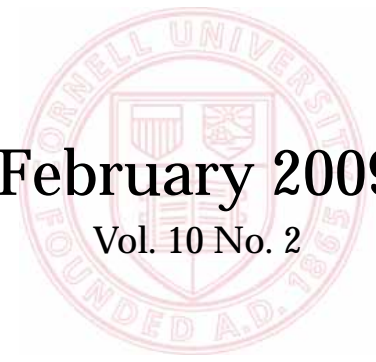


# Eat Smart New York!



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## Healthy Heart Month

Many things we do and eat affect our heart health. Risk factors for heart disease include being a smoker, having high blood pressure, having high cholesterol, having diabetes, being overweight, and not getting enough physical activity. Good nutrition and healthy meals and snacks can help to improve many of these risk factors and can lead to better heart health. Next time you are at the doctor, make sure you find out what your blood pressure is and if it is in the healthy range. Also, ask about getting a blood cholesterol test and follow up with your doctor to learn about the results. If you have diabetes, keeping your blood sugar close to normal will help to keep your heart healthier. Think about adding a walk to your daily routine. Regular physical activity is good for your heart and your mental well being.



### **The skinny on fats**

Monounsaturated, polyunsaturated, saturated and trans fats... what does it all mean? What fats are healthier for me? Believe it or not, your body does need a certain amount of fat from your diet to keep you healthy. Fats give your body energy, help your cells grow and help you absorb certain vitamins. The "bad" fats are saturated and trans fats and tend to be solid at room temperature (like shortening). The "good" fats are monounsaturated and polyunsaturated fats. These tend to be more liquid at room temperature (like canola oil). "Good" and "Bad" fats have different effects on your blood cholesterol. Saturated and trans fats raise your LDL (or bad) cholesterol. Monounsaturated and polyunsaturated fats can help to lower your LDL cholesterol.

*(continued on next page)*

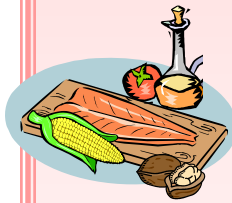
## The Skinny on Fats (continued)

**Saturated fats** – mostly come from animal sources like meat and dairy foods. Examples are beef, chicken with the skin, butter, whole milk and cheese. These foods also have cholesterol. Plant sources of saturated fat include palm oil, palm kernel oil and coconut oil. These plant sources do not have cholesterol.



**Trans fats** – mostly found in fried foods and baked goods from the store. Examples are French fries, doughnuts, pie crusts, biscuits, pizza dough, cookies, crackers, and stick margarines and shortenings. The best way to figure out if a food has trans fats is to look for trans fat on the Nutrition Facts Label and to look for “partially hydrogenated oils” on the ingredient list.

**Monounsaturated fats** – these are liquid at room temperature but become solid when put in the refrigerator. Examples are avocados, olive oil, canola oil, peanut oil, peanut butter and many nuts and seeds.



**Polyunsaturated fats** – Examples are vegetable oils including soybean and corn oil, salmon, mackerel and trout and walnuts and sunflower seeds.

Make it your goal to include more fat choices from the monounsaturated and polyunsaturated groups and less fat choices from the saturated and trans fat groups.

Celebrate **National Pancake Day** on February 27th with this delicious whole grain pancake recipe. Whole grains are heart healthy!

### Basic Whole Wheat Pancakes



Makes about 6 servings

- 2 eggs
- 2 cups cultured low fat buttermilk\*
- 2 Tablespoons vegetable oil
- 2 Tablespoons unsweetened applesauce
- 1 cup white flour
- 1 cup whole wheat flour
- 2 Tablespoons sugar
- 1 teaspoon baking soda
- 2 teaspoons baking powder

\*Buttermilk can be made by adding 2 Tablespoons vinegar to 2 cups of milk (not fat free milk) and letting it set for 3 to 4 minutes until lumps form.

#### Directions:

1. In large mixing bowl, beat eggs; stir in buttermilk, oil and applesauce.
2. Add white flour, whole wheat flour, sugar, baking soda and baking powder and stir until the large lumps disappear.

3. Preheat skillet or griddle. To test if the pan is ready to cook pancakes, add a few drops of water. If the water drops sizzle, the pan is ready.
4. Pour batter, about 1/4 cup at a time, onto skillet. Cook until bubbles form and the edges start to dry. Turn and cook on other side. Remove when brown on both sides. Do not press down with pancake turner to flatten as this will make the pancakes tough.

\*\*Nutrition Facts: Serving Size – 1/6 of recipe (2 pancakes)  
260 Calories, 70 Calories from Fat, 7g Total Fat, 27% Calories from Fat, 1.5g Saturated Fat, 75mg Cholesterol, 450mg Sodium, 39g Total Carbohydrate, 3g Dietary Fiber, 9g Sugars, 10g Protein, 2% Vitamin A, 20% Calcium, 4% Vitamin C, 10% Iron.

Recipe modified from *Eating Right is Basic Recipe Set*, Michigan State University Extension Family and Consumer Sciences.

# Heart healthy recipes

## Northarvest Three Can Chili

Makes 4 servings

- 1 onion, chopped
- 1 – 15ounce can pinto or kidney beans
- 1 – 14ounce can diced or stewed tomatoes
- 1 – 15 ounce can corn
- 3 teaspoons chili powder
- ½ teaspoon cumin
- ½ teaspoon oregano



### Directions:

1. Spray a medium sized pan with cooking spray. Cook onions until soft.
2. Add beans, tomatoes and corn. Stir.
3. Add chili powder, cumin and oregano. Stir.
4. Simmer 10 minutes or until hot. Add more chili powder if desired.

For 5 servings, add another can of beans and double chili powder, cumin and oregano.

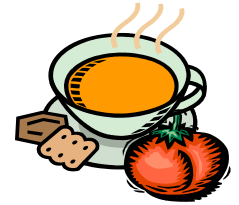
\*\*Nutrition Facts: Serving Size – 1 1/2 cups, 200 Calories, 10 Calories from Fat, 1g Total Fat, 5% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 810mg Sodium, 41g Total Carbohydrate, 9g Dietary Fiber, 12g Sugars, 9g Protein, 10% Vitamin A, 8% Calcium, 20% Vitamin C, 15% Iron.

Recipe from *The Bean Cookbook*, produced by North Dakota WIC and the Northarvest Bean Growers Association.

## Curried Tomato Lentil Soup

Makes 4 servings

- 1 tablespoon vegetable oil
  - 1 small onion, chopped
  - 1 large clove of garlic, chopped small
  - 1 tablespoon curry powder
  - 1 cup dry lentils
  - 1 can (14.5 oz.) tomatoes, whole or diced
  - 6 cups water or vegetable broth
  - 1 tablespoon lemon juice
- Garnish:
- 1/3 cup plain low fat yogurt
  - 2 tablespoon fresh onion, chopped



### Directions:

1. Heat oil in a large pot until hot. Add onion, garlic and curry powder. Cook and stir until onion until soft, about 5 minutes.
2. Add lentils. Stir for 2 minutes.
3. Add in tomatoes and water. Reduce heat to low. Simmer, stirring occasionally, for 40 minutes or until lentils are tender. Stir in lemon juice.
4. To serve, ladle soup into bowls. Top soup with yogurt and sprinkle with chopped onions.

\*\*Nutrition Facts: Serving Size – 1/4 recipe, 250 Calories, 35 Calories from Fat, 4g Total Fat, 14% Calories from Fat, 0.5g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 160mg Sodium, 41g Total Carbohydrate, 9g Dietary Fiber, 9g Sugars, 17g Protein, 10% Vitamin A, 8% Calcium, 20% Vitamin C, 30% Iron

From the WIC Cookbook <http://www.mqthealth.org/WIC-Cookbook/WICRecipeHome.htm>

## Easy Baked Beef, Bean and Corn Quesadillas

Makes 4 servings

- 1 pound 95% lean ground beef
- Salt and pepper
- 1 cup prepared salsa
- ½ cup canned black beans, rinsed and drained
- ½ cup frozen corn, defrosted and drained well
- 8 – small whole wheat tortillas (6 to 7 inch diameter)
- ¾ cup shredded reduced fat Cheddar cheese



\*\*Nutrition Facts: Serving Size – 1 quesadilla, 560 Calories, 150 Calories from Fat, 17g Total Fat, 27% Calories from Fat, 5g Saturated Fat, 0g Trans Fat, 85mg Cholesterol, 1090mg Sodium, 58g Total Carbohydrate, 7g Dietary Fiber, 5g Sugars, 41g Protein, 10% Vitamin A, 35% Calcium, 4% Vitamin C, 30% Iron

### Directions:

1. Heat oven to 400 degrees. Brown ground beef in a large nonstick pan over medium heat until beef is not pink. Scrape beef into colander. Rinse with hot water to remove grease. Wipe grease from pan. Return beef to pan. Season with salt and pepper to taste.
2. Stir in salsa, beans and corn. Cook for 5 minutes or until thickened and heated through.
3. Arrange 4 tortillas on a baking sheet, overlapping edges if necessary. Sprinkle ½ of the cheese evenly over the tortillas. Spoon beef mixture evenly over cheese. Spread remaining cheese over beef and top each with another tortilla. Press slightly together.
4. Bake at 400 degrees for about 10 minutes or until quesadillas are lightly browned and edges are crisp. Cut into wedges to serve.

Source: Provided by the Cattlemen's Beef Board and the National Cattlemen's Beef Checkoff.

Distributed by:

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## Break The Heart Code

This message tells you how to have a healthy heart. Change  
each letter to the one that comes just before it in the alphabet.

ABCDEFGHIJKLMNOPQRSTUVWXYZ

Z P V D B O I B W F B

I F B M U I Z I F B S U, J U T

B T F B T Z B T, P O F,

U X P, U I S F F! F B U

I F B M U I Z T U V G G, N P W F

B S P V O E F O P V H I, M J W F

U P C B D D P - G S F F!



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