



Right Bite!

A Newsletter for Healthy Eating

In this Issue:

- Know Your Numbers
- Heart Healthy Tips
- Lose the Fat
- Food Safety Corner
- Word Find
- Recipe
- Take a Bite Out of Food Costs

Listen to Your Heart...

Heart disease is the number one cause of death in the United States. There are many factors that can increase the risk for heart disease. Some of these are: cigarette smoking, high blood pressure, high total blood cholesterol, lack of exercise, being overweight, diabetes, and family history of heart disease.

Did You Know?

Everyone age 20 and older should have their cholesterol checked at least once every five years.

Vol 1 Issue 5

FCS 213



**Keep up
the Beat!**

Know your numbers!

- ♥ **Total cholesterol** should be less than 200 mg/dl.
- ♥ **LDL (“bad” cholesterol)** should be less than 100 mg/dl. It is the main source of cholesterol buildup and blockage in the arteries.
- ♥ **HDL (“good” cholesterol)** should be greater than 40 mg/dl. It helps keep cholesterol from building up in the arteries.
- ♥ **Triglycerides** should be less than 200 mg/dl. They are another form of fat in the blood, and can also raise heart disease risk.
- ♥ **Blood Pressure** should be less than 140/90.

Right Bite!

Heart Healthy Tips

- Be active daily
- Don't smoke
- Eat 5 or more servings of fruits and veggies each day
- Aim for a healthy weight
- Reduce stress
- Eat less fat; choose low-fat dairy products and lean meats
- Eat less salt
- Limit alcohol

Lose the Fat!

Instead of FRYING try these methods:

- Bake (fish, skinless chicken, vegetables)
- Broil (lean meats, fish, skinless chicken)
- Microwave (vegetables)
- Roast (vegetables, skinless chicken, and lean meats)
- Steam (vegetables)
- Lightly stir-fry in cooking spray, small amounts of vegetable oil, or low-sodium broth (lean meats, chicken, vegetables)
- Grill (seafood, skinless chicken, lean meats, vegetables)

Food Safety Corner



What to do in a power outage

- Foods that can spoil should not be held above 40 degrees for more than 2 hours; foods like eggs, milk, dairy foods, opened baby formula, most meats, fish, poultry, and leftovers.
- An *unopened* refrigerator will keep food cold for at least a couple of hours; a freezer that is half full will hold for up to 24 hours and a full freezer for 48 hours.
- Foods that will spoil can be put in a low-cost Styrofoam cooler and packed with ice until the power comes back on.
- Keep a food thermometer handy so that you can check temperatures during these emergencies.

Fiber in your diet can help you lower your cholesterol!

Can you find these high-fiber foods?

- APPLES
- BARLEY
- BEANS
- CARROTS
- GRAPEFRUIT
- OATMEAL
- ORANGES
- PEAS



Right Bite Recipe

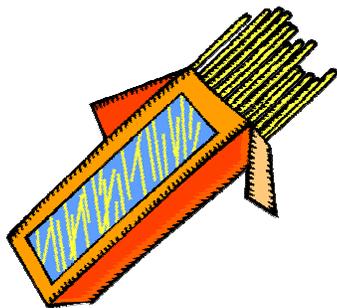
Southwestern Chicken and Pasta

Ingredients:

- 1 pound chicken breast (skinless)
- 4 cups salsa
- 1 cup black beans (canned or cooked dried)
- 1 cup corn (canned or frozen, thawed)
- ½ cup reduced-fat cheddar cheese
- 2/3 pound rigatoni pasta

Directions:

1. Cook pasta.
2. While pasta is cooking, cut chicken into ¾ inch pieces
3. Spray skillet with non-stick spray
4. Cook chicken 3 to 5 minutes or until done (internal temp 170°F).
5. Add 1 cup salsa, beans, and corn to chicken. Cook for 10 min.
6. Toss chicken with pasta and add the rest of salsa
7. Top with cheese and serve





**Cooperative Extension Service
P.O. 391
Little Rock, AR 72203**

For more information about food, nutrition, or health, contact your local County Extension Office.

TAKE A BITE OUT OF FOOD COSTS



- ❖ Cook smart...buy a good, low-cost cookbook.
- ❖ Plan all meals in advance.
- ❖ Save and make use of leftovers...look for leftover recipes.
- ❖ Buy only what you will use.
- ❖ Visit the grocery store as least often as possible.
- ❖ Shop only on a FULL stomach, never when you're hungry.
- ❖ Take a healthy lunch to work.