

Greetings all,

To God be the glory!!!

Remember the love, grace, and mercy God gives us. Continue to be kind, loving, and caring regardless of what the world is doing around us. Treat everyone in a Godly way. Helping each other be the best we can be will make a difference in the world!

Stay encouraged and remain prayerful, vigilant, safe, bold, and connected! GOD is still in CHARGE and in CONTROL!!!

Drink plenty of water, eat vegetables, fruits, and healthy foods. Boost your immune system!!! Take some time to breathe in and breathe out!!! Get plenty of rest!!! Please continue to wear your mask, wash your hands, and social distance!!!

February is Heart Month!

Healthy Eating

Healthy eating starts with healthy food choices. You don't need to be a chef to create nutritious, heart-healthy meals your family will love. Learn what to look for at the grocery store, restaurants, your workplace and any eating occasion.

New dietary guidance emphasizes balance: It's not all or nothing.

"Balance" is the latest word on heart-healthy eating, according to a new report that encourages people to adapt broad eating habits instead of focusing on single foods — and it's not one size fits all.

Nutrition Basics

Making small, simple changes to your overall eating pattern can help you and your family stay healthy. Learn the basics of good nutrition and making healthy food and drink choices.

5 Tips to Deal with Picky Eaters (Both Kids & Adults)

Picky eaters can miss out on a lot of good food! Not only can it be challenging cooking for folks who refuse to eat some foods, but they can also miss out on important nutrients found in foods often on the I-Don't-Eat list like green vegetables, salads, fruit, skinless poultry and fish, beans, legumes, and nuts, low-fat dairy or whole grains.

The following tips will help nourish your family with healthful foods and help return some harmony to mealtime:

1) No Short-Order Cooking

Plan meals to include at least one thing that everyone likes (even if it's the baked beans for the vegetarian or the dessert of fruit and low-fat, no-added-sugar yogurt parfaits!). Then serve one meal for everyone in the family; no exceptions. The alternative habit of preparing different foods for everyone is exhausting and it can take much longer for children to learn to like new foods.

2) Remember It Takes 11 Tries to Accept Something

It's normal for children to be cautious of new things — including food. Research has shown it sometimes takes 11 tries for a child to decide they like a new food. So keep serving broccoli — and even allow a child to touch it or play with it to learn about how it might feel in their mouth. Always ask that they take one bite.

3) No Clean Plate Club

Help kids focus on eating until they are full rather than finishing every last bite on their plate. Sometimes adults forget that small children have small bellies; a good rule to remember is: 1 tablespoon of food per age of the child for each dish (about 2 or 3 dishes). So a 3-year-old child should receive 3 tablespoons each of peas, noodles and chicken.

4) Shop & Cook with the Kids

Kids are more likely to taste a dish if they helped plan or prepare it. Letting kids choose veggies in the supermarket produce section or even in the frozen food aisle will empower them. Involve them with age-appropriate tasks such as stirring, chopping or measuring ingredients; this will allow them to contribute to a project in which they are proud to share and eat! This technique works with picky adults/teens too: Asking them to help with the shopping and cooking gives them investment in the final product and greater curiosity to try it.

5) Serve Smart Snacks

One of the very best ways to get kids (and adults) accustomed to eating fruits and veggies is to serve them when they are really hungry at snack time. Veggies and hummus are a simple way to nourish children for play or homework — but not overfill their bellies so they aren't hungry for a wholesome dinner. Serving salty chips, cookies or even sugary granola bars and artificially-

flavored gummy 'fruit' snacks can be a quick option, but not the healthiest solution. Also serve snacks when kids are hungry, but not too close to meal time.

The American Heart Association Diet and Lifestyle Recommendations:

A healthy diet and lifestyle are the keys to preventing and managing cardiovascular disease. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. Make the simple steps below part of your life for long-term benefits to your health and your heart.

Use up at least as many calories as you take in.

Start by knowing how many calories you should be eating and drinking to maintain your weight. Nutrition and calorie information on food labels is typically based on a 2,000 calorie per day diet. You may need fewer or more calories depending on several factors including age, gender, and level of physical activity.

Increase the amount and intensity of your physical activity to burn more calories.

Aim for at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity (or an equal combination of both) each week.

Regular physical activity can help you maintain your weight, keep off weight that you lose and reach physical and cardiovascular fitness. If it's hard to schedule regular exercise, look for ways to build short bursts of activity into your daily routine such as parking farther away and taking the stairs instead of the elevator. Ideally, your activity should be spread throughout the week.

Eat an overall healthy dietary pattern that emphasizes:

- a wide variety of fruits and vegetables
- whole grains and products made up mostly of whole grains
- healthy sources of protein (mostly plants such as legumes and nuts; fish and seafood; low-fat or nonfat dairy; and, if you eat meat and poultry, ensuring it is lean and unprocessed)
- liquid non-tropical vegetable oils
- minimally processed foods
- minimized intake of added sugars
- foods prepared with little or no salt
- limited or preferably no alcohol intake

Apply this guidance wherever food is prepared or consumed.

It is possible to follow a heart-healthy dietary pattern regardless of whether food is prepared at home, ordered in a restaurant or online, or purchased as a prepared meal. Read the Nutrition Facts and ingredient list on packaged food labels to choose those with less sodium, added sugars and saturated fat. Look for the Heart-Check mark to find foods that have been certified by the American Heart Association as heart-healthy.

Live Tobacco Free

Don't smoke, vape or use tobacco or nicotine products — and avoid secondhand smoke or vapor.

Caffeine and Heart Disease

Caffeine has many metabolic effects. For example:

- It stimulates the central nervous system.
- It releases free fatty acids from adipose (fatty) tissue.
- It affects the kidneys, increasing urination, which can lead to dehydration.

Caffeine is in coffee, tea, soft drinks, chocolate and some nuts. Whether high caffeine intake increases the risk of coronary heart disease is still under study.

Many studies have been done to see if there's a direct link between caffeine, coffee drinking and coronary heart disease. The results are conflicting. This may be due to the way the studies were done and confounding dietary factors. However, moderate coffee drinking (1–2 cups per day) doesn't seem to be harmful.

Caffeine-habituated individuals can experience "caffeine withdrawal" 12–24 hours after the last dose of caffeine. It resolves within 24–48 hours. The most prominent symptom is headache. They can also feel anxiety, fatigue, drowsiness and depression.

Carbohydrates

Carbohydrates, protein, fat, and alcohol are all sources of calories in the diet. These macronutrients can all be part of a healthy diet. Balancing the calories that we take in with those that we burn every day can help us maintain, gain, or lose weight. Learn some tips for fitting carbs in your diet.

Not All Carbs Are Created Equal

Food contains three types of carbohydrates: sugar, starches and fiber. Carbohydrates are either called simple or complex, depending on the food's chemical structure and how quickly the sugar is digested and absorbed. The type of carbohydrates that you eat makes a difference – Foods that contain high amounts of simple sugars, especially fructose raise triglyceride levels. Triglycerides (or blood fats) are an important barometer of metabolic health; high levels may be associated with coronary heart disease, diabetes and fatty liver.

- Simple carbohydrates are digested quickly and send immediate bursts of glucose (energy) into the blood stream. That's why you may feel a rush of energy when you eat a dessert, only to be followed by a crash of fatigue when that sudden burst of energy is depleted. Simple sugars are found in refined sugars, like the white sugar you'd find in a sugar bowl. Added sugars (including refined sugars) provide calories, but lack vitamins, minerals and fiber and can lead to weight gain.

But not all simple sugars are alike. There are also simple sugars in more nutritious foods, like fruit and milk. These are "naturally occurring" sugars and, unlike refined sugars, these sugars often come with vitamins, minerals, and fiber that our bodies need.

- Complex carbohydrates are digested more slowly and supply a lower more steady release of glucose into the blood stream. As with simple sugars, some complex carbohydrate foods are better choices than others.

Refined grains, such as white flour and white rice, have been processed, which removes many nutrients and fiber. Many foods containing refined grains like white flour, sugar and white rice lack B vitamins and other important nutrients unless they're marked "enriched." By contrast, unrefined whole grains retain many of these vital nutrients and are rich in fiber, which helps your digestive system work well. Fiber helps you feel full, so you are less likely to overeat these foods. That explains why you will feel full longer after eating a bowl of oatmeal compared to the same amount of calories of sugary candy.

Why do I need carbohydrates?

When you eat carbs, your body breaks them down into simple sugars, which are absorbed into the bloodstream. As the sugar level rises in your body, the pancreas releases a hormone called insulin. Insulin is needed to move sugar from the blood into the cells, where the sugar can be used as a source of energy.

When this process goes fast — as with simple sugars like sugar-sweetened beverages and high-calorie desserts — you're more likely to feel hungry again soon.

When it occurs more slowly, as with a whole-grain food, you'll feel satisfied longer because it takes longer for your body to break down the complex carbohydrates in whole-grains into simple sugars. These types of complex carbohydrates give you energy over a longer period of time.

The carbs in some foods (mostly those that contain a lot of simple sugars) cause the blood sugar level to rise more quickly than others. How fast or slow carbohydrates are turned into blood glucose are measured on the glycemic index. If you're healthy, carbohydrates turn into glucose (blood sugar), which your body uses for energy. But if your blood glucose levels become too high or too low, it could be a sign that your body can have trouble producing the insulin that it needs to stay healthy which can eventually result in diabetes.

Simple carbohydrates found in processed, refined or added sugars that do not contain any nutritional value include:

- Candy
- Regular (non-diet) carbonated beverages, such as soda
- Syrups
- Table sugar
- Added sugar

Complex carbohydrates, often referred to as “starchy” foods, include:

- Legumes
- Starchy vegetables
- Whole-grain and fiber

Try and get carbohydrates, vitamins and other nutrients in as natural a form as possible. For example, enjoy fruit instead of a soft drink and aim for whole grains instead of processed flours

So when it comes to carbohydrates follow these recommendations:

- 1) Limit foods that are high in processed, refined simple sugars provide calories but they have very little nutrition.
- 2) Get more complex carbohydrates and healthy nutrients by eating more fruits and vegetables.
- 3) Focus on whole-grain rice, breads and cereals, and don't forget the legumes — beans, lentils and dried peas.

Eat Healthy on a Budget by Planning Ahead

Eating healthy – lots of fruits and veggies, lean protein, whole grains – doesn't have to be more expensive. If you shop smart and plan ahead, you'll be surprised at how much goodness you can haul without breaking the bank.

The reality is, many of those ready-made, super-fast, prepackaged foods actually cost MORE than homemade foods. And they tend to have more calories, saturated fat, sodium and added sugars.

So drop the excuses because scoring those nutrient-dense, fiber-rich foods your body needs is easier – and cheaper – than you think.

Planning ahead is key to success.

Preparing menus and grocery lists ahead of time can keep you from making impulse food choices, which often aren't healthy. With a little planning, you can make the healthy choice the easy choice.

- **Plan out one or two weeks of healthy meals for breakfast, lunch and dinner.** Take a few minutes over the weekend to go through your favorite healthy recipes and map out your meal plan. Update your go-to list as you come across new recipes, and don't be afraid to try new things!
- **Use a grocery list or meal-planning app with a grocery list feature.** This will help you quickly grab the ingredients you need for your healthy meal plan.
- **If your work week is crazy, cook over the weekend and store pre-portioned meals in the fridge or freezer.** Now this is a real time and money saver! Just thaw and reheat for hassle-free lunches and dinners.
- **Cut up fruits and vegetables and keep them handy in the fridge, or pre-pack individual servings for when you're on the go.** You'll have ready-made healthy snacks and meal ingredients at your fingertips.

Shop smart to save big.

- Knowing how to navigate the grocery store can save time and money.
- Keep an eye out for specials. Stock up on frozen and canned produce when it's on sale.
- Use coupons and join store rewards programs. You'll be more aware of what's on sale and able to work it into your meal planning.
- Buy fresh fruits and vegetables in season. For example, blueberries cost less in spring and summer, when they're in season. You'll pay more in the fall and winter when they're shipped from warmer climates.
- Skip the ready-made foods and individually-packaged snacks. The convenience may be tempting but it's usually healthier and cheaper to prepare these same foods at home. So aim your cart in another direction.
- Buy local – at a farmer's market or store. The produce may be fresher because it wasn't picked before ripening to travel on a truck long-distance to get to you. You'll know where your food is coming from and help your local economy. You can save money by buying in bulk and splitting the cost with friends or family.

Practices makes perfect.

- Don't give up! Putting a new healthy routine in place doesn't happen overnight, so don't give up!
- Make healthy changes one step at a time. You and your family won't feel blindsided or deprived of all of your favorites if the changes are gradual.
- Involve the whole family. Kids can help with meal planning, grocery shopping and even cooking. Let each family member be chef for a day and take charge of a particular meal. Encourage older kids to make a game of reading food labels at the

grocery store. Let younger kids pick out new types of fruits and vegetables to try. Get more budget-friendly tips online. The AHA has got your back in the grocery store and the kitchen. Learn how to eat healthy and check out this list of healthy foods under \$1.

Healthy Foods Under \$1 Per Serving

Eating healthy on a budget can seem difficult; but it can be done! Being creative can help you stick to your budget and incorporate nutritious foods into your diet.

Try to incorporate some of these healthy foods under \$1 into your weekly menu planning.

Apples (raw with skin)

- Great for: Snacks, green salads, main dish salads and fruit salads
- What's a serving? 1 large apple
- Nutrition Info per serving: About 116 calories, 5.4g fiber, 17% Daily Value for vitamin C, 7% Daily Value for potassium

Bananas

- Great for: Snacks and fruit salads, yogurt parfaits and smoothies
- What's a serving? 1 banana (large)
- Nutrition Info per serving: 121 calories, 3.5g fiber, 14% Daily Value for potassium (487 mg), 20% Daily Value for vitamin C

Baby Carrots (raw)

- Great for: Snacks, casseroles, stews, veggie platters and side dishes
- What's a serving? 8-10 baby carrots (3 oz)
- Nutrition Info per serving: About 30 calories, 2.5g fiber, 234% Daily Value for vitamin A

Homemade or Canned Beans (kidney, pinto, garbanzo or navy)

- Great for: Green salads, casseroles, stews, hummus and chili. Types of beans range from 50% less sodium kidney beans and black beans to white beans and garbanzo beans.
- What's a serving? Each can contains about 3.5 (1/2-cup) servings.
- Nutrition Info per serving (for canned kidney beans): About 105 calories, 7g protein, 7g fiber, 8% Daily Value for iron, 9% Daily Value for potassium

Fresh or Canned Tomatoes (packed in tomato juice, reduced-salt versions)

- Great for: Italian and Mexican recipes, chili, stew and casseroles. Flavor options range from no-salt-added sliced stewed tomatoes to diced tomatoes with garlic and olive oil.
- What's a serving? One can contains about 3.5 (1/2-cup) servings.
- Nutrition Info per serving (for canned tomatoes): About 20 calories, 1g fiber, 6% Daily Value for potassium, 19% Daily Value of vitamin C

Oranges (fruit 2-7/8" diameter)

- Great for: Snacks, green salads and fruit salads
- What's a serving? 1 large or extra large orange
- Nutrition Info per serving: About 70 calories, 3g fiber, 138% Daily Value for vitamin C, 7% Daily Value for potassium

Pears (raw)

- Great for: Snacks, as an appetizer with cheese, green salads and fruit salads
- What's a serving? 1 large pear
- Nutrition Info per serving: About 133 calories, 7g fiber, 16% Daily Value for vitamin C, 8% Daily Value for potassium

Lentils (cooked)

- Great for: Soups and stews, cold bean salads and casseroles
- What's a serving? ½ cup cooked
- Nutrition Info per serving: 115 calories, 9g protein, 8g fiber, 18% Daily Value for iron, 10% Daily Value for potassium

Pearled Barley (cooked)

- Great for: Soups and stews, cold salads and casseroles
- What's a serving? ½ cup (cooked)
- Nutrition Info per serving: 97 calories, 3g fiber, 6% Daily Value for iron

Yogurt (plain, low fat or fat-free)

- Great for: Smoothies, yogurt parfait, dips and dressings
- What's a serving? A 6-ounce container is usually a serving.
- Nutrition Info per serving: (for 6 ounces of fat-free plain yogurt): 95 calories, 10g protein, 34% Daily Value for calcium, 12% Daily Value for potassium

Eggs

- Great for: omelets, hardboiled, salads
- What's a serving? 1 medium egg
- Nutrition Info per serving: 63 calories, 4g fat, 164mg cholesterol, 6g protein

Broccoli

- Great for: steamed as a side dish, tossed in salads, mixed in brown rice or whole wheat pasta dishes
- What's a serving? 1 cup raw, ½ cup cooked
- Nutrition Info per serving (1 cup chopped raw broccoli): 31 calories, 0g fat, 0mg cholesterol, 11% Daily Value for vitamin A, 135% Daily Value for vitamin C

Sweet Potato (cooked, baked in skin)

- Great for: baked, mashed, steamed
- What's a serving? 1 medium potato (2" diameter, 5" long, raw)
- Nutrition Info per serving: 103 calories, 0g fat, 0mg cholesterol, 4g fiber, 438% Daily Value for vitamin A, 37% Daily Value for vitamin C

Brown Rice (cooked)

- Great for: stir fry, steamed with veggies
- What's a serving? ½ cup cooked
- Nutrition Info per serving: 108 calories, 0mg cholesterol, 2g fiber

Green Peas (frozen, cooked)

- Great for: mixed into brown rice or whole wheat pasta dishes
- What's a serving? ½ cup cooked
- Nutrition Info per serving (cooked): 62 calories, 0mg cholesterol, 4g fiber, 4g protein, 13% Daily Value for vitamin C, 34% Daily Value for vitamin A, 7% Daily Value for iron

Fat-Free Milk

- Great for: cold beverage
- What's a serving? 1 cup
- Nutrition Info per serving: 83 calories, 8g protein, 30% Daily Value for calcium, 11% Daily Value for potassium

Regular Oatmeal

- Great for: hot oatmeal, breakfast, baking
- What's a serving? ½ cup cooked
- Nutrition Info per serving: 83 calories, 0mg cholesterol, 2g fiber

Spinach (raw)

- Great for: tossed salads, steamed as a side dish
- What's a serving? 1 cup raw or ½ cup cooked
- Nutrition Info per serving (1 cup raw): 7 calories, 0mg cholesterol, 1g fiber, 56% Daily Value of vitamin A, 14% Daily Value for vitamin C, 5% Daily Value of iron, 5% Daily Value for potassium

Frozen Mixed Vegetables

- Great for: quick side dish, add to soups/stews
- What's a serving? ½ cup cooked
- Nutrition Info per serving: 59 calories; 4g fiber, 78% Daily Value for vitamin A, 5% Daily Value for vitamin C, 4% Daily Value for potassium

Frozen Corn on the Cob

- Great for: quick side dish, kid friendly
- What's a serving? 1 ear
- Nutrition Info per serving (for a cooked cob that yields about 2 oz cooked corn): 59 calories, 2g fiber, 5% Daily Value for potassium

For more information go to: <https://www.heart.org>

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”
3 John 1:2

To God be the Glory,
Kimberly Walker
mrskwalker777@yahoo.com
317-339-5226