saturated fat. Your local Extension Service office has a handout on the DASH diet.
- Use less salt (sodium) on your food and fewer processed foods.

♥ Do you have diabetes?

- Work with a health-care professional to manage your blood sugar levels with proper diet, physical activity and/or medication.

♥ Do you smoke?

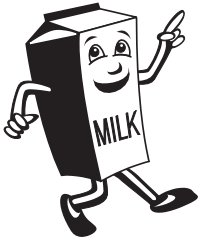
- Team up with a friend and work on quitting together.
- Visit with a health-care provider to decide what's best for you.



Some of my pans are rusty. Is it safe to use rusty pans to cook food?

If they are cake pans or loaf pans, it's safest not to use them for foods. Rusty areas are rough and difficult to clean. Plus, if you keep leftovers in the pans, the rusty areas support the growth of germs. On the other hand, if your pans are cast iron, the rusty areas often can be sanded smooth, re-seasoned and used.

My teenage son won't drink plain milk, but he drinks lots of chocolate milk. Is the calcium in chocolate milk absorbed as well as the calcium in plain milk?



Calcium absorption from chocolate milk is only *slightly* less than plain milk — not enough of a difference to be concerned about! Calcium is very important for developing strong bones, especially for growing teens.

Chocolate milk, however, is higher in calories than plain milk because of the added cocoa and sweetener, so be sure your son gets plenty of physical activity, too.

Other calcium-rich foods are cheese, yogurt, calcium-fortified cereals, broccoli and calcium-fortified juice. Read nutrition labels on food products to learn more.

*Oatmeal is a heart-healthy, hearty breakfast.
For some people, oatmeal can lower blood cholesterol levels.
Try this do-it-yourself instant oatmeal mix.*

SUPER CEREAL MIX

- 5 c. "quick cooking" oatmeal
- 4 tbsp. brown sugar
- 1 c. raisins (or dried cranberries or other dried fruit)
- ½ c. nonfat dry milk powder
- 1 tsp. cinnamon

In a large bowl, combine oatmeal, brown sugar, dried fruit, cinnamon and nonfat dry milk. Transfer ingredients to an airtight container or jar to store until ready to use. Label jar with name of contents and date.

To serve: Place ½ cup of mixture and up to ½ cup boiling water into a cereal bowl. Let stand until thickened. If desired, top with skim milk, additional brown sugar, fruit or nuts.

Makes 13 servings. Each one-half cup serving has 180 calories, 2 grams fat, 35 grams carbohydrates.

For more information, contact your local office of the NDSU Extension Service or visit the Extension Web site:
www.ag.ndsu.nodak.edu/food.htm

**Call for more information on foods and nutrition
or managing your food dollar**



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