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[www.islandharvest.org](http://www.islandharvest.org)

# The GrapeVine

May 2019

## Helping to Decrease Hypertension Risk

May is National Hypertension Education Month

Obesity is one major risk factor for developing hypertension and nutrition plays an important role in reducing this risk.

- **What is hypertension?** Hypertension is the medical term for high blood pressure. Blood pressure is the force of blood pushing against the walls of your blood vessels as it circulates throughout your body. A healthy blood pressure reading is less than 120/80.
- **Why is hypertension bad for your health?** Overtime, consistently high blood pressure damages your blood vessels and arteries. Damaged blood vessels can lead to heart failure, stroke, kidney damage, vision loss and a heart attack.
- **How nutrition can help:** Whether you've been diagnosed with hypertension or if you're at risk, following these simple nutrition tips can help you get on track to a healthy life.
  1. **Eat less Sodium:** Sodium is found in the form of salt in foods. Consuming too much salt can increase blood pressure. No more than 2,300mg of sodium should be consumed in one day.
  2. **Read the Food Label:** Be aware of how much sodium is in the food you're eating or about to purchase by reading the Nutrition Facts label. Foods with **less than 5%** Daily Value of sodium are considered "low" in sodium. Foods with **more than 20%** are considered "high" in sodium.
  3. **D.A.S.H. Diet:** The "Dietary Approach to Stop Hypertension" diet states that a diet high in whole grains, fruits, vegetables, lean protein, and low in saturated fat and salt can combat hypertension.

| Nutrition Facts               |                      |
|-------------------------------|----------------------|
| 8 servings per container      |                      |
| <b>Serving size</b>           | <b>2/3 cup (55g)</b> |
| <b>Amount per serving</b>     |                      |
| <b>Calories</b>               | <b>230</b>           |
| % Daily Value*                |                      |
| <b>Total Fat</b> 8g           | <b>10%</b>           |
| Saturated Fat 1g              | <b>5%</b>            |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 160mg           | <b>7%</b>            |
| <b>Total Carbohydrate</b> 37g | <b>13%</b>           |

### Start A Healthy Gossip

It's easy to get children thinking about good nutrition and healthy choices. The questions below will help start a conversation that will spark interest with children about healthy eating.

- How does your tummy feel when you eat fruits and vegetables?
- Can you name two foods that will keep your heart healthy and strong?
- Name the healthy foods from the list: Pizza, potato chips, blueberries, soda, carrots, whole wheat bread, muffins

## Upcoming Events

### Agency Food Safety

**Friday, May 10<sup>th</sup>**

2:00 pm – 3:30 pm

Island Harvest Food Bank  
 40 Marcus Blvd., Hauppauge

**Thursday, May 23<sup>rd</sup>**

1:30 pm – 3:00 pm

St. Christopher's  
 11 Gale Ave., Baldwin

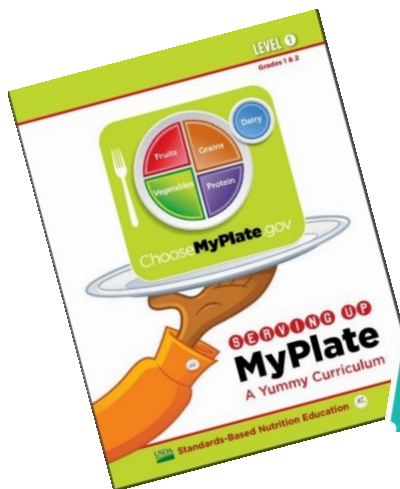


**A Yummy Curriculum:** MyPlate provides various resources and lesson plans for grades 1-2, 3-4 and 5-6. Each lesson plan comes with corresponding handouts, songs and activities. All lesson plans discuss healthy eating and importance of exercise.

Grades 1-2: [https://fns-prod.azureedge.net/sites/default/files/tn/sump\\_level1.pdf](https://fns-prod.azureedge.net/sites/default/files/tn/sump_level1.pdf)

Grades 3-4: [https://fns-prod.azureedge.net/sites/default/files/tn/sump\\_level2.pdf](https://fns-prod.azureedge.net/sites/default/files/tn/sump_level2.pdf)

Grades 5-6: [https://fns-prod.azureedge.net/sites/default/files/sump\\_level3.pdf](https://fns-prod.azureedge.net/sites/default/files/sump_level3.pdf)



**Grocery Store Fun:** Fun, interactive games for kids to play during a trip to the grocery store! MyPlate bingo is a fun way for kids to see and look for different healthy foods while walking around the store. Food Critic gives kids a chance to pick out a fruit or vegetable they've never tried before and score it on different food qualities.

Bingo: [https://fns-prod.azureedge.net/sites/default/files/tn/Bingo\\_508.pdf](https://fns-prod.azureedge.net/sites/default/files/tn/Bingo_508.pdf)

Food Critic: [https://fns-prod.azureedge.net/sites/default/files/tn/Food\\_Critic\\_508.pdf](https://fns-prod.azureedge.net/sites/default/files/tn/Food_Critic_508.pdf)

## Zucchini Tater Tots

### Ingredients:

- 3 large russet potatoes, peeled
- 2 zucchinis, shredded (about 2-3 cups) 1 ½ tsp salt
- 1-2 tbsp. Olive Oil



### Directions:

1. Preheat oven to 425<sup>0</sup> F.
2. Boil potatoes in a pot--cook for about 20 minutes or until fork tender, but not soft, drain/let cool--potatoes should still be warm.
3. Grate potatoes and put into large bowl. Grate each zucchini and squeeze out liquid with a clean dishtowel. Combine with potatoes.
4. Line a cookie sheet with parchment paper. Use hands to form small cylinders with the mixture. Freeze for 10 minutes.
5. Brush each top with olive oil, bake for 30 minutes flipping halfway through.

## Banana Ice Cream

### Ingredients:

- 2 Ripe Bananas, sliced and frozen

### Directions:

1. Add bananas to food processor and blend.
  2. Scrap down the sides when needed. Blend until smooth, 3-5 minutes
  3. Scoop into bowl and enjoy!!
- Top with nuts, berries, or shredded coconut.