

Be Heart Smart in February

Do you love your heart?

Your heart works hard for you every day. On average, your heart beats 100,000 times per day. Your heart pumps blood through your body, delivering nutrition and oxygen to your cells.

Your food and fitness choices make a difference for the health of your heart. When shopping, choose economical, healthful foods that are easy on your budget – and your heart.

During February, American Heart Month, consider these heart-healthy ideas. Mark the boxes that apply to you.

	I already do this	I plan to do this more often	This won't work for me
I choose whole-grain bread or cereal whenever possible. (To spot a whole grain, look for these words listed first on the ingredient label: whole wheat, whole grain or oatmeal.)			
I compare Nutrition Facts labels and choose food with less sodium.			
I choose lean meats and poultry without skin. (If poultry with skin is less expensive, you can remove the skin at home.)			
I use lower-fat cooking methods, such as baking, broiling or grilling, when I cook meat.			
To cut down the amount of sodium I add to foods, I leave the salt shaker in the cupboard. (Pepper is OK for your heart.)			
I eat a variety of colorful fruits and vegetables every day.			
I compare Nutrition Facts labels and choose foods lower in saturated fat and trans fat. (These kinds of fats are not heart healthy.)			
I get at least 30 minutes of moderate physical activity on most days.			

My heart health goal: _____



Visit www.ag.ndsu.edu/foodwise for more information.

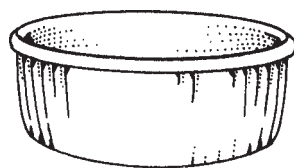
This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Ave. S.W., Washington, DC 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Oatmeal-Berry Blast

Preheat oven to 400 degrees.

Lightly grease a 2-quart casserole dish.



In a bowl, mix these dry ingredients.

- 3 c. old fashioned (not instant) oatmeal (uncooked)
- ¼ c. brown sugar
- 1 tsp. ground cinnamon
- 1 tsp. baking soda

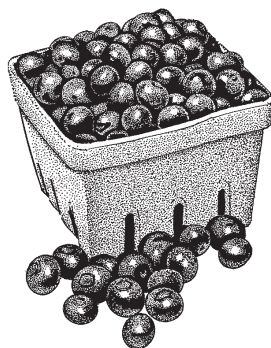
In a separate bowl, mix these ingredients:

- 2 c. milk (low-fat or nonfat)
- ¼ c. vegetable oil (such as canola or sunflower oil – not olive oil)
- 1 egg, lightly beaten
- ⅓ c. applesauce

Add the milk mixture to the dry ingredients and stir until well combined. Pour into casserole dish and bake for 20 minutes (uncovered).

After baking 20 minutes, remove from oven and fold in:

- 2 c. fresh, canned (drained) or frozen fruit (such as blueberries)



Bake (uncovered) for an additional 15 to 20 minutes.

Top with low-fat or nonfat yogurt (vanilla- or fruit-flavored) or milk, if desired.

Makes eight servings. Per serving:

300 calories, 10 grams (g) fat, 2 g saturated fat, 0 g trans fat, 30 milligrams (mg) cholesterol, 190 mg sodium, 43 g carbohydrate, 5 g fiber and 60 percent of the daily value for vitamin C.

♥ Breakfast/Brunch Menu ♥

Oatmeal-Berry Blast
Scrambled eggs with chopped onions and green pepper
Low-fat or nonfat milk

Are baby carrots very nutritious?
I noticed that my baby carrots have a light white coating after I open the bag. Are they safe to eat?

Baby carrots are a nutritious menu item. They are high in heart-healthy soluble fiber. They are naturally low in calories and high in beta carotene, which your body uses to make vitamin A. Vitamin A helps keep your skin healthy.

If you notice a thin white coating, it means they are getting dried out. They are safe to eat, though. You can put them in water a few minutes to rehydrate them.

Be sure to keep baby carrots in your refrigerator in their original bag because it's specially made to keep them fresh. Keep the bag tightly closed. Check the "best before" date so you use them at best quality.

I saw a heart on an oatmeal box and a heart health claim on the label. Why is oatmeal so heart healthy?

Oatmeal is a whole-grain food that is high in soluble fiber. If you have high blood cholesterol, eating this kind of fiber can help you lower it (especially the LDL or "bad" cholesterol level). Try a bowl of oatmeal for breakfast or choose a breakfast cereal made with whole-grain oats. Oatmeal can be used as a "meat extender" when you add it to meat loaf or meatballs, too.

Julie Garden-Robinson, Food and Nutrition Specialist

Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

