

# PANHANDLE PATH TO HEALTHY LIVING

TEXAS A&M  
**AGRI**LIFE  
EXTENSION



## LOVE YOUR HEART

When stress hits hard like it has during the pandemic, many of us eat more, and less-than-healthy comfort foods may be the treats we reach for first. Unhealthy foods can be hard on your body, especially your heart. That's why it's smart to try to eat more foods that nourish. It'll make your heart happier, and maybe trim your waistline, too.

### Don't know where to start?

- *Eat fresh vegetables and fruits*
- *Include whole grains*
- *Include low-fat dairy products*
- *Include lean protein rich foods like fish, poultry, beans, and unsalted nuts*
- *Limit foods that are high in saturated fat, such as fatty meats, full-fat dairy foods and hydrogenated oils*
- *Include healthy fats like olive and avocado oils*
- *Limit sugar sweetened drinks and desserts.*



**Let's Make Heart Healthy Changes Together In 2022!**

*Lizbeth Gresham*

# Path To Heart Healthy Eating.

## Healthy Heart and Salt and Your Diet

Your body needs salt to work properly. Salt contains sodium. Sodium helps your body control many functions. Too much sodium in your diet can be bad for you. For most people, dietary sodium comes from salt that is in or added to their food.

If you have high blood pressure or heart failure, you will likely be asked to limit how much salt you eat every day. Even people with normal blood pressure will have lower (and healthier) blood pressure if they lower how much salt they eat.

Dietary sodium is measured in milligrams (mg). Your health care provider may tell you to eat no more than 2,300 mg a day when you have these conditions. For some people, 1,500 mg a day is an even better goal.



## Limiting Salt in Your Diet

Eating a variety of foods every day can help you limit salt. Try to eat a balanced diet. Buy fresh vegetables and fruits whenever possible. They are naturally low in salt. Canned foods often contain salt to preserve the color of the food and keep it looking fresh. For this reason, it is better to buy fresh foods. Also buy: Fresh meats, chicken or turkey, and fish, fresh or frozen vegetables and fruits.

Look for these words on labels: Low-sodium, sodium-free, No salt added, Sodium-reduced, Unsalted. Check all labels for how much salt foods contain per serving. Ingredients are listed in order of the amount the food contains. Avoid foods that list salt near the top of the list of ingredients. A product with less than 100 mg of salt per serving is good.

### Low Sodium Shopping List

- Apples, oranges, or bananas, spinach, carrots, broccoli
- Frozen vegetables with no sauce
- Canned low or no salt vegetable
- No or low sodium vegetable juice/broth
- Canned fruits in natural juice/water
- Frozen unsweet or dried fruits
- Whole grain breads low or no sodium
- Brown rice, plain whole oats
- Unsalted popcorn
- Unsalted nuts and seeds



- Meats, Nuts, and Beans
- Fish or shellfish
- Chicken or turkey breast no skin
- Lean cuts of beef or pork
- Dried peas and beans
- Canned no salt beans
- Eggs, low fat milk, yogurt, cheese
- Healthy oils olive, canola, avocado
- Herbs, spices, or salt-free seasoning
- garlic, onions, and peppers
- Lemons, limes, ginger



**DINNER TONIGHT**  
HEALTHY COOKING SCHOOL  
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**Your heart** is the most “essential” worker you have. It beats more than 110,000 beats a day and pumps about 2,000 gallons of blood throughout your body. This fist size muscle is so important, it only makes sense to keep it healthy and happy. To help support and improve your heart, try some **physical activity today!**

### **Keep Moving**

Staying physically active can also improve and support your heart. It strengthens your heart so that it can efficiently pump blood throughout the body. A stronger heart also helps to keep your blood pressure under control. Try to take a brisk walk outdoors daily or keep active around the house; not only are you keeping social distance, but improving circulation to help reduce stress.

### **Reduce Stress for a Healthier Heart**

While you can't always limit the amount of stress in your life, you can work on changing how you respond to it. Try these techniques on your own or find a teacher or class to help you get started. Don't get discouraged if you don't get the hang of it quickly. And if one approach doesn't work for you, try something new. Learn to de-stress for a healthier heart TODAY!

**Meditation.** One of the most studied approaches for managing stress, this involves developing your ability to stay focused on the present, instead of worrying about the past or future. Find a quiet location with as few distractions as possible. Get comfortable by either sitting, lying or walking. Focus your attention on a specific word or set of words, an object or your breathing. And let distractions, including thoughts, come and go without judgment.

**Progressive muscle relaxation.** To feel the effect, first tense your muscles for a few seconds, then relax them. Start by tensing and relaxing your toes, then your calves and on up to your face. Do one muscle group at a time.

**Deep breathing.** Take in a slow, deep breath, let your stomach or chest expand and then exhale slowly. Repeat a few times. Many people don't breathe deeply, but it is relaxing and something you can do anytime, anywhere.

**Guided imagery.** This involves a series of steps that include relaxing and visualizing the details of a calm, peaceful setting, such as a garden.

Other healthy ways to manage stress include taking a yoga or tai chi class, talking to a professional counselor, joining a stress management program or an art class, or meeting up with friends for a brisk walk.



**Stronger & Healthier Together in 2022!**

# Path to Heart Healthy Living..

## LIVING heart HEALTHY



### 1 UNDERSTAND YOUR RISK

#### Risks factors Include:

- High Blood Pressure
- High Cholesterol
- Overweight or Obese
- Diabetes
- Smoking
- Physical Inactivity
- Family History of Heart Disease
- Have Unhealthy Eating Habits

### 3 AIM FOR A HEALTHY WEIGHT

If you are overweight or obese, a loss of 5% to 10% of body weight over 6 months can decrease risk for chronic disease

### 5 GET REGULAR PHYSICAL ACTIVITY

Visit with your doctor before you start a new exercise plan. Ask how much and what types of physical activity are safe for you. Even modest amounts of physical activity are good for your health.

### 7 GET ENOUGH, GOOD QUALITY SLEEP

Sleep helps heal and repair your heart and blood vessels. Over time, not getting enough quality sleep, can raise your risk of heart disease, obesity, high blood pressure, diabetes, and stroke.

Created by: Courtney Lowe, MS, RDN, LD  
Extension Agent Health

### 2 GET CHECKED

Get your blood pressure and blood cholesterol levels checked regularly. These are two major risk factors for heart health and need to be monitored by your health care provider.

### 4 CHOOSE HEART HEALTHY FOODS

Eating heart-healthy Includes choosing foods such as lean proteins, fruits and vegetables, while limiting added sugars, saturated and trans fats.

### 6 QUIT SMOKING

Smoking can raise your risk of heart disease and heart attack and worsen other heart disease risk factors

### 8 MANAGE STRESS

#### Consider healthy stress-reducing activities like:

- Talking to a professional counselor
- Practicing meditation
- Being physically active
- Trying relaxation techniques
- Talking with friends, family, and community or religious support systems

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Source: <https://www.nhlbi.nih.gov/health-topics/heart-healthy-living>

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## HOW YOUR BODY USES

### Water

- helps to regulate your body temperature
- helps your body digest food and absorb nutrients
- helps flush out waste
- moistens oxygen for breathing
- lubricates your joints
- water makes up 75% of your brain, 75% of your muscles, 22% of your bones, and 83% of your blood



## How EXERCISE Affects Your BODY

AFTER ONE SESSION	IN THE LONG TERM
Lower blood pressure	Maintain healthy weight
Better sleep	Lower risk of dementia, cognitive impairment
Less anxiety	Lower risk of some cancers (breast, prostate, colon)
Better insulin sensitivity	Lower risk of diabetes, high blood pressure
Better concentration, memory, decision making	Can help treat and reverse some chronic diseases (high blood pressure, diabetes, high cholesterol)
Better mood	Lower risk of depression, anxiety

SOURCE: 2018 Physical Activity Guideline Advisory Committee Scientific Report.

February

**Potter WAT New Year  
New You 2022!**

**Congratulations 10 Teams  
have made a commitment to  
better health & are walking  
the equivalent of 832 miles  
across Texas!**



**Health Talk Express-  
WAT's Cooking  
Classes run through Feb 25th**

**Financial Wellness Classes  
through Feb 25th**

**Master Wellness Volunteer  
Refresher Training  
March 1st, 2022**



**IF YOU ARE INTERESTED IN ANY OF  
THESE PROGRAMS OR WOULD LIKE  
MORE INFORMATION CONTACT**

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EXTENSION SERVICE**

**Potter County**

**3301 SE 10th**

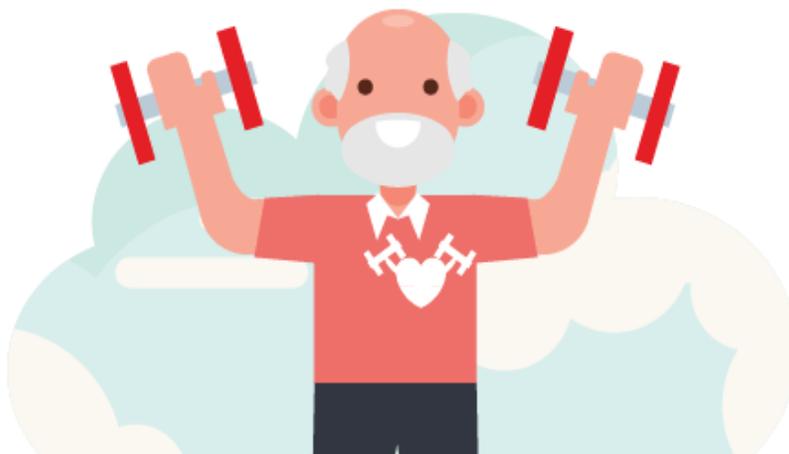
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## Path to Heart Healthy Living..

### 5 benefits of weightlifting for greater cardiovascular health



#### Blood pressure

1. Improves heart health by decreasing both systolic and diastolic blood pressure.



#### Lipid panel

2. Shown to improve HDL (good) cholesterol by 8% to 21% on average
3. LDL (bad) cholesterol decreases 13% to 23% on average due to weight training
4. Levels of triglycerides also reduce with an average of 11% to 18%



#### Inflammation

5. Helps reduce inflammatory molecules such as interleukin-6, tumor necrosis factor, and c-reactive protein that worsen heart health and are indicators of how overall cardiovascular health



#### The verdict

With heart disease leading to 1 in 4 deaths in the US, weightlifting is vitally important for the aging population

# TEXAS A&M AGRI LIFE EXTENSION

**Lizbeth Gresham** is a Family and Community Health Agent with Texas A&M AgriLife Extension **Potter** County. Family and Community Health helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities. FCH focuses on topics such as child and adult health, nutrition, child care, financial management, and community safety, and building strong families. Our goal is to encourage lifelong health and well-being for every person, every family, and every community. <https://Potter.agrilife.org>

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## TEXAS A&M AGRILIFE EXTENSION SERVICE

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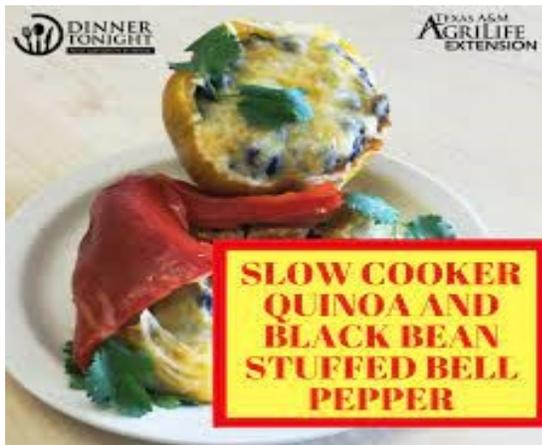


[dinnertonight.tamu.edu.](https://dinnertonight.tamu.edu)

## Path To Healthy Eating..

### Ingredients

2 bell peppers (green, orange, yellow, or red)  
1/3 cup uncooked quinoa rinsed  
1 15-ounce can black beans no salt added  
1 8-ounce can tomato sauce unsalted  
1 tsp cumin, 1 tsp chili powder, 1 tsp garlic powder  
1/4 cup onion diced  
3/4 cup cheese Mexican blend, reduced fat, shredded



### Directions

- Cut off the tops of the peppers, scrape out the ribs and seeds. Dice the onion and measure a ¼ cup.
- Combine the quinoa, beans, tomato sauce, spices, onion, and ½ cup of the cheese. Fill each pepper with the mixture.
- Pour ¼ cup water into the bottom of a slow cooker.
- Place the filled peppers in the water. Cover and cook on low for about 5 hours or on high for about 2 hours or until quinoa is tender.
- Remove the lid, distribute the remaining cheese (¼ cup) on top of the peppers, and cover again until the cheese is melted.
- Garnish with cilantro and serve and enjoy!



DINNER  
TONIGHT  
HEALTHY COOKING SCHOOL  
TEXAS A&M AGRILIFE EXTENSION