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RAISING KIDS, EATING RIGHT, SPENDING SMART, LIVING WELL

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**February is
American Heart
Month**



American Heart Month is a time to battle cardiovascular disease and educate Americans on what we can do to live heart-healthy lives.

Heart disease, including stroke, is the leading cause of death for men and women in the United States.

You are at higher risk of heart disease if you are:

- A woman age 55 or older -A man age 45 or older- Or a person with a family history of early heart disease

Heart disease can be prevented. To keep your heart healthy:

- * Watch your weight *Quit smoking and stay away from secondhand smoke.
- * Control your cholesterol and blood pressure. *If you drink alcohol, drink only in moderation.
- * Get active and eat healthy. *Manage stress
- * Talk to your doctor about taking aspirin every day if you are a man over the age of 45 or a woman over 55.

Know Your Signs and Symptoms

Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.
- **Other signs.** These may include breaking out in a cold sweat, nausea, or lightheadedness.

The American Heart Association, the National Heart, Lung, and Blood Institute, the American Red Cross, and the National Council on Aging have launched a new "Act in Time" campaign to increase people's awareness of heart attack and the importance of calling 9-1-1 immediately at the onset of heart attack symptoms.

Sources: American Heart Association and the Centers for Disease Control.

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There are no seven wonders of the world in the eyes of a child. There are seven million.
~Walt Streightiff

Breakfast: A Good Start!

Breakfast is the most important meal of the day

The whole family should be encouraged to eat breakfast. Breakfast gives you energy, makes you feel better, keeps you from getting hungry later in the morning, and helps you achieve and maintain a healthy weight.

Children who eat breakfast do better in school. Children may be able to get breakfast at school-check with the school food service to find out if it is available in your area.



Tips for a Quick Breakfast:

- *No time? Make breakfast the night before. Have family members help you prepare breakfast. Choose low fat milk or cheese high-fiber cereal, fruit, boiled eggs, whole-grain bread or English muffin.*
- *Are you in a hurry? Take it to go. String cheese, low-fat yogurt, dry cereal in a bag or a banana will make a nutritious and delicious breakfast.*
- *Not hungry yet? Drink some skim milk. Have whole-wheat bread or crackers low-fat cheese later in the morning.*

Healthy Breakfast Ideas:

- **Power Breakfast:** Mix fresh, canned or dried fruit, low-fat yogurt and cereal.
- **Breakfast Pizza:** Top an English muffin or bagel with tomato sauce, low-fat mozzarella cheese and mushrooms (you can use any vegetable). Heat in a toaster or microwave.
- **Shake It Up:** Put a cup of ice, one cup of fresh fruit, 1/2 cup of orange juice, and 1/2 cup low-fat yogurt in a blender. Blend until smooth.
- **Egg White Omelet:** Beat two egg whites, add to pan sprayed with non-stick cooking spray.

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Stretching Your Food Dollar

Food Shopping Starts at Home

Most of us can change our food spending habits in ways that make each food dollar go further and still improve nutrition. Do your homework. Review newspaper ads, plan meals, and make a shopping list. By doing so, you are more likely to find the best buys, avoid impulse purchases, and eliminate extra trips for forgotten items. Be a smart shopper and get more for your money by deciding in advance what foods to serve for meals and snacks. As you plan your menus, follow these important steps:

Check newspaper ads for special sales.

Planning your meals around specials and seasonal foods can help save money. Compare advertised prices among stores to find where you can save the most on your entire shopping list. Buy only what you can use and compare prices with those found in other ads. Be aware that specials and coupon offers invite you to buy impulsively, and impulsive buying can blow your budget. Even at special prices and with refunds or coupons, some foods may not be within your budget.

Clip coupons.

You can save money if the item is one you would normally buy and if the item is less expensive than similar brands. Most cents-off coupons offered by manufacturers or stores are for the more expensive, highly processed foods or for foods in abundant supply. But using coupons for coffee, prepared foods, cereals, flour, and flour mix products can save about 10% in most food budgets. Do not use a coupon to justify buying a food that your family does not need or that costs more than a store brand, even with the coupon savings.

Take advantage of seasonal specials. Foods, especially fresh fruits and vegetables, are generally less expensive when in great supply.

Consider food preferences. Serve popular foods. Make a collection of economical, nutritious recipes that your family likes and serve these often..

Plan the use of leftovers. Leftovers can be used in casseroles, soups, for snacks, and in lunch boxes.

Conclusion

Managing food dollars wisely involves planning before and during your grocery shopping. Knowledge of nutrition, plus careful meal planning, skillful shopping, proper food storage, handling, and preparation will help you to serve satisfying meals while remaining within your food budget

Source: www.extension.org/pages/16136/stretching-your-food-dollar

Help Kids Feel Good About Themselves

Few things will be more important in deciding your children's future than their sense of self-worth. Kids who feel good about themselves are:

- **Less likely to be pressured** into doing things they don't want to do.
- **Much better at solving problems** and generally do better in school.
- **Happier**, enjoy learning new things, and get along with others.
- **Affected positively** in all aspects of their lives.

Ways to Help Children Feel Good About Themselves:

- **Spend time with your child.** Talk, listen, and show interest in his activities.
- **Don't put your child down.** Talk to her the way you like others to talk to you. Be patient and understanding.
- **Provide opportunities for success.** Success is the best esteem builder there is.
- **Give praise when you observe the effort.** Be specific. Make sure your child knows what it was that was well done. "You are staying right beside me in the store. What a big girl you are becoming!"
- **Support your child when he is struggling or frustrated.** "I know you want your brother to play with you now. He is doing his homework. Could you build a tower while you wait?"
- **Teach your child to praise others and see the best in each situation.** Be a good role model by having the best self-esteem you can.
- **Teach the difference between praise and bragging.** "You must be proud of yourself. You did great!"
- **Express your affection often** through physical contact such as hugs, kisses, pats or an arm over the shoulder.
- **Respect feelings and abilities.** Remind yourself not to carry her when she can get there on her own or not to speak for her when she can do this for herself.
- **Relax and accept your child as he is.** Don't try to make him somebody else. Recognize and nurture his special qualities

Source: University of Illinois Extension
Diane Ryals, M.S.

The [National Heart, Lung and Blood Institute](#) provides the following recommendations to help control or prevent high blood pressure:

- **Maintain a healthy weight**
- **Be physically active**
- **Eat a healthy diet**
- **Reduce salt**
- **Drink alcohol in moderation**

Sometimes lifestyle changes are not enough to control blood pressure and you may need a medication. Talk to your health provider about the medication that may work best for you and about any side-effects you can expect. It may take a while to find the right medication and dose that works best for you. Be sure to tell your health provider about any [over-the-counter medications](#) you take.

Cook's Corner

Broccoli Salad

- 6 cups chopped raw broccoli
- 1 cup raisins
- 1 medium red onion, peeled and diced
- 2 tablespoons sugar
- 8 bacon slices, cooked and crumbled (optional)
- 2 tablespoons lemon juice
- 3/4 cup low-fat mayonnaise

Directions

1. Combine all ingredients in a medium bowl.
2. Mix well.
3. Chill for 1 to 2 hours.
4. Serve.

Makes 16 servings

Serving Size: 1/2 cup

Source: United States Department of Agriculture,
Food Stamp Nutrition Connection, Recipe Finder, June 2008.
<http://recipefinder.nal.usda.gov>

