

TRI-COUNTY COMMUNITY ACTION. INC. ORG

NUTRITION DEPARTMENT

CELEBRATING HEART HEALTHY MONTH



Heart disease is the leading cause of death for both American men and women. African American men are especially susceptible. So it's good news that February is National Heart Month, since it inspires us to examine one of the most pressing health concerns in the United States and to make positive changes to our lifestyles

Good **nutrition** is an **important** part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like **heart** disease and cancer), and promote your overall **health**. The Impact of **Nutrition** on Your **Health**.

February Produce Picks of the Month

Avocados are rich in mono and polyunsaturated fats, meaning they not only help decrease your bad cholesterol but raise your good cholesterol as well!

Easy Guacamole

Serves 8.

All you need:

- 4 avocados, peeled and pitted
- 1 Roma tomato, finely chopped
- 4 tbsp diced onion
- Juice of 1 lime
- ½ tsp Himalayan salt
- ¼ tsp pepper

All you do:

1. Mash avocados to desired consistency in a large bowl.
2. Add tomato, onion, lime juice, salt and pepper and mix to combine.



The artichoke is a low-calorie, nutrient-rich vegetable. According to the USDA, one medium artichoke is an excellent source of fiber and vitamin C, and a good source of folate and magnesium. Artichokes also are a natural source of antioxidants. Click [here](#) to learn how to select and prepare artichokes.

Blood oranges are notably darker in color than their close cousin, the orange. This deep pigment is due to a compound called anthocyanin. Anthocyanin is an antioxidant that may reduce the risk of cardiovascular disease. Eat a blood orange every day during the month of February for heart health!



Good Nutrition Reading List

Academy Publications

The Academy of Nutrition and Dietetics Complete Food and Nutrition Guide, Fifth Edition

by Roberta Larson Duyff, MS, RD, FAND, CFCS. Houghton Mifflin Harcourt, Available Spring 2017.

Bits & Bytes: A Guide to Digitally Tracking Your Food, Fitness, and Health

by Meagan F. Moyer, MPH, RDN, LD. Academy of Nutrition and Dietetics, 2016.

Celiac Disease Nutrition Guide, Third Edition

by Tricia Thompson, MS, RD. Academy of Nutrition and Dietetics, 2014.

Expect the Best: Your Guide to Healthy Eating Before, During, and After Pregnancy, Second Edition

by Elizabeth M. Ward, MS, RD. Academy of Nutrition and Dietetics, Available Spring 2017.

If Your Child Is Overweight: A Guide for Parents, Fourth Edition

by Susan M. Kosharek, MS, RD. Academy of Nutrition and Dietetics, 2016.

Pocket Supermarket Guide, Fourth Edition

by Mary Abbott Hess, MS, RD, FADA. Academy of Nutrition and Dietetics, 2014.

Total Body Diet for Dummies®

by Vicki Shanta Retelny, RDN, LDN and the Academy of Nutrition and Dietetics. Wiley & Sons, Inc., 2016.

Nutrition and Lifestyle

200 Surefire Ways to Eat Well & Feel Better

by Dr. Judith Rodriguez, et al. Fair Winds Press, 2014.



Blood Pressure Down: The 10-Step Plan To Lower Your Blood Pressure in 4 Weeks Without Prescription Drugs

by Janet Bond Brill, PhD, RD, LDN. Harmony Books, 2013.

The Complete Idiot's Guide to: The TLC Diet

by Diane Welland, MS, RD. Alpha, a Member of the Penguin Group (USA) Inc., 2013.

Grocery Makeover: Small Changes for Big Results

by Julie Feldman, MPH, RD. Spry Publishing LLC, 2013.

Lose It For The Last Time

by Amy Newman Shapiro, RD, CDN, CPT. Sneman Media, 2013.

Obesity Prevention For Children: Before It's Too Late, A Program For Toddlers & Preschoolers

by Alvin N. Eden, MD and Sari Greaves, RDN. Hatherleigh Press. 2016.

The Overworked Person's Guide to Better Nutrition: Simple Steps You Can Take to Eat Well, Reduce Stress, and Improve Your Health

by Jill Weisenberger, MS, RDN, CDE, FAND. American Diabetes Association, 2014.

The Picky Eater Project: 6 Weeks to Happier, Healthier Family Mealtimes

by Natalie Digate Muth, MD, MPH, RDN, FAAP and Sally Sampson. American Academy of Pediatrics, 2016.

Quinn-Essential Nutrition–The Uncomplicated Science of Eating

by Barbara A. Quinn, MS, RD, CDE. WestBow Press, 2015.

The Spark Solution: A Complete Two-Week Diet Program to Fast-Track Weight Loss and Total Body Health

by Becky Hand, RD, MEd and Stephanie Romine. HarperCollins, 2013.

Too Busy to Diet. A Guide to smart nutrition when you're on the move

by Jacqueline King, MS, RD, CDE, FADA and Monica Joyce, MS, RD, CDE . CreateSpace Independent Publishing Platform, 2015.

Sports Nutrition

Eat Like a Champion

by Jill Castle, MS, RDN, CDN. AMACOM, 2015.

Endurance Sports Nutrition, Third Edition

by Suzanne Girard Eberle, MS, RDN, CSSD. Human Kinetics, 2014.

Nancy Clark's Sports Nutrition Guidebook, Fifth Edition

by Nancy Clark, MS, RD. Human Kinetics, 2014.

Diabetes

21 Things You Need to Know About Diabetes and Your Heart

by Jill Weisenberger, MS, RDN, CDE, FAND. American Diabetes Association, Inc., 2015.

Diabetes Meal Planning and Nutrition for Dummies®

by Toby Smithson, RDN, CDE and Alan L. Rubin, MD. John Wiley & Sons, Inc., 2014.

Diabetes Meal Planning Made Easy, Fifth Edition

by Hope S. Warshaw, MMSC, RD, CDE. American Diabetes Association, 2016

People With Diabetes Can Eat Anything: It's All About Balance

by Jane K. Dickinson, RN, PhD. Media 117, 2013.

The Pre-Diabetes Diet Plan: How to Reverse Prediabetes and Prevent Diabetes through Healthy Eating and Exercise

by Hillary Wright, M.Ed, RD. Ten Speed Press, 2013.

The Guide to Eating Healthy in Any Restaurant: Eat Out, Eat Well

by Hope S. Warshaw, MMSc, RD, CDE. American Diabetes Association, Inc., 2015.

What Do I Eat Now? A Step-by-Step Guide to Eating Right with Type 2 Diabetes, 2nd Edition

by Tami A. Ross, RDN, LD, CDE, MLDE and Patti B. Geil, MS, RDN, CDE, MLDE, FAND, FAADE. American Diabetes Association, Inc., 2015.

This is not a comprehensive list, and inclusion does not represent endorsement by the Academy of Nutrition and Dietetics or its Foundation.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the health and advancing the profession of dietetics through research education and advocacy.

This tip sheet is provided by:

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eating Right for Older Adults

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy and lean protein foods. Try these eating right tips.



Make half your plate fruits and vegetables.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned vegetables.

Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.

Cut back on sodium and empty calories from solid fats and added sugars.

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt.

Make major sources of saturated fats such as desserts, pizza, cheese, sausages and hot dogs occasional choices, not every day foods.

Switch from solid fats to oils when preparing food.

Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often.

Enjoy your food but eat less.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl and glass.

Cook more often at home, where you are in control of what's in your food.

When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains. When portions are large, share a meal or take half home for later.

Write down what you eat to keep track of how much you eat.

Be physically active your way.

Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active.

If you are currently inactive, start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.

Consult a registered dietitian nutritionist

if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you. Visit www.eatright.org to find a registered dietitian nutritionist near you.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.



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This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.
Sources: U.S. Department of Health and Human Services, ADA Complete Food & Nutrition Guide.

Grilled Pork Tenderloin with Aquavit Seasonings (Snapse Krydret Svine Mørbrad)

From EatingWell



Ingredients

Makes 8 Servings

- 2 teaspoons caraway seeds
- 2 teaspoons coriander seeds
- 2 teaspoons fennel seeds
- 1 teaspoon cumin seeds
- 1/2 bay leaf
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 tablespoons chopped fresh dill
- 2 1-pound pork tenderloins, trimmed

Preparation

Active Time 30m

Total Time 55m

1. Combine caraway, coriander, fennel, cumin and bay leaf in a spice grinder or clean coffee grinder; process to a fine powder. Add salt and pepper.
2. Place 2 tablespoons of the spice rub in a small bowl. Combine the remaining rub with dill in another small bowl.
3. Place 1 tenderloin on a piece of plastic wrap. To butterfly it, hold your knife parallel to the cutting board and slice through the meat to within a half inch of the opposite side.

Open like a book. Cover with more plastic wrap and gently pound with a mallet or heavy skillet to 1/2-inch thickness. Repeat with the second tenderloin.

4. Spread half of the dill-spice mixture down the center of each flattened tenderloin. Roll the pork, jelly-roll style, to create 2 long cylinders; tie kitchen string around each in several spots to keep them rolled. Rub all over with the reserved (no-dill) spice rub. Cover with plastic wrap and refrigerate for at least 30 minutes or up to 6 hours.
5. Preheat grill to medium-high or preheat the broiler.
6. Oil the grill rack (if broiling, line a broiler pan with foil and oil the foil). Grill or broil the tenderloins, turning several times, until just cooked through and an instant-read thermometer inserted into the center registers 145°F, 14 to 18 minutes.
7. Transfer the tenderloins to a clean cutting board, tent with foil and let rest for 5 minutes before carving into 1/2-inch slices.

To Make Ahead

Prepare the spice rub (Step 1) up to 5 days ahead; store in an airtight container. Cover and refrigerate rolled tender loins for up to 6 hours. If serving cold, grill or broil the pork, cover and refrigerate for up to 2 days.

Tips

Tip: To oil the grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like tofu and fish, it is helpful to spray the food with cooking spray.

Nutrition Facts

Nutrients per serving (*recipe makes 8 servings*)

Calories	130
Total Fat	3g
Saturated Fat	1g
Monounsaturated Fat	1g
Cholesterol	74mg
Sodium	207mg
Carbohydrates	1g
Dietary Fiber	1g
Total Sugars	N/A
Added Sugars	0g
Protein	24g
Potassium	475mg

Strawberry & Yogurt Parfait



Ingredients

Makes 1 Serving

- 1 cup sliced fresh strawberries
- 1 teaspoon sugar
- 1/2 cup nonfat plain Greek yogurt
- 1/4 cup granola

Preparation

Active Time 10m

Total Time 10m

1. Combine strawberries and sugar in a small bowl and let stand until the berries start to release juice, about 5 minutes.
2. To assemble parfait, layer yogurt and the strawberries with their juice in a 2-cup container. Top with granola.

To Make Ahead

Assemble the parfait up to 2 hours ahead.

Nutrition Facts

Nutrients per about 1 1/2 cups (*recipe makes 1 serving*)

Calories	285
Total Fat	8g
Saturated Fat	1g
Monounsaturated Fat	3g
Cholesterol	6mg
Sodium	50mg
Carbohydrates	37g
Dietary Fiber	6g
Total Sugars	22g
Added Sugars	7g
Protein	17g

Strawberry Fruit Salad

From EatingWell



Ingredients

Makes 8 Servings

- 2 tablespoons honey
- 2 tablespoons lemon juice
- 6 cups hulled fresh strawberries, halved (or quartered if large)
- 2 cups fresh blackberries
- 1/4 cup finely chopped fresh mint

Preparation

Active Time 10m

Total Time 40m

1. Whisk honey and lemon juice in a large bowl. Add strawberries and blackberries; gently toss to coat. Let stand for at least 30 minutes and up to 1 hour. Stir in mint just before serving.

Nutrition Facts

Nutrients per about 3/4 cup (recipe makes 8 servings)

Calories	70
Total Fat	1g
Saturated Fat	0g
Monounsaturated Fat	0g
Cholesterol	0mg
Sodium	3mg
Carbohydrates	17g
Dietary Fiber	4g
Total Sugars	12g
Added Sugars	4g
Protein	1g
Potassium	252mg

Chipotle-&-Orange Grilled Chicken



Chipotle peppers in adobo sauce contribute a rich smokiness to this quick orange-infused barbecue sauce.

Ingredients

Makes 4 Servings

- 2 tablespoons orange-juice concentrate, thawed
- 1 tablespoon finely chopped chipotle peppers in adobo sauce
- 1 tablespoon balsamic vinegar
- 2 teaspoons unsulfured molasses
- 1 teaspoon Dijon mustard
- 1 pound boneless, skinless chicken breasts, trimmed
- Salt to taste

Preparation

Active Time 10m

Total Time 25m

1. Preheat grill or broiler.
2. Whisk together orange-juice concentrate, chipotle pepper, vinegar, molasses and mustard in a small bowl.
3. Lightly oil the grill or broiler rack. Season chicken with salt and grill or broil for 2 minutes. Turn, brush with the glaze and cook for 4 minutes, brushing occasionally with glaze. Turn again, brush with the glaze, and cook until the center is no longer pink, 1 to 2 minutes longer.

Tips

Note: Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep up to 2 weeks in the refrigerator or 6 months in the freezer.

Tip: To oil a grill rack: Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like tofu and fish, it is helpful to spray the food with cooking spray.

Nutrition Facts

Nutrients per serving (*recipe makes 4 servings*)

Calories	150
Total Fat	3g
Saturated Fat	1g
Monounsaturated Fat	1g
Cholesterol	63mg
Sodium	227mg
Carbohydrates	7g
Dietary Fiber	0g
Total Sugars	6g
Added Sugars	2g
Protein	23g
Potassium	302mg

Carbohydrate Servings 1/2

Diabetic Exchanges 3 1/2 very lean meat

GRILLED HAWAIIAN BARBECUE CHICKEN IN FOIL



Grilled Hawaiian Barbecue Chicken in Foil has the most amazing sweet and tangy pineapple barbecue sauce! It grills to perfection with sweet pineapple and delicious summer veggies!

Prep Time 10 Minutes

Cook Time 15 Minutes

Ingredients

4 boneless skinless chicken breasts
1 cup bbq sauce I like Sweet Baby Ray's
1 15- ounce can pineapple slices including juice
2 teaspoons soy sauce
1 teaspoon garlic
1 red bell pepper cut into cubes
2 medium zucchini sliced
green onions for garnish

Instructions

Heat grill to medium heat. Cut 4 sheets, enough to wrap the chicken and veggies, of heavy duty foil. Place chicken on center of aluminum foil and divide the veggies and add 2-3 pineapple slices into each packet.

In a bowl, whisk together bbq sauce, juice from the can of pineapple slices, soy sauce, and garlic. Spread about 2 Tablespoons of the sauce on the chicken and make sure to reserve about 1/4 cup.

Place chicken packets onto grill and grill for 13-15 minutes flipping at about 7 minutes. To serve carefully open packets, baste with reserve sauce and garnish with green onions.

EASY BAKE ITALIAN CHICKEN

Ingredients

- 2 small or 1 large chicken breasts cut into 1 inch cubes
- 1 cup broccoli florets
- 1 cup bell peppers sliced or chopped (colors of choice)
- 1 small zucchini sliced
- 1/2 cup tomatoes sliced into large chunks or grape tomatoes
- 1/2 cup onion sliced or chopped
- 1 tablespoon olive oil
- 1 tablespoon italian seasoning * see note
- 1 teaspoon garlic powder or fresh minced garlic
- 1 teaspoon paprika optional
- salt and pepper to taste



Instructions

1. Pre-heat oven to 400F.
2. In a large bowl combine or zip lock bag, combine all the ingredients and mix until fully combined.
3. Cut and lay out 2 12x12 inch (app.) squares of aluminum foil on a sheet pan. Place half the mixture on each foil and gently fold the foil around ingredients to form a tight seal.
4. Bake for 20 minutes or until chicken is cooked through. Serve with a side of rice or noodles.