

## WELLNESS NEW YEAR RESOLUTIONS TO MAKE

Most people make resolutions to diet, eat healthy, exercise or all three, but tend to give up on them. You can make these resolutions to be healthier and they won't be too hard to accomplish:

- Think the 80/20 rule. Try to eat healthy or make healthy food choices 80% of the time and allow a splurge 20% of the time. Just pay attention to how much and what kinds of foods you splurge on.
- Keep snacks under 150 calories. Many nutritious snacks fall under the 150 calorie limit. Make sure to choose at least two food groups for your snack choices.
- Set small goals to be healthy. The smaller the goal the more likely you are to stick with it.
- Wash your hands often since that's the biggest way to prevent the spread of germs.
- Remember to try to get 30 minutes of exercise daily.
- If you smoke, try quitting smoking; as this will improve your health.

## WHAT'S IN A LABEL?

Many times we see words or phrases such as "reduced-sodium," "fat-free," or "good source" on food packages but what do they really mean?

- If you see the word free it means there is a small amount that probably won't have any affect on your body. Examples: fat-free, sodium-free, trans-fat free.
- Low means it's specifically defined like "low-calorie," "low sodium," or "low source."
- Reduced means that its an amount describing a food with at least 25% less calories, fat, saturated fat, cholesterol, sugars or sodium than the regular version.
- High means it's an amount that's 20% percent or more of the Daily Value. Examples: "high in calcium" or "high in vitamin D."
- Good source is an amount that's 10-19% of the daily value for a nutrient. Example: "good source of fiber."
- Light means it's a food with a third fewer or 50% less fat than the traditional version.
- When meat, seafood or poultry say lean it means "it's a food with less than 10 grams total fat, 4.5 grams or less saturated fat and less than 95 mg cholesterol per 3-ounce serving."

Make sure to take the time to read the food label to ensure you make healthy food choices for you and your family.

## CENTSIBLE FOOD BUYS FOR JANUARY-MARCH

Dry beans and peas	Broccoli	Chicken	Greens (collards, spinach, mustard, turnip)
Cabbage	Cauliflower	Pork Meat	
Carrots	Onions	Shallots	Pears
Sweet potatoes	Citrus (oranges and grapefruit)	Irish Potatoes	Apples
Beets	Strawberries (end of Feb.)	Beef	Brussels Sprouts
Lettuce	Radishes	English peas	Rutabagas
Fish	Grapes	Turnip Roots	

## FEBRUARY IS HEART HEALTH MONTH

February is National Heart Health Month reminding Americans that heart disease is the #1 killer of men and women each year. Taking steps towards a healthier lifestyle can help prevent or reduce your risk of developing heart disease. Women are usually most neglectful to the warning signs of a heart attack but knowing what the signs are is very important. If you experience any of the symptoms, call 911 and tell them you are having symptoms of a heart attack.

Heart attack or myocardial infarction is when one of your coronary arteries becomes suddenly blocked, which results in death of heart muscles.

### Symptoms of a heart attack:

Each woman will have different symptoms of a heart attack. You can experience several, all or no symptoms prior to a heart attack. Symptoms are: discomfort, tightness, uncomfortable pressure, fullness, squeezing in the center of the chest that lasts more than a few minutes, or comes and goes; crushing chest pain; pressure or pain that spreads to the shoulders, neck, upper back, jaw or arms; dizziness or nausea; heart flutters or paleness; unexplained feelings of anxiety, fatigue or weakness—especially with exertion; stomach or abdominal pain; shortness of breath and difficulty breathing.

### Tips to be Heart Healthy

- Consume a diet rich in fruits, vegetables and whole grains.
- Try to eat fish at least twice a week, preferably oily fish.
- Try to consume less than 2400 mg of sodium every day.
- Avoid trans fatty acids.
- Consume no more than 7% of your total calorie intake of saturated fats.
- Try to consume very little or no alcohol daily.
- If you smoke, try to quit smoking.
- Get at least 150 minutes of exercise a week, such as brisk walking.
- If you have any concerns or questions check with your doctor before starting any exercise or diet program.

The following numbers are numbers everyone needs to know. Try to keep your numbers below the recommendations for optimal heart health.

Blood pressure	Less than 120/80 mm Hg
Total Cholesterol	Less than 200 mg/dL
LDL "Bad" Cholesterol	Less than 100 mg/dL
HDL "Good" Cholesterol	Greater than 50mg/dL
Triglycerides	Less than 150 mg/dL
Hemoglobin A1c (HbA1c)	Less than 7%
Body Mass Index (BMI)	18.5-24.9 kg/m <sup>2</sup>



## MARDI GRAS FOOD SAFETY

Many people will take part in celebrating “Fat Tuesday” or Mardi Gras by going out to their favorite parade route and watching the parades. Of course in Louisiana we don’t do anything without having food at our celebrations, following a few food safety guidelines can ensure you and your family don’t get food poisoning and ruin your celebrations on Mardi Gras.

One thing to remember is to keep hands as clean as possible which is hard in a carnival crowd; but having moist towelettes, hand sanitizer or baby wipes will do the trick to clean your hands. Another tip is to keep perishable foods on ice. There are a variety of types and sizes of ice chests and freezable ice packs that you can use. If you will rely on street vendors or concession stands for foods; do a quick check to see if their equipment is clean and they have the proper facilities to keep hot food hot and cold food cold. Safe food revolves around three principles: Food, hands and equipment are clean, cold foods are below 40°F and hot foods are kept above 140°F.



## EATING RIGHT TIPS FOR OLDER ADULTS

As we age our nutrition needs change over time. For many older adults, eating right may become a challenge but it doesn’t have to be. You always want to choose foods that are nutritious and delicious but do not go overboard on calories.

You want to fill half your plate with fruits and vegetables according to MyPlate. Make sure to include a variety of colors and those fruits and vegetables can be fresh, frozen or canned. Fruit choices include fresh, frozen, canned in water, dried or 100% juice.

Consume half your grain intake as whole grains. Foods like brown rice, whole grain breads and crackers and whole wheat pasta are included.

You want to switch from whole fat dairy products to low-fat or fat-free milk, yogurt and cheeses. As we get older we need more calcium and vitamin D; it’s recommended that we get three servings daily.

Try to eat a variety of protein sources each week and remember lean sources of protein are the best. Also, for heart healthy try to eat fish and seafood at least two times per week.

Reduce the SOFAS in your diet. SOFAS are solid fats and added sugars in food that add extra calories to foods we don’t necessarily need. Also, remember to cut back on your salt and sodium intake.

Remember to drink 6-8 glasses of water daily and be physically active within your abilities. Following all these tips can help you be healthier and eat healthier even as an older adult.

## STORING FRESH FRUITS AND VEGETABLES

Think about how many times you’ve bought fresh produce, put it in the refrigerator only to forget about it and then it goes bad. Try not to throw anymore money in the trash, by following a few simple tips for storing your fresh produce.

- Always choose vegetables and fruits that are fresh and have no breaks or bruises in the skin.
- Avoid choosing over ripe fruits and vegetables.
- If you purchase any pre-packaged fruits and vegetables inspect them for mold, bruising or soft spots.
- Make sure you always store potatoes and sweet potatoes at room temperature. The following table below gives you storage guidelines for certain fruits and vegetables in the refrigerator.

<u>Produce</u>	<u>Refrigerator</u>
Apples	3 weeks
Broccoli	3-5 days
Cabbage	1-2 weeks
Carrots	3 weeks
Grapes	1 week
Melons	5 days
Plums	5 days
Pears	5 days
Peaches	4 days
Lettuce	3-7 days
Summer squash	4-5 days
Winter squash	2 weeks
Tomatoes	2-3 days



## SMART PHONE APPS FOR HEALTHY LIVING

If you have a Smart Phone or Tablet chances are you have a variety of lifestyle apps and use those apps on a daily basis. For the tech savvy person keeping track of the latest in health and nutrition via their mobile device is one way to stay healthy. Here are some apps that you may find useful to you.

- My Fitness Pal (for iOS—Apple and Android devices) is a great food and exercise diary. It’s very user friendly and has a built in bar code scanner that you can scan food packages for nutrition information. The app gives you a customized nutrition and activity plan for each day.

- Eat and Move-O-Matic (for iPhone, iPad and iPods). This app was developed by New Mexico State University Extension to assist with National 4-H Council’s healthy living mission mandate. This app allows you to select foods and see how much physical activity you have to do to burn off that food.

- Is My Food Safe? (for iPhone, iPad and Android devices). This app features minimal internal cooking temperatures. The shelf life of leftovers and other foods and more. This is helpful for those of you who question is it safe or not?

- Spark People Diet and Food Tracker (for iOS and Android). This app is an extension of the sparkpeople.com online diet and healthy living community. This helps clients keep tabs on food intake and physical activity.

All of the apps above are free through the App store.

Source: Academy of Nutrition and Dietetics and Today’s Dietitian, August 2012.



## MARCH IS NATIONAL NUTRITION MONTH

Every March we celebrate National Nutrition Month; reminding Americans to eat right daily. This year's theme is "Eat Right, Your Way, Every Day." This theme encourages healthy eating styles and recognizes that food choices are impacted by food preferences, lifestyle, cultural and ethnic traditions. Remember that Registered Dietitians play a critical role in helping people eat right.

National Nutrition Month was started in 1973 and is held annually every March. Also, Dietitians are recognized for their commitment to helping people enjoy healthy lives and lifestyles on Registered Dietitian Day on March 13, 2013.

Source: Academy of Nutrition and Dietetics. [www.eatright.org](http://www.eatright.org)



## INCREASING POTASSIUM IN THE DIET:

The 2010 Dietary guidelines recommend Americans consume 4700 mg per day of potassium unless you have been directed by your doctor otherwise. Americans only get about 1,755 mg per day of potassium. We know potassium is essential in helping to lower blood pressure and decreasing heart disease risk. Also, studies show that high potassium intake helps against the loss of muscle mass associated with aging. The best way to increase your intake of potassium rich foods is through diet and not through dietary supplements. We know that meat, fish, poultry, dry beans and dairy foods are good sources of potassium; but fruits and vegetables are too. Below is a list of potassium rich foods to consume:

Food Source	Potassium	Food Source	Potassium
1 cup swiss chard	961 mg	¼ cup raisins	272 mg
1 cup lima beans	955 mg	½ cup strawberries	230 mg
1 cup cubed acorn squash	896 mg	1 cup cooked broccoli	460 mg
1 cup spinach, cooked	839 mg	1 cup cantaloupe	430 mg
1 medium baked potato	751 mg	1 medium tomato	290 mg
1 medium banana	422 mg	1 cup yogurt	490 mg
1 medium baked sweet potato	542 mg	1 cup low-fat milk	366 mg
¼ cup dried apricots	378 mg		
1 medium artichoke	343 mg		
1 large orange	333 mg		

## UPCOMING EVENTS:

- Our 10th Annual Health Fair will be held on Wednesday, April 17th from 9:00 a.m. to 12:30 p.m. at the Abbeville Library located at 405 E. St. Victor St. The Health Fair is free of charge and will offer a variety of health screenings. For more information call 898-4335.

*For more information on any topic in this newsletter or any other topic please contact our office at :*

**337-898-4335**

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## Next Issue Features:

**Beef Month, Crawfish Information, High Blood Pressure Awareness Month and Much More!!!**

Kindest Regards,

*Mandy G. Armentor, MS, RD, LDN*  
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