



## Heart-Smart Living

February is American Heart month and heart disease is still the leading cause of death in the US. The American Heart Association recommends that Americans “know their numbers”, referring to blood pressure, blood sugar, cholesterol levels, and weight. These “numbers” can be positively impacted by diet and lifestyle. Adequate physical activity, heart-smart eating, sleep, stress management (learn more here: [Less Stress](#)) and not smoking/smoking cessation (find support here: [Smoke-Free](#)) are all manageable lifestyle behaviors that effect risk. Here are two simple heart-smart diet tips that can serve as a first step towards heart-healthy living.

### 1. Focus on Fat Quality

There are fats that should be limited or avoided, such as saturated and trans fats, but not all fats are unhealthy. In fact, *including* healthier fats in your diet can help reduce heart disease risk as well. Here's what to look for:



- **Avoid/Limit Saturated and Trans Fats:** Saturated fats are found in animal products; meats and full fat dairy, and tropical oils such as coconut and palm oil. Trans fats are found in processed and packaged foods that have partially hydrogenated oil in the ingredient list. Even if zero trans-fat is listed, avoid partially hydrogenated oils-- up to 0.5 grams of trans fat per serving can be listed as zero trans-fat.
- **Include Monounsaturated fats:** Found in olive oil, avocados, nuts, and nut butter.
- **Include Polyunsaturated fats:** Found in vegetable oils such as sunflower, soybean oil, sesame, and tahini (sesame seed paste) and pine nuts.
- **Include Omega-3 fatty acids:** Found in fatty fish such as tuna, salmon, sardines, mackerel, and in walnuts, chia seeds, and flaxseed.

### 2. Sodium/Salt

Health experts recommend that adults keep sodium below 2,300 mg per day, for children it is less. However, the average daily sodium intake for Americans, over 1 year of age, is more than 3,400 mg per day! Salt accounts for most of the sodium in diets. That's because salt is 40% sodium, and 1 level tsp. contains 2,300 mg sodium. High sodium intake can lead to high blood pressure. Knowing where most of the sodium/salt comes from in our food is a good first step to reducing sodium intake.

## Upcoming Events

### Orientation/Food Safety & Nutrition

When: February 21<sup>st</sup> at 10:00am-12:00pm

Where: Contact Sierra Puwalski or Caleb Miller at 631-873-4775 for information or to register.

### Senior (60+) Food Distributions

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

### Nutrition Workshops

Topic: Heart-Smart Living  
 When: February 6<sup>th</sup> at 1:00 pm  
 Where: Island Harvest  
 126 Spagnoli Rd., Melville



## Where's the Salt/Sodium?

Only about 11% comes from cooking & what is added at the table.



About 14% of sodium is naturally found in foods and tap water.



Most of the remainder, over 70%, comes from processed foods and restaurant foods!





## NUTRITION & HEALTH RESOURCE CENTER

### Know Your Numbers

Know your numbers is an American Heart Association Awareness campaign originally intended for people with prediabetes or type 2 diabetes. People with prediabetes and Type 2 diabetes are more likely to have high blood cholesterol, high blood pressure, and/or high blood sugar and to be overweight or obese. All these factors increase the risk of developing heart/cardiovascular disease and other serious health complications. Learn more here:

[AHA Numbers](#)



### National Heart, Lung, and Blood Institute Resources (NHLBI)

This NHLBI site provides tools and materials that can educate the public and bring greater attention to heart disease and its risk factors. Learn more here:

[Heart Healthy Living](#)



### White Fish in Veracruz Sauce



#### Ingredients:

- 2 pounds filleted whitefish--cod, tilapia, or sole
- ¼ cup fresh lime juice
- 1 tbsp. olive oil or other vegetable oil
- 1 small onion, peeled and sliced
- 1 small seeded green bell pepper, cut in strips
- 2 garlic cloves, minced
- 28 oz. can no salt added, fire roasted tomatoes
- ½ cup sliced green olives
- 1 tbsp. capers
- 1 tsp. oregano
- 1 bay leaf
- Salt (optional) and pepper to taste
- 4 tbsp. fresh cilantro, chopped
- 1 lime cut into 8 wedges

#### Directions:

1. Heat a large pan/skillet over medium heat and then add the oil to the pan.
2. Add onion and cook until soft; about 8 to 10 minutes.
3. Stir in peppers and garlic and cook about 30 more seconds.
4. Add tomatoes, green olives, capers, oregano, and bay leaf.
5. Bring the sauce to a boil, then lower to a simmer.
6. Pat the fish filets dry with a paper towel and sprinkle both sides with salt (optional) and pepper.
7. Place the fish filets in the sauce and cover with some of the sauce, then cover the pan/skillet and cook on low heat for about 10-15 minutes or until fish is opaque and cooked through (145°F measured with a thermometer).
8. Sprinkle on some fresh cilantro.
9. Serve over rice and with lime wedge and sliced avocados (optional).