

The GrapeVine

February 2021

♥ Happy Heart Month! ♥

February is American Heart Month. Heart health has never been more important since people with poor heart or cardiovascular health are at increased risk of severe illness from COVID-19. This Month's Nutrition Resource Center features sites that provide a wealth of information, guidance and recipes to keep your heart strong. There are many components to heart health, here we will focus on one small but impactful diet-related factor—reducing dietary salt (sodium). Health experts agree that the excess amount of sodium in our diets contributes, significantly, to high blood pressure, which, in turn, increases risk for heart attacks and strokes.

Tips for Reducing Sodium (salt)

The average American consumes between 3000 mg and 4000 mg sodium per day. The American Heart Association recommends 1500 mg sodium per day or less for ideal heart health. Speak with your health care provide about how much sodium you should be consuming in a day. Here are some tips for reducing sodium:

- Whenever possible, cook from scratch and cut back on pre-prepared foods/processed foods and take-out/restaurant foods—this is where most (about 70%) of excess sodium comes from in diets.
- Sodium is listed on food labels. Use the Nutrition Facts on packaged foods to keep track of how much sodium you are consuming.
- Instead of salt, use herbs and spices like garlic, onion, basil, oregano, rosemary, cumin, paprika or salt-free spice blends to flavor foods.
- Choose low-sodium or reduced-sodium products. Rinse canned foods, such as beans and canned vegetables, that contain added salt.



20% sodium is high, aim for products with 5% or less (low) sodium

Upcoming Events

Zoom Orientation/Food Safety & Nutrition

February 10th, 10:00 am – 12:00 pm

Please contact Karen LaSorsa or Elizabeth Notarbartolo at 631-873-4775 to register.



Senior (60+) Food Distributions:

Please call for income eligibility requirements at: 631-873-4775.

When: Tuesdays: 2:00 pm-4:00 pm

and Fridays: 9:00 am-11:00 am

Where: Island Harvest Food Bank
40 Marcus Blvd., Hauppauge



NUTRITION RESOURCE CENTER

National Heart Lung and Blood Institute (NHLBI): Each February, NHLBI and The Heart Truth® celebrate American Heart Month by motivating Americans to adopt healthy lifestyles to prevent heart disease. Visit the NHLBI site to get more information on ways to support heart-health throughout the year! [NHLBI American Heart Month](http://www.nhlbi.nih.gov/heart-month)

7 Days of Self-Care

#SelfcareSunday
Create your self-care checklist for the week

#MindfulMonday

Know your **blood pressure numbers** and other heart stats

#TastyTuesday

Try a **tasty, heart-healthy recipe**

#WellnessWednesday

Put your **heart** into your wellness routine

#TreatYourselfThursday

Treat your heart to some **relaxation and fun**

#FollowFriday

Share who **inspires you** to show your heart more love

#SelfieSaturday

Post about your favorite way to take care of **your heart**



American Heart Association (AHA):

The AHA website provides comprehensive information on heart/cardiovascular health. Use these links to access how-to videos on cooking skills and heart-healthy recipes.

- [American Heart Assn. Cooking Skills](http://www.heart.org/healthy-living/healthy-eating/how-to-eat-healthy/articles/cooking-skills)
- [American Heart Assn. Heart-Healthy Recipes](http://www.heart.org/healthy-living/healthy-eating/how-to-eat-healthy/articles/heart-healthy-recipes)

Heart-Healthy Caesar Salad Dressing

Ingredients:

- 1 ripe avocado, mashed
- 2 garlic cloves, minced
- 4 tbsp. fresh lemon juice
- 2 tbsp. mayonnaise
- 1 tsp. mustard (Dijon works best)
- 2 tsp. Worcestershire sauce



Directions:

- Place all ingredients in a food processor or blender and blend until smooth.
- Use as a dressing for your favorite salad greens

Turkey-Chickpea Burgers

Ingredients: (about 12 servings)

- 1 lb. lean ground turkey
- 1 can chickpeas, rinsed, drained and mashed
- ½ cup whole grain, no-salt added bread crumbs
- 1 small onion, diced and sautéed
- 1 tsp. mustard (Dijon works well)
- 1 tbsp. ketchup
- 1 tsp. Worcestershire sauce
- 2 tbsp. olive oil or other vegetable oil

Directions:

- Combine all ingredients except onions and oil in a large bowl
- Heat oil in a sauté pan and sauté onions until soft than add to bowl with other ingredients
- Form 8 patties
- Cook burgers until done— about 12 – 14 minutes total—cook for 6-7 minutes on one side than flip and cook for another 6-7 minutes--until center-internal temperature of burgers reaches 165° when measured with a food thermometer

Tips & Facts:

- Avocados are nutritional powerhouses; packed with heart-healthy fats, vitamins K, E and folate, potassium, fiber and even some protein!
- Use whole grain burger buns for added fiber.