

Nutrition News You Can Use

February, 2011



Heart Healthy Tips



February is...

American Heart Month

Heart disease is the leading cause of death in the United States. The most common heart disease in the U.S. is coronary heart disease. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack.

(www.cdc.gov)

A healthy diet and lifestyle are the best weapons you have to fight against heart disease...

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For Heart Health, Eat Plenty of Fiber!

Fiber helps your body stay healthy and may prevent heart disease lowering LDL or "bad" cholesterol levels. Consuming enough fiber may be easier than you think.

Set a goal to eat 20 to 30 grams of fiber every day. The best way to do this is to consume a wide variety of whole grains, nuts, seeds, beans, fruits, and vegetables.

Add vegetables to stews and casseroles and add oats to meatloaf, breads, and cookies. Fruit on cereal, as a snack and in salads are other options.

You can meet the fiber needs with 5 servings of fruits and vegetables each day, along with whole grains and beans!

Please visit <http://www.wellness-and-you.com/calculator.html> to access the **Nutrition Calculator**. You will find the nutrient information for all menu items offered in the cafeteria!

Low-Fat Apple Bran Muffin

Ingredients:

- 1 c. plain non fat yogurt
- 1 c. chopped apple
- 1/2 c. applesauce
- 2 egg whites
- 1 c. oat bran
- 1 c. wheat flour
- 3 tsp. baking powder
- 3/4 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1 tsp. packed brown sugar



Directions:

Preheat oven to 400 degrees. Spray 12 medium muffin cups with non-stick cooking spray or line with paper baking cups. Mix yogurt, apple, applesauce, and egg whites in large bowl until blended. Stir in remaining ingredients (except brown sugar) just until flour is moistened. Fill muffin cups 3/4 full. Sprinkle with brown sugar. Bake 20 to 24 minutes or until golden brown.