Home Matters

The informational newsletter of the Monroe County Family & Consumer Sciences Program

WALK ACROSS ARKANSAS ON LINE REGISTRATION OPENS FEBRUARY 18!

Spring 2013 Walk Across Arkansas on-line registration opens February 18.

We start walking March 11.

The health benefits of regular physical activity are far-reaching: reduced risk of coronary heart disease, stroke, diabetes, and other chronic diseases; lower health care costs; and improved quality of life for people of all ages.

To participate in WAA, you will need:
- a team of two to 10 people
- a stopwatch, or watch
- a team captain
- a team name
- to set a personal goal
- a good pair of walking shoes
- A willingness to record your exercise minutes each day

How can I register?

WAA is now online! You can register your team at http://survey.uaex.edu/WAA/WAAdefault.htm

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Heart Month is here, which means that it’s the perfect time to talk about blood pressure, cholesterol, cardiovascular disease, and more!

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.

Everyone age 20 and older should have their cholesterol checked at least once every five years.
BANANA NUT OATMEAL
Serves: 1 | Serving Size: 2 cups
Total Time: 15 min | Prep: 5 min | Cook: 10 min
Ingredients:
1 cup water
1/2 cup old-fashioned oats
1/4 tsp cinnamon
1 banana, peeled and coarsely chopped
1 tsp chopped pecans
1/2 cup skim milk
Directions:
Bring water, oats and cinnamon to a boil in a saucepan over high heat. Reduce heat to low and continue to cook 4-5 minutes, stirring constantly until oatmeal reaches desired consistency. Remove from heat. Stir in chopped bananas, cover and let sit 5 minutes before serving. Serve with chopped pecans and skim milk.
Chef’s Tips:
Explore different flavor options. Try nutmeg or apple pie spice instead of the cinnamon and toasted walnuts instead of the pecans. Be creative!

Baked Salmon Dinner
Serves: 4 | Serving Size: 2 cups
Total Time: 55 min | Prep: 10 min | Cook: 45 min
Ingredients:
12 ounces red potatoes
1 cup onions, peeled and sliced
1 cup carrots, peeled and sliced
1 tablespoon light margarine (trans free)
1 teaspoon garlic powder
1/2 teaspoon black pepper
12-ounce fillet of salmon, fresh or frozen/thawed
1 teaspoon dried chervil
Directions:
Preheat oven to 375 degrees F. Place the potatoes, onions and carrots in a large baking dish. Place margarine over the top in small pieces. Season the top with the garlic powder and black pepper. Cover and bake until the potatoes are tender, about 45 minutes.
Cut the salmon into 4 pieces and place in the bottom of an additional baking pan. Add a little water to the pan. Sprinkle the top of the fish with the chervil. Cover the pan of fish with foil. Bake until the fish is done, about 25 minutes. The fish is done when it flakes with a fork and is no longer raw in the center.
Serve the fish hot with the potatoes. We recommend pairing with a large tossed green salad.
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Sweet Potato Brownies
Serves: 16 | Serving Size: 2-oz brownie
Total Time: 45 min | Prep: 15 min | Cook: 30 min
Ingredients:
1 stick trans fat-free margarine
1 cup sugar
1/2 cup Splenda sweetener
5 egg whites
1/2 Tbsp vanilla extract
3/4 cup all-purpose flour
1/2 cup oatmeal
1/2 cup baking cocoa
1/2 tsp baking powder
1 cup mashed, cooked sweet potato (without skin)
1/4 cup chopped pecans
Directions:
Preheat oven to 350 °F. Lightly grease a 9-by-12-inch baking pan. Cream the margarine, sugar, and Splenda. Add the egg whites one by one. Scrape the bowl well. Add the rest of the ingredients except the pecans. Mix well. Spread batter in pan. Top with pecans and bake until the brownies are firm in the center, about 30 minutes.
Chef’s Tips:
Peel the potato before boiling and mashing it. This makes it easier to keep potato skin out of the brownies.
HEART HEALTHY FACTS

Know your Numbers!
Total cholesterol should be less than 200 mg/dl.

HDL (“good” cholesterol) should be greater than 40 mg/dl. It helps keep cholesterol from building up in the arteries.

LDL (“bad” cholesterol) should be less than 100 mg/dl. It is the main source of cholesterol buildup and blockage in the arteries.

Triglycerides should be less than 150 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.

Eating Healthy for Your Heart’s Sake:
Vegetables and fruits are high in vitamins, minerals and fiber — and they’re low in calories. Eating a variety of fruits and vegetables can help you control your weight and your blood pressure.

Whole-grain foods contain fiber that can help lower your blood cholesterol and help you feel full, which may help you manage your weight.

Eat fish at least twice a week, but not deep fried! Eating oily fish containing omega-3 fatty acids (such as tuna, salmon, trout, and herring) may help lower your risk of heart disease.

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

HAPPY VALENTINE'S DAY!!!!

Medicine Ball Training, February 5–April 23, 2013, Mid Delta Health Systems, Clarendon, AR
Master Gardner Training, Session I, February 21, First United Methodist Church, Brinkley, AR
Walk Across Arkansas! On-line Team Registration opens February 18
Walk Across Arkansas! begins March 11
EHC President’s Day, Thursday, October 17, 2013, Brinkley Convention Center, Brinkley, AR
4-H Volunteer Statewide Meeting, April 19-20, 2013, Ferndale, AR

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If you have any questions, or need additional information regarding information contained in this newsletter,
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In the spirit of family,

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University of Arkansas, United States Department of Agriculture and County Governments Cooperating.

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