Recipes and Tips for Healthy Living
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Recipes and Cooking Tips
Grilled Chicken with Strawberry and Pineapple Salsa

Serves 4

Ingredients:

Salsa:
2 pineapple slices, each ½ inch thick, patted dry
1 tsp. canola or corn oil
1 cup whole strawberries (diced)
3-4 Tbsp. chopped, fresh mint leaves
¼ cup finely chopped red onion
1-2 tsp. sugar
½ tsp. crushed red pepper flakes
1 medium lemon

Chicken:
4 boneless, skinless chicken breasts halves
2 tsp. salt-free steak seasoning blend
¼ tsp. salt

Directions:

1. Preheat the grill on medium high. Brush a grill pan or grill rack with the oil. Heat the grill pan or rack on the grill for about 2 minutes, or until hot. Grill the pineapple for 2 minutes on each side. Transfer to a cutting board and let cool slightly, about 2 minutes, before chopping.
2. Meanwhile, in a medium bowl, stir together the remaining salsa ingredients except the lemon. Grate 1 teaspoon lemon zest, reserving the lemon. Stir the zest and chopped pineapple into the strawberry mixture. Set aside.
3. Sprinkle both sides of the chicken with the seasoning blend and salt. Grill for 5 minutes on each side, or until no longer pink in the center. Transfer to plates. Squeeze the reserved lemon over the chicken. Serve with the salsa on the side.

Serving: 3oz. chicken, ½ cup salsa; Calories: 320; Total Fat: 10g; Sodium: 453mg

Recipe from the AHA.
Orange Chipotle Chicken

Serves 4                          Time: 30 mins

**Ingredients:**

- 2 cups instant brown rice
- ¼ cup chopped fresh cilantro
- ½ tsp. chili powder
- ¼ tsp. cumin
- 1 lb. boneless, skinless chicken breasts
- 1 Tbsp. olive oil
- ½ cup orange juice
- 2 Tbsp. maple syrup
- 2 Tbsp. chopped chipotle peppers in adobo sauce

**Directions:**

1. Cook rice according to package directions. Fluff with fork, add cilantro & set aside.
2. In a small bowl, mix chili powder & cumin. Season both sides of chicken with spice mix.
3. In a large skillet, heat oil over medium-high. Cook chicken 8-10 minutes per side or until cooked through.
4. Add juice & syrup to skillet & cook 1-2 minutes to thicken sauce, stirring constantly. Remove from heat, stir in peppers.
5. Serve chicken over rice & spoon extra sauce over chicken.

**Tips/Notes:**

In a rush? Cut chicken into smaller pieces for faster cooking!

**Serving:** ¼ Recipe; **Calories:** 340 **Total Fat:** 8g; **Sodium:** 220mg

*Recipe from the ONIE.*
Baked Fish and Vegetables

Serves 4                          Time: 30 mins

Ingredients:

Non-stick cooking spray
4 (4 oz.) Cod fillets
1 (16 oz.) bag frozen mixed vegetables
1 yellow onion, diced
½ tsp. garlic powder
¼ cup lemon juice
2 Tbsp. fresh parsley, chopped

Directions:

1. Preheat oven to 450°F.
2. Tear four large squares of foil. Lightly coat with cooking spray & place one fillet in the center of each square.
3. In a large bowl, add frozen vegetables, onions, garlic powder & lemon juice. Mix well. Spoon vegetable mix over fish & top with parsley.
4. Fold foil up to make leak proof packets & place on a baking sheet. Bake 15-20 minutes, or until fish flakes with a fork.
5. Serve chicken over rice & spoon extra sauce over chicken.

Tips/Notes:

Don't like cod, or want to switch it up? Try using tilapia or flounder.

Serving: ¼ Recipe; Calories: 201; Total Fat 2g; Sodium: 123mg

Recipe from the ONIE.
Zucchini with Corn and Peppers

Serves 8  Time: 37 mins

**Ingredients:**

- 1 ½ Tbsp. olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 red bell pepper, cored, seeded, and diced
- ½ jalapeño pepper, seeded and minced
- 4 small zucchini, thinly sliced
- 2 whole medium ears of corn, husked, silks removed, kernels sliced off cob (1 ½ cups kernels)
- ½ tsp. sea salt
- ¼ tsp. freshly ground black pepper

**Directions:**

1. In a large skillet, heat the oil over medium heat. Add the onion and sauté for 5 minutes. Add the garlic and red and jalapeño peppers and sauté for 2 minutes.
2. Add the zucchini and sauté for 3 to 4 minutes. Add the corn to the skillet and sauté for 2 to 4 minutes. Season with the salt and black pepper.

**Serving:** 1 cup  **Calories:** 75;  **Total Fat:** 3g;  **Sodium:** 145mg

*Recipe from the Diabetes Forecast.*
Sweet Pea Salad

Serves 6

**Ingredients:**

- 4 cups peas, cooked and chilled
- 3 chopped celery stalks
- ½ chopped onion
- ½ cup low fat sour cream
- Salt and pepper to taste

**Directions:**

1. In a large bowl, mix together peas, celery, and onion.
2. Stir in sour cream.
3. Chill.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Tips/Notes:**

For the best buy, choose fresh peas with crisp pods.
To prepare peas, remove from the pods before cooking.
To store fresh peas, refrigerate whole pea pods for up to 2 days in a plastic bag in the refrigerator.

**Serving:** 154g; **Calories:** 100; **Total Fat** 3g; **Sodium:** 240mg

*Recipe from Just Say Yes to Fruits and Vegetables.*
Cooking with Carrots, Celery and Onions

Scan the QR code below with your phone or other electronic device to access the video on cooking a mirepoix.

It can also be accessed at:

https://hungerandhealth.feedingamerica.org/resource/cooking-carrots-celery-onions/

Video from Feeding America courtesy of Pampered Chef.
Potato and Spinach Egg Bake

Serves 6  Time: 80 mins

**Ingredients:**

6 beaten eggs  
3 cups low-fat milk  
1 cup low-fat shredded Mozzarella cheese  
1 tsp. dried ground mustard  
6 slices whole wheat bread, cubed  
1 cup chopped onion  
1 chopped red or green pepper  
1 (10 oz.) package frozen chopped spinach, thawed and drained well  
1 cup peeled potatoes, thinly sliced

**Directions:**

1. In a large bowl mix eggs, milk, cheese, and mustard together with a fork.
2. Add bread, onion, pepper, spinach and potato; stir until the bread is wet.
3. Cover bowl and refrigerate 12 hours or overnight (optional).
4. Preheat oven to 350 degrees.
5. Pour into a 9×13-inch baking dish and bake for 1 hour or until eggs are set and knife in center comes out clean.
6. Let stand 10 minutes before serving.

**Tips/Notes:**

Can be prepared the night before for a no-prep breakfast the next day.

**Serving:** 1 square; **Calories:** 410; **Total Fat** 9g; **Sodium:** 460mg

*Recipe from the Dairy Makes Sense.*
Cooking with Potatoes and Cabbage

Scan the QR code below with your phone or other electronic device to access the video on cooking with potatoes and cabbage.

It can also be accessed at:

https://hungerandhealth.feedingamerica.org/resource/cooking-potatoes-cabbage-video/

Video from Feeding America courtesy of Pampered Chef.
Toasty Oat Granola with Low-Fat Milk

Serves 8                                Time: 30 mins

Ingredients:

¼ cup 100% frozen apple juice concentrate, thawed
5 tsp. of brown sugar
1 Tbsp. vegetable oil
1 tsp. cinnamon
2 ¼ cups uncooked old fashioned oatmeal
¼ cup chopped almonds
½ cup raisins or dried cranberries

Directions:

1. Preheat oven to 350°F.
2. In a large bowl, mix apple juice concentrate, brown sugar, vegetable oil, and cinnamon.
3. Stir in oatmeal and almonds.
4. Line large baking pan with foil. Spread mixture onto pan.
5. Bake for 15-20 minutes. Stir at least twice during baking time. Granola should be light brown.

Tips/Notes:

To serve, pour 1 cup of low-fat milk over ½ cup granola.

Serving: ½ cup; Calories: 390; Total Fat 10g; Sodium: 115mg

Recipe from the Dairy Makes Sense.
Peachy Topping

Serves 4

**Ingredients:**

- 2 cups sliced peaches
- 2 Tbsp. pancake syrup
- ¼ tsp. cinnamon

**Directions:**

1. Place peaches in a large bowl. If using canned peaches, drain and rinse peaches first.
2. Add syrup and cinnamon.
3. Using the back of a fork, mash peaches into small chunky pieces.
4. Use topping on pancakes, waffles, yogurt or chicken. Enjoy!
5. Refrigerate leftovers.

**Tips/Notes:**

For the best buy, choose peaches with reddish, velvety skins. To prepare peaches, rinse and eat whole. Avoid the pit inside! To store fresh, refrigerate ripe peaches up to 5 days. Peaches contain vitamin A, which is good for healthy eyes and skin.

**Serving:** 87g; **Calories:** 50; **Total Fat** 0g; **Sodium:** 10mg

*Recipe from the Say Yes to Fruits and Vegetables.*
Black Bean Salad
(or Salsa)

Serves 6

Ingredients:
1 (15.5 oz.) canned, no-salt-added or low-sodium black beans, drained
1 (15 oz.) canned, no-salt-added or low-sodium kernel corn OR ¾ cup frozen corn, thawed
1 medium diced bell pepper OR 1 medium tomato, diced
½ cup red onion, diced
1 tsp. minced garlic (from jar)
2 Tbsp. chopped cilantro
2 Tbsp. cider vinegar
3 Tbsp. extra virgin olive oil
1 juice of lime

Directions:
1. Toss all ingredients together, chill at least one hour.

Tips/Notes:
Serve this as a side salad to a meal or warm in microwave and use as a filling for tacos.

Serving: ⅙ recipe; Calories: 142; Total Fat 2.5g; Sodium: 11mg

Recipe from the Say Yes to Fruits and Vegetables.
Cooking with Tomatoes

Scan the QR code below with your phone or other electronic device to access the video on cooking with tomatoes.

It can also be accessed at:

https://hungerandhealth.feedingamerica.org/resource/cooking-with-tomatoes/

*Video from Feeding America courtesy of Pampered Chef.*
Food Safety Tips
Avoid the Temperature Danger Zone

The danger zone is the most dangerous temperature for foods, between 40° F and 140° F. This range is dangerous because it is above 40° F where bacteria growth is slowed, but below 160° F where heat destroys the bacteria. One bacterium can multiply into trillions in twenty-four hours when held between 40° F and 140° F. In the perfect conditions: food, moisture, oxygen, and warm temperature, bacteria can double every twenty minutes.

Populations at high risk for food poisoning have a greater risk for food poisoning even when small amounts of bacteria are present. The high risk population includes pregnant woman, young children, older adults, and those with weakened immune systems.

Information and picture from the Academy of Nutrition and Dietetics.
Start Food Safety at the Store

*Make cleanliness your priority.* Only buy food from reputable businesses that follow food safety regulations. Make sure the facility looks and smells clean. Use hand sanitizer that is provided in the front of the store or carry your own to wipe your hands and the shopping cart handle. If you use reusable bags, wash them often. If your store offers sample foods, use hand sanitizer before eating.

*Shop in order.* Start with the non-perishable items. Work to the fresh and frozen, and then end at the deli counter. Keep the cold items together in your cart to help them keep colder.

*Be picky when it comes to produce.* If you shop at a farmers market, aim for the morning. This way you can avoid produce that has been out in the sun all day. When you buy loose produce, you have more control over what you get than pre-packaged. Do not purchase produce with mold, major bruises, or cuts.

*Information from the Academy of Nutrition and Dietetics and picture from Google.*
Start Food Safety at the Store

Always inspect food packages before buying. There should be no tears, holes, or openings. There should be no signs of thawing with frozen foods and they should be solid. All foods that are refrigerated should feel cold. Check safety seals on food packages. If a lid is loose, it means the vacuum seal is lost and the food item may be contaminated. If a seal seems to be damaged do not buy that product and report it to the store manager or employee. Do not purchase cans that are deeply dented, have a dent on the top or the side seams, are rusting, or are bulging. The dents may damage the seal and allow bacteria to enter the can.

When buying dairy products, ensure they are cold. Get them close to the end of your shopping trip to lessen the time they are out of the fridge.

Always look at the eggs before you buy them. Make sure they are clean and are not cracked or broken.

Only buy fish from grocery stores and seafood markets. Check to make sure the flesh is shiny and firm, does not smell overly ‘fishy’ and is not separating from the bone.

Always make sure meat packaging is tightly sealed. Choose packaged chicken that is pink in color and not gray. Put meat, poultry, and seafood in plastic bags before putting them in your cart. This way, if they leak, they do not infect your entire cart.

Information from the Academy of Nutrition and Dietetics.
Common food safety mistakes can easily make you sick.

Never taste food to see if it is still good. If your food has bacteria on it, you might not be able to see, smell, or taste it. Taking even a tiny bite of food that has harmful bacteria can cause you to get very sick.

Never put cooked or ready to eat foods back on a plate that held raw meat, poultry, or seafood. This can cause cross-contamination and food poisoning as a result. Use separate plates, cutting boards, and utensils to keep the raw meat away from ready to eat foods.

Do not thaw meat on the counter. Thaw foods in the refrigerator, cold water, or in the microwave. Bacteria that cause food poisoning rapidly grows between 40° F and 140° F.

Letting food cool completely before putting it in the refrigerator can also be dangerous. Do not leave it outside the refrigerator for more than two hours or one hour if it is more than 90° F outside. If you are tailgating, picnicking, or on a road trip use well insulated coolers with ice packs.

Information from the Academy of Nutrition and Dietetics and pictures from Google.
Common food safety mistakes can easily make you sick.

A common food mistake often made is eating raw cookie dough and other foods that have uncooked eggs and flour in them. Raw eggs can contain Salmonella or other harmful bacteria. Cook eggs all the way to help ensure your safety. Avoid foods with raw flour in them because raw flour may contain E. coli, which can also make you sick.

There are two common mistakes while marinating meat or seafood. First, is that you should never marinate the food on the counter because the temperature is unsafe. Second, never use the same marinade on raw and cooked meats. Many people use the leftover marinade on their meats after it has finished cooking. This promotes the transfer of bacteria from the raw food to the cooked foods.

Avoid undercooking your meat, poultry, seafood, or eggs. These foods are only safe after being cooked to a high enough temperature to kill harmful bacteria. These temperatures vary depending on the type of meat. The only way to determine if cooked foods are safe to eat is to use a thermometer, not sight, taste, or smell. See page 23 for a list of safe cooking temperatures.

Not washing your hands is a major cause of spreading germs. Always wash your hands for at least 20 seconds with warm, soapy water before and after handling foods. Dishrags and sponges are some of the dirtiest parts of your kitchen. Sanitize sponges daily and replace them every week or two.

Information and picture from the Academy of Nutrition and Dietetics.
Sponges are very helpful tools while in the kitchen, but they can quickly turn dangerous.

Sponges can pick up harmful bacteria that can make you sick. You can reduce the germs stuck in your sponges with the following tips.

*Clean your sponge daily.* The USDA found that microwaving a damp sponge for one minute or dishwashing with a drying cycle kill 99% of bacteria, yeast, and molds.

*Replace your sponge frequently.* Even after cleaning it daily, there is still bacteria on it. It is recommended to change your sponge every week or two. If your sponge begins to smell at any point, throw it away immediately.

*Store your sponge somewhere dry.* Before storing, always wash off any loose food or debris and ring it out. Letting the wet sponge sit on the counter top allows the harmful bacteria to grow. Avoid leaving damp sponges in an enclosed area.

*Do not wipe up meat juices with your sponge.* This can increase your chance of spreading a food borne illness pathogen. Use a paper towel or disinfectant wipes to clean up. This will help you avoid spreading the germs and bacteria to countertops.

Your dishcloths also need to be washed frequently to avoid becoming sick. Use different dishcloths for different purposes, like one for drying dishes and one for handwashing.

*Information and picture from the Academy of Nutrition and Dietetics.*
Food packaging can help you maintain a healthy lifestyle.

There are two different types of dating when it comes to food products. They are called open and closed dating.

Open dating is a calendar date. This helps the store know how long they can display the product to be sold. It also helps the consumer know when to purchase or use the product to ensure the best quality. There must either be a ‘best by’, ‘sell by’, or ‘use by’ date printed on the package.

The ‘sell by’ date means the last day that a store should sell that package. You should buy this product before this date passes and use or freeze it shortly after.

The ‘best by’ date means it will have the best quality or flavor if used before this date. It is not a food safety measure. The product should be safe to eat after this date as long as it has been stored and handled properly.

The ‘use by’ date is the date recommended for use of the product at the best quality according to the manufacturer. If a product has a ‘use by’ date, follow that date more closely.

A closed date, also called a coded date, is the packing numbers used by the manufacturer. These are generally found on cans, boxes of foods, and other shelf stable items.

Information and picture from the Academy of Nutrition and Dietetics.
## Safe Cooking Temperature List

<table>
<thead>
<tr>
<th>Category</th>
<th>Food</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ground Meat and Meat Mixtures</strong></td>
<td>Beef, Pork, Veal and Lamb</td>
<td>160°F</td>
</tr>
<tr>
<td></td>
<td>Hamburgers (prepared as patties, meatballs, etc.)</td>
<td>160°F</td>
</tr>
<tr>
<td></td>
<td>Turkey and Chicken</td>
<td>165°F</td>
</tr>
<tr>
<td><strong>Fresh Beef, Veal, Pork and Lamb</strong></td>
<td>Steaks, Roasts and Chops*</td>
<td>145°F</td>
</tr>
<tr>
<td><strong>Poultry</strong></td>
<td>Whole Chicken and Turkey</td>
<td>165°F</td>
</tr>
<tr>
<td></td>
<td>Poultry Breasts and Roasts</td>
<td>165°F</td>
</tr>
<tr>
<td></td>
<td>Poultry Thighs, Legs and Wings</td>
<td>165°F</td>
</tr>
<tr>
<td></td>
<td>Duck and Goose</td>
<td>165°F</td>
</tr>
<tr>
<td></td>
<td>Stuffing (cooked in bird or alone)</td>
<td>165°F</td>
</tr>
<tr>
<td><strong>Pork</strong></td>
<td>Fresh Pork*</td>
<td>145°F</td>
</tr>
<tr>
<td></td>
<td>Fresh Ham (raw)*</td>
<td>145°F</td>
</tr>
<tr>
<td></td>
<td>Precooked Ham (to reheat)**</td>
<td>140°F</td>
</tr>
<tr>
<td><strong>Egg Dishes</strong></td>
<td>Egg Dishes</td>
<td>160°F</td>
</tr>
<tr>
<td><strong>Leftovers</strong></td>
<td>Leftovers</td>
<td>165°F</td>
</tr>
<tr>
<td><strong>Casseroles</strong></td>
<td>Casseroles</td>
<td>165°F</td>
</tr>
<tr>
<td><strong>Seafood</strong></td>
<td>Fin Fish</td>
<td>145°F</td>
</tr>
<tr>
<td></td>
<td>Shrimp, Lobster and Crabs</td>
<td>Cook until flesh is pearly and opaque</td>
</tr>
<tr>
<td></td>
<td>Clams, Oysters and Mussels</td>
<td>Cook until shells open during cooking</td>
</tr>
<tr>
<td></td>
<td>Scallops</td>
<td>Cook until flesh is milky white or opaque and firm</td>
</tr>
<tr>
<td><strong>Game Animals</strong></td>
<td>Venison, Elk and Bison</td>
<td>160°F</td>
</tr>
</tbody>
</table>

*Information from the Academy of Nutrition and Dietetics.*
Food preparation: keeping safety, nutrition, and flavor in mind.

*Wash all fruits and vegetables with cool tap water.* Use a soft brush to clean thick skinned fruits and vegetables such as melons and squash. Avoid soaking, because some vitamins dissolve.

*Leave the edible skins on vegetables and fruits.* Most of the vitamins and minerals are in the peels, not in the center. The skin is a natural barrier against nutrient loss.

*If you are cooking fruits or vegetables, cut them into larger pieces.* Since there is less surface area, there are more nutrients saved.

*Cooking food either enhances flavor or it destroys it.* Overcooking meat can affect flavor so use a food thermometer to ensure meat has reached recommended temperatures. Overcooking vegetables can also change flavors. Strong tasting vegetables like brussels sprouts and turnips can become even stronger when they are overcooked.

*Cook vegetables by steaming them.* The vegetables usually do not touch the water, so most of the nutrients are saved.

*Nutrients such as B vitamins and vitamin C are easily destroyed by heat.* To keep nutrients in the food, cook vegetables like asparagus, green beans, and broccoli quickly, only until they are slightly tender.

*Information and picture from the Academy of Nutrition and Dietetics.*
Healthy Living: Health Conditions
There are two types of diabetes, type 1 and type 2.

Your body breaks down the sugars and starches you eat into a sugar called glucose. Glucose is a major source of energy for your body, especially your brain. Insulin is a hormone that helps your cells take in the glucose from the blood stream. When you have diabetes, your body is not efficient at removing the sugar from the blood and giving it to the cells.

- **Type 1** is generally diagnosed in children and young adults. It was previously known as juvenile diabetes. Only 5% of people with diabetes have this form of the disease. In type 1, the body does not produce insulin. With insulin therapy, even young children can learn to manage their condition and live a long, healthy life.

- **Type 2** is the most common form of diabetes. With type 2, your body does not use insulin properly. This is called insulin resistance. Your pancreas produces extra insulin at first to help your body. After time, your body cannot make enough insulin to keep your blood glucose levels at normal levels.

*Information from the American Diabetes Association.*
*Picture from Google.*
Hyperglycemia is the medical term for high blood sugar.

Hyperglycemia happens when your body has too little insulin or when the body cannot use the insulin properly.

There are multiple things that can cause hyperglycemia.

- If you have type 1, you may have not given yourself enough insulin.
- If you have type 2, your body may not be effective at using the insulin it produces.
- You may have eaten more than planned or exercised less than planned.
- Your body may be stressed due to an illness, like the cold or flu. Other stressors like family conflicts, school, or dating problems can also impact levels.
- You may have experienced the dawn phenomenon. This is when a large amount of hormones are released around 4:00 to 5:00 am.

The signs and symptoms of hyperglycemia is high blood glucose level, high levels of sugar in the urine, frequent urination, and increased thirst.

You can often lower your blood sugar level by exercising.

*Information from the American Diabetes Association. Picture from Google.*
Hypoglycemia is the medical term for low blood sugar.

Hypoglycemia is a condition where you have an abnormally low blood sugar. It may also be called insulin reaction or insulin shock.

Each person has their own signs and symptoms of hypoglycemia, so it is important to learn yours. Common signs and symptoms include shakiness, sweating, chills, clamminess, confusion, hunger and nausea, blurred vision, and seizures.

To treat your low blood sugar, consume 15 to 20 grams of simple carbohydrates. This includes glucose tablets, gel tubes, 4 ounces of juice, 1 tablespoon of honey, or hard candies. Test your blood sugar 15 minutes later and repeat if it is still low. When your blood sugar returns to normal, eat a small snack if your next planned meal is more than one to two hours away.

Information from the American Diabetes Association.
Pictures from Google.
Hypertension or high blood pressure is when your blood pressure is consistently too high. Blood pressure is the force of your blood flowing through your blood vessels.

Nearly half of Americans have high blood pressure, but many do not even know they have it.

There are multiple risk factors for hypertension.

- If your parents or close family members have high blood pressure, your risk is increased.
- As you age, you have a higher risk of hypertension. The blood vessels lose some elasticity which can cause higher blood pressure.
- If you are younger than 64, men have an increased risk of hypertension, but 65 and older women are more likely to get high blood pressure.
- African-Americans tend to have a higher risk than most other people in the United States. This population tends to have more severe hypertension and medications are usually less effective.
- Chronic kidney disease may also cause hypertension. On the other hand, hypertension can cause kidney damage.

Information from the American Heart Association.

Picture from Google.
There are multiple risk factors that you can change to help prevent hypertension or lower your blood pressure.

- If you have a low level of physical activity your risk of hypertension is increased. Physical activity is good for you heart health in general.

- An unhealthy diet also increases your risk of high blood pressure. Eating a balanced diet with foods from all food groups is key. Try to limit sodium intake, as well as saturated fat, trans fat, and sugar.

- Being overweight or obese puts a larger strain on your heart and circulatory system. It also increases your risk of cardiovascular disease and diabetes.

- Another risk factor is drinking too much alcohol. It can cause multiple health problems including heart failure and stroke. It causes high blood pressure, increased risk of cancer, obesity, alcoholism, suicide, and accidents.

*Information from the American Heart Association.*

*Picture from Google.*
One way to limit sodium intake is to follow the Dietary Approaches to Stop Hypertension, or DASH, Diet.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Daily Servings</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>6-8</td>
<td>1 slice bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup pasta, rice, or cereal</td>
</tr>
<tr>
<td>Meats, Poultry, and Fish</td>
<td>6 or less</td>
<td>1 ounce cooked meat</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 egg</td>
</tr>
<tr>
<td>Vegetables</td>
<td>4-5</td>
<td>1 cup raw leafy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cut raw or cooked</td>
</tr>
<tr>
<td>Fruit</td>
<td>4-5</td>
<td>1 medium fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup fresh, frozen, or canned</td>
</tr>
<tr>
<td>Dairy (low or fat free)</td>
<td>2-3</td>
<td>1 cup milk or yogurt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 ½ ounce cheese</td>
</tr>
<tr>
<td>Fats and Oils</td>
<td>2-3</td>
<td>1 teaspoon margarine</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 Tablespoon mayonnaise</td>
</tr>
<tr>
<td>Sodium</td>
<td></td>
<td>2,300 mg</td>
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</table>

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Weekly Servings</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nuts, Seeds, Dry Beans, and Peas</td>
<td>4-5</td>
<td>2 Tablespoon nut butter</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup cooked beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 ½ ounce nuts</td>
</tr>
<tr>
<td>Sweets</td>
<td>5 or less</td>
<td>1 Tablespoon sugar or jelly</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup sorbet</td>
</tr>
</tbody>
</table>

*Information from the National Heart, Lung, and Blood Institute.*
Know what your food is claiming when it comes to sodium levels.

Packaged and restaurant foods account for 75% of your sodium intake, while salt added to food while cooking it or eating adds 11%. On average, Americans eat 3,400 mg of sodium per day. The Dietary Guidelines for Americans recommends adults and children over age 14 limit sodium to 2,300 mg per day. If you have prehypertension or hypertension, you should try to limit your sodium intake to 1,500 mg per day. Below is a simplified list of the common claims and what they actually mean.

<table>
<thead>
<tr>
<th>What it says:</th>
<th>What it really means:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salt/ Sodium Free</td>
<td>Less than 5 mg of sodium per serving</td>
</tr>
<tr>
<td>Very Low Sodium</td>
<td>35 mg or less of sodium per serving</td>
</tr>
<tr>
<td>Low Sodium</td>
<td>140 mg of sodium or less per serving</td>
</tr>
<tr>
<td>Reduced Sodium</td>
<td>At least 25% less sodium than the regular product</td>
</tr>
<tr>
<td>Light in Sodium/Lightly Salted</td>
<td>At least 50% less sodium than the regular product</td>
</tr>
<tr>
<td>No-Salt-Added or Unsalted</td>
<td>No salt is added during processing, but these products may not be sodium free unless stated</td>
</tr>
</tbody>
</table>

Information from the U.S. Food and Drug Administration.
Healthy Living: Being Active
Finding ways to get more exercise doesn’t have to be impossible or expensive.

Incorporate more walking in your daily life. If you have a family member or friend join you, it may make it more enjoyable. Living where the weather changes regularly, it may benefit you to find an indoor track or even go to your local mall. Walking and exercise in general helps to keep blood sugar from spiking.

A healthy adult should aim for 10,000 steps per day. The following chart compares the steps taken per day and your activity level.

<table>
<thead>
<tr>
<th>Steps per Day</th>
<th>Activity Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 5,000</td>
<td>Sedentary</td>
</tr>
<tr>
<td>5,000- 7,499</td>
<td>Low active</td>
</tr>
<tr>
<td>7,500- 9,999</td>
<td>Somewhat active</td>
</tr>
<tr>
<td>10,000 or above</td>
<td>Active</td>
</tr>
<tr>
<td>12,000 or above</td>
<td>Highly active</td>
</tr>
</tbody>
</table>

Always take the stairs and park farther away at the store if you are able. This will give you a few chances to get extra steps in throughout your day.
Becoming more active starts in your everyday life.

There are many things that you can do in your everyday life that helps you become more active. Simple tasks like cleaning the house, folding laundry, pulling weeds, and mowing lawn are all things that you do on a regular basis.

- Do aerobic or cardio activities to work your heart and lungs 3 to 5 times per week. This includes activities such as basketball, jumping jacks, biking, running, swimming, Zumba, soccer, and dancing.
- Work on your muscles, balance, and flexibility with strength activities 2-3 times per week. Strength activities include stretching, resistance bands, push-ups, yoga, stability balls, and lifting weights.
- Try to limit the amount of time you are sitting in one period. Avoid sitting for more than 30 minutes at one time. If you are crafting, playing video games, watching TV, on the computer, or even reading a book you should get up and walk every 30 minutes.
Additional Resources:

- The Academy of Nutrition and Dietetics: Recipes and Tips for Kids and Toddlers
  http://www.eatright.org/resources/for-preschooler

- Feeding America: Healthy Recipes:
  https://hungerandhealth.feedingamerica.org/healthy-recipes/

- Choose My Plate: Recipes and Tips:
  https://www.chookeyplate.gov/

- Dietary Guidelines for Americans:
  https://www.cnpp.usda.gov/dietary-guidelines

- USDA: Food Safety Videos:

- American Heart Association:
  https://www.heart.org/

- American Diabetes Association:
  http://www.diabetes.org

***If you have any health issues related to diabetes, hypertension or another health condition please visit your local healthcare provider for more information.