

Nutrition Connection

The latest news and events from the Kendall Anderson Nutrition Center at Colorado State University

Be Heart Smart this February!

Flowers? Chocolate? Check! Healthy heart? February isn't just for showing others how much you love them, it's also the month for showing your own heart some love!



One in every three deaths is caused by heart disease and stroke. It is the leading cause of **preventable** death in persons aged 40-65 and there are more than 2 million heart attacks and strokes each year. According to the American Heart Association, “Diet and lifestyle are your best weapons for fighting heart disease.” It is important to remember that it is not about always making the perfect choice, but it is about embracing an overall healthy lifestyle pattern.

Risk Factors

Risk factors are conditions or behaviors that increase your risk for heart disease. If you already have the disease, they increase the likelihood that the disease will worsen. Some risk factors cannot be controlled, such as your age and family history. But many risk factors can be controlled through lifestyle changes, and it is crucial to control the risk factors that you can! Having even one risk factor greatly increases your chances of having heart disease. If any of these risk factors apply to you, see your doctor or dietitian today about what you can do to prevent heart disease.

- ◆ Smoking or tobacco use
- ◆ Overweight or Obesity
- ◆ Physical inactivity
- ◆ Unhealthy diet
- ◆ High blood pressure
- ◆ High cholesterol
- ◆ Prediabetes or Diabetes
- ◆ Family history of heart disease
- ◆ Increasing age
- ◆ History of preeclampsia during pregnancy

Prevention

Eating a healthful diet is one of the best ways to prevent heart disease. Small, gradual changes can improve your health and reduce your risks of getting heart disease. Here are some things to start with:

Go Lean with Protein

Animal protein can be high in saturated fat which may contribute to high cholesterol and weight gain. Choose lean meats, fish, or poultry with the skin removed and plant-based protein like soy, nuts and seeds.

Dark Chocolate and red wine may have health benefits when enjoyed in moderation. Choose dark chocolate with 70% or higher cocoa content. No more than 2 drinks per day for men, and 1 drink per day for women is recommended. Chocolate and wine for Valentines Day?

Yes, please!

Choose Healthy Fats

Both saturated fat and trans fat can contribute to heart disease and stroke. Check the labels on processed foods for trans fat and use healthy oils such as olive or canola oil when cooking. Eating fatty fish such as salmon twice a week provides heart healthy omega-3 fats that can reduce cholesterol and triglycerides.

Make Half Your Grains Whole Grains

Whole grains contain fiber, which helps lower cholesterol level and can keep us full longer so that we eat less. Make half your grains whole grains everyday and get a variety of grains when possible.

Reduce Added Sugar

Added sugar contributes calories but not nutrients to our diets. The Dietary Guidelines recommend no more than 6 teaspoons for women and 9 teaspoons for men of **added** sugars per day.

Increase Fruits and Vegetables

For optimal heart health, eat 5-8 servings of fruits and vegetables everyday. They are high in fiber, vitamins and minerals, and low in fat and calories.

Reduce Sodium

Most Americans consume 3,400 mg of sodium per day, but the American Heart Association recommends 1,500 mg per day for heart health. Most sodium does not come from our salt shakers, but rather from processed foods. Read labels skillfully to determine whether a product is heart healthy. Below are some claims that educated consumers should know:

Sodium-Free	Less than 5 milligrams of sodium per serving and contains no sodium chloride
Very Low Sodium	35 milligrams or less per serving
Low-Sodium	140 milligrams or less per serving
Reduced (or less) sodium	At least 25 percent less sodium per serving than the usual sodium level
Light (for sodium-reduced products)	Food is "low calorie" and "low fat" and sodium is reduced by at least 50 percent per serving from the regular variety
Light Sodium	Sodium is reduced by at least 50 percent per serving from the regular variety

Chicken Tortilla Soup

Ingredients:

- 1½ teaspoon cumin
- 1½ teaspoon chili powder
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil, divided
- 1 medium onion, diced
- 1 green bell pepper, diced
- 1 red, orange, or yellow bell pepper, diced
- 2 cloves garlic, diced
- 1 (15 oz) can diced tomatoes with green chiles
- 32 ounces low sodium chicken broth
- 3 tablespoons tomato paste
- 2 (15 oz) cans black beans, rinsed and drained
- 4 cups water (more or less as desired)
- Optional garnishes: light sour cream or plain yogurt, chopped cilantro, sliced avocado, crushed tortilla chips, shredded cheese



Directions:

1. Preheat oven to 375°F.
2. Combine the first 4 seasonings in a small bowl.
3. Place the 4 chicken breasts on a baking sheet. Drizzle with 1 tablespoon olive oil, and then sprinkle with half of the spice mixture from the small bowl. Set aside the other half.
4. Bake chicken for 20-25 minutes, or until thermometer reads 165°F. Remove from pan and shred chicken, pulling it apart with two forks. Set aside.
5. In a large soup pot, heat the remaining tablespoon of oil over medium heat. Add onions, peppers, and garlic. Sauté about 5 minutes, stirring frequently. Stir in remaining spices and shredded chicken.
6. Add canned tomatoes, chicken broth, tomato paste, black beans, and water. Bring to a boil. Reduce the heat to a simmer. Let cook uncovered for at least 30 minutes (longer if desired).
7. Taste soup and add more salt or seasonings to taste. Ladle into bowls, and garnish with tortilla chips and other optional garnishes.

Serving Size: 2.0 cup

Yield: 8 servings

Nutrition Information / Amount per serving:

Calories	206	Protein	22.7 g
Total fat	5.7 g	Total Carbohydrates	16.6 g
Saturated fat	1.0 g	Dietary Fiber	4.7 g
Cholesterol	40.4 mg	Sodium	299.1 mg

Get Healthy with KANC in 2016!



DATE NIGHT WITH YOUR VALENTINE

Our popular cooking class for you and your favorite partner returns on **Friday, February 12 from 6-8 pm**. You will prepare delicious dishes with us, learning about cooking and nutrition while having fun! Cost of just \$60 per couple includes printed recipes and a full meal. Register online at

<http://www.nutritioncenter.colostate.edu/classes/date-night.aspx>

DIABETES IN THE KITCHEN

If you have diabetes or prediabetes, this unique class is for you. We will start in the classroom for an informative overview of the disease and ways to take control, then cook together, learning the skills needed to eat right and enjoy your food for the long term. Cost of \$40 includes printed materials, recipes and a full meal. **Wednesday, February 24 from 5:30-7:30 pm**. Register online at <http://www.nutritioncenter.colostate.edu/programs-services/diabetes-in-the-kitchen.aspx>

NATIONAL DIABETES PREVENTION PROGRAM

We are proud to be part of the CDC's nationwide effort to prevent diabetes. If you have Anthem Blue Cross Blue Shield Insurance, you may qualify for this innovative program at no cost, while other insurances and self-pay are options as well! Call for more information: (970) 491-8615. Starts in **February**. Visit our website to see if you qualify or call today for details.

REACH AND MAINTAIN YOUR OPTIMAL WEIGHT THIS YEAR

Our 6-week 'Healthy You: Weight Management and Mindful Eating' program will help you set goals, change behaviors, and learn the nutrition and fitness tips you need for a new and improved lifestyle!

- **Try our Self-Paced Program**

Our easy-to-read workbook contains newsletters, activities, tips sheets, recipes, and homework that you can do in the comfort of your home. Only \$75, includes shipping and handling. Order online at <http://www.nutritioncenter.colostate.edu/programs-services/healthy-you-self-paced.aspx>

TELECOACHING

Did you know you can talk with one of our registered dietitians by telephone, Facetime or Skype? Get the nutrition coaching you need without having to travel to our office! Visit us at <http://www.nutritioncenter.colostate.edu/programs-services/nutrition-counseling.aspx> or call (970) 491-8615 to schedule an appointment.

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