

Paid for in part by OR SNAP

# **Healthy Hearts**



# Focus on being good to your heart this month.

Most of us eat too much fat in our diets. Try limiting high fat foods to keep your heart healthy and happy.

#### Things you can do:

- Skip the French fries. Or share a small order of French fries with your child.
- Limit potato chips and corn chips. Pour a small amount into a bowl to eat. Do not eat out of the bag—it's too easy to overeat.
- Choose skim or 1% milk for your family. Skim and 1% milks have as much calcium as whole and 2% milks, without the extra fat. Your family doesn't need the extra calories in whole and 2% milk unless they are trying to gain weight.
- Eat less bacon, sausage and other high fat meats. Read the label and make healthy choices for your family. Try a lower fat meat like chicken or fish.

#### Many high fat foods are low in nutrition.

If your family is eating high fat foods, they may be missing out on important nutrients.



Make sure your family is getting the nutrition they need by serving colorful fruits and vegetables as snacks and at meals.

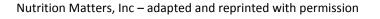
## **Food Hero List**

Here are some ways to keep your family healthy all year long.

- Cut down on fried foods like French fries and chips.
- □ Choose a lower fat milk
- □ Eat fewer high fat meats

FoodHero.org

Serve more Fruits and Vegetables









## **Italian Veggie Soup**

### Ingredients

1 pound ground beef
1 cup diced <b>onion</b>
1/2 cup sliced <b>celery</b>
1 cup sliced or diced <b>carrots</b>
1 1/2 cups sliced or chopped cabbage
1 can <b>kidney beans</b> with liquid (15 ounce)
2 cans tomato pieces with liquid (15 ounce)
1 can <b>tomato sauce</b> (15 ounce)
1 can cut green beans (15 ounce)
1 cup whole kernel <b>corn</b> , frozen or canned
2 cups water
3 teaspoons <b>beef bouillon</b>
1/2 teaspoon garlic powder
1 teaspoon dried parsley
1/2 teaspoon dried oregano leaf
1/2 teaspoon dried sweet basil leaf
1/4 teaspoon <b>pepper</b>
1/2 cup small <b>macaroni</b> (optional)

Nutrition Facts Serving Size about a cup (259g) Servings Per Container 12				
Amount Per Ser	rving			
Calories 140 Calories from Fat 20				
% Daily Value*				
Total Fat 2.5	ōg		4%	
Saturated Fat 1g				
Trans Fat 0g				
Cholesterol 25mg 8%				
Sodium 570mg 24%				
Total Carbohydrate 18g 6%				
Dietary Fiber 3g 12%				
Sugars 5g				
Protein 12g				
Vitamin A 40	• %	Vitamin (	C 30%	
Calcium 8%	•	Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500				
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g • 4 • Prote	80g 25g 300 mg 2,400mg 375g 30g	

#### Directions

- 1. In a skillet, cook the ground beef until browned, breaking it up as it cooks. Remove to soup pan.
- 2. In the same skillet, saute the onion, celery, and carrots until limp but not brown. Remove to soup pan.
- 3. Add all the remaining ingredients to soup pan.
- 4. Bring to a boil, lower heat, cover and simmer about 30 minutes.
- 5. Left overs should be refrigerated with 2-3 hours or frozen for later use.

#### Notes

Try substituting ground turkey or turkey sausage or other vegetables such as zucchini.

For more recipes and Tips on eating well for less, visit <u>www.foodhero.org</u>

<sup>© 2011</sup> Oregon State University. OSU Extension Service cooperating. OSU Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. OSU Extension Service is an Equal Opportunity Employer. This material was funded in part by the Supplemental Nutrition Assistance Program of USDA. SNAP puts healthy food within reach - call Oregon SafeNet at 1-800-723-3638. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. USDA is an equal opportunity provider and employer.