

Healthy Living in McLennan County

TEXAS A&M
AGRI LIFE
EXTENSION

January—
March
2023

Inside this issue:
American Heart Month
Page 1 & 2
Cancer Prevention
page 1 & 2
Recipes page 3 & 4
Upcoming programs page 4

February is American Heart Month



Know your Numbers

The better you understand your heart rate, the more you can maximize your movement to give your heart a good workout.

What is your heart rate?

Your heart rate, or pulse, is the number of times your heart beats per minute. Your resting heart rate is the heart pumping the lowest amount of blood you need because you're not exercising. If you are sitting or lying down — and you're calm, relaxed and aren't ill — your heart rate is normally between 60 and 100 beats per minute.

Other factors can affect your

heart rate include:

Air temperature When temperatures or humidity increases, the heart pumps more blood so your pulse, or heart rate may increase.

Body position Sometimes when going from a sitting to a standing position, your pulse may go up a little. After a few minutes, it should return to a normal rate.

Emotions If you are stressed, anxious or feeling incredibly happy, your emotions can raise your heart rate.

Body size Body size normally does not increase your heart rate. However, if you are

obese, you may see a higher resting heart rate.

Medication use Medications that block adrenaline tend to slow your heart rate. Thyroid medication may raise it.

Why your heart rate matters

Cardiovascular exercise, also called cardio or aerobic exercise, keeps you and your heart healthy. This specific type of exercise gets your heart rate up and heart beating faster for several

Upcoming Classes:

Step Up Scale Down:

Tuesdays

January 24th—April
18th

12:00pm—1:00 pm

Call (254)757-5180
to register

Mediterranean Diet:

January 12th
5:30—7:30pm

call 254-299-8888
or register online
at:
www.MCCandYOU.com

Food Managers Course

January 18th and
25th

9:00 am—4:30 pm

Call (254) 757-
5180 to register

The 10 Commandments of Cancer Prevention

About one of every three Americans will develop some form of malignancy during his or her lifetime. Despite these grim statistics, doctors have made great progress in understanding the biology of cancer cells, and they have already been able to improve the diagnosis and treatment of cancer. But instead of just waiting for new breakthroughs, you can do a lot to protect yourself right now. Screening tests can help detect malignancies in their earliest stages, but you should always be alert for symptoms of the disease. The

American Cancer Society developed this simple reminder years ago:

C: Change in bowel or bladder habits

A: A sore that does not heal

U: Unusual bleeding or discharge

T: Thickening or lump in the breast or elsewhere

I: Indigestion or difficulty in swallowing

O: Obvious change in a wart or mole

N: Nagging cough or hoarseness

It's a rough guide at best. The vast majority of such symp-

toms are caused by non-malignant disorders, and cancers can produce symptoms that don't show up on the list, such as unexplained weight loss or fatigue. But it is a useful reminder to listen to your body and report sounds of distress to your doctor.

Early diagnosis is important, but can you go one better? Can you reduce your risk of getting cancer in the first place? It sounds too good to be true, but it's not. Scientists at the Harvard School of Public Health estimate



Remember to add citric acid or lemon juice to your home canned tomatoes

Increase health and decrease weight by adding more vegetables to your diet



remember that fresh fruits and vegetables aren't required to carry the label — so some of your healthiest food choices remain label-free and nutrition rich.

Heart rate

minutes at a time. Cardiovascular exercise helps strengthen your heart, allowing it to pump blood more efficiently, which improves blood flow to all parts of your body. It also boosts your high-density lipoprotein, HDL or "good," cholesterol, and lowers your low-density lipoprotein, or LDL or "bad," cholesterol. This may result in less buildup of plaque in your arteries.

What's considered normal?

Your target heart rate is the minimum heart rate in a given amount of time to reach the level of energy necessary to give your heart a good workout. To find your target heart rate to maximize your cardiovascular exercise, the first step is determining your maximum heart rate.

Your maximum heart rate is 220 minus your age. Your target heart rate for moderate exercise is about 50%–85% of your maximum heart rate.

Averages by age as a general guide are:

- 20: 100–170 beats per minute
- 30: 95–162 beats per minute
- 35: 93–157 beats per minute
- 40: 90–153 beats per minute
- 45: 88–149 beats per minute
- 50: 85–145 beats per minute
- 55: 83–140 beats per minute
- 60: 80–136 beats per minute
- 65: 78–132 beats per minute
- 70: 75–128 beats per minute

What you can do:

Start slow. If you are just beginning an exercise program, aim for the lower end of your target heart rate zone. Then gradually build up intensity.

Try interval training. Interval training, which includes

short bursts — 15–60 seconds — of higher-intensity exercise, alternated with longer, less strenuous exercise effectively increases cardiovascular fitness, and it is safe for those with existing heart disease and Type 2 diabetes.

Take the "talk test." If you can carry on a conversation in brief sentences while exercising, you're probably in the moderate intensity range. You'll be breathing faster, developing a light sweat and feeling some strain in your muscles. If you're working at a vigorous intensity, you won't be able to say more than a few words without catching your breath. If you can sing while working out, you're probably in the low-intensity range, so step it up.

By Mayo Clinic staff

cancer (Continued)

that up to 75% of American cancer deaths can be prevented. The 10 commandments of cancer prevention are:

1. Avoid tobacco in all its forms, including exposure to secondhand smoke.
2. Eat properly. Reduce your consumption of saturated fat and red meat, which may increase the risk of colon cancer and a more aggressive form of prostate cancer. Increase your consumption of fruits, vegetables, and whole grains.
3. Exercise regularly. Physical activity has been linked

to a reduced risk of colon cancer. Exercise also appears to reduce a woman's risk of breast and possibly reproductive cancers.

4. Stay lean. Obesity increases the risk of many forms of cancer.
5. If you choose to drink, limit yourself to an average of one drink a day. Excess alcohol increases the risk of cancers of the mouth, larynx (voice box), esophagus (food pipe), liver, and colon
6. Avoid unnecessary exposure to radiation. Get medical imaging studies only when you need them. Check your home for residential radon, which increases the

risk of lung cancer. Protect yourself from ultraviolet radiation in sunlight, which increases the risk of melanomas and other skin cancers.

7. Avoid exposure to industrial and environmental toxins.
8. Avoid infections that contribute to cancer, including hepatitis viruses, HIV, and the human papilloma virus.
9. Make quality sleep a priority.
10. Get enough vitamin D. Many experts now recommend 800 to 1,000 IU a day.

Harvard Health Publishing, Harvard Medical school



Chicken Shawarma

Chicken shawarma is a garlicky Middle-Eastern dish. While it's often served in a pita, it's equally delicious served on a bed of romaine and topped with cucumbers, tomatoes, and feta. This easy-to-make dish will become a favorite go-to on those extra-busy nights.

Ingredients

- 2 teaspoons olive oil
- 1 small onion (chopped)
- 1 pound boneless, skinless chicken breasts, all visible fat

- discarded, cut into 1/2 x 2-inch strips
- 1/2 cup fat-free, low-sodium chicken broth
- 4 medium garlic cloves (minced)
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon black pepper ((coarsely ground preferred))
- 1/4 teaspoon salt
- 1/2 medium unpeeled cucumber, sliced, and
- 1/2 medium unpeeled cucumber, chopped, divided use
- 1 medium tomato, sliced, and
- 1 medium tomato, chopped, divided use
- 2 cups torn romaine lettuce
- 2 tablespoons minced, fresh Italian (flat-leaf) parsley
- 2 tablespoons crumbled, low-fat feta cheese

Directions

Heat the oil in the pressure cooker on sauté. Cook the onion for 3 minutes, or until soft, stirring frequently. Add the chicken. Cook the chicken for 4 to 6 minutes, or until lightly browned, stirring frequently. Turn off the pressure cooker.

Stir in the broth, garlic, cumin, paprika, turmeric, pepper, and salt. Secure the lid. Cook on high pressure for 4 minutes. Quickly release

the pressure.

Arrange as follows on a platter: the sliced cucumber, sliced tomato, and romaine. Using a slotted spoon, place the chicken on the romaine. Top with the remaining chopped cucumber and chopped tomato. Sprinkle with the parsley and feta.

This recipe is reprinted with permission from American Heart Association Instant & Healthy.

Calories

202 Per Serving

Protein

27g Per Serving

Fiber

3g Per Serving



Old-Fashioned Vegetable-Barley Soup

This quick and easy vegetarian soup, packed with vegetables and a whole grain, can be on your table in about 30 minutes on a chilly day.

Ingredients:

- Cooking spray
- 1 teaspoon olive oil
- 1/2 medium onion, chopped

- 1 medium rib of celery, chopped
- 1 medium garlic clove, minced
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 1/2 cups frozen mixed vegetables
- 1 1/2 cups low-sodium vegetable broth
- 1 cup chopped kale
- 1/2 cup water
- 1/4 cup uncooked quick-cooking barley
- 1/2 teaspoon dried basil, crumbled
- 1/2 teaspoon dried oregano, crumbled
- 1/8 teaspoon pepper
- 1 tablespoon plus 1 teaspoon shredded or grated Parmesan cheese

Directions:

1. Lightly spray a large Dutch oven with cooking spray. Add the oil, swirling to coat the bottom. Cook the onion and celery over medium-high heat until golden, about 3 minutes, stirring occasionally. Add the garlic

and cook for 10 seconds. Stir in the remaining ingredients except the Parmesan. Bring to a boil over medium-high heat. Reduce the heat and simmer, covered, for 10 to 12 minutes, or until the barley is cooked.

2. Ladle into soup bowls. Sprinkle with the Parmesan.

Tip: Look for bags of washed and chopped kale in the produce section of your supermarket.

Calories

129 Per Serving

Protein

6g Per Serving

Fiber

5g Per Serving

TEXAS A&M AGRI LIFE EXTENSION



The *mission* of the *Texas A&M AgriLife Extension Service* is to provide quality, relevant outreach and continuing educational programs and services to the people of *Texas*. ... The agency improves the lives of Texans through an educational process that uses research-based knowledge focused on issues and needs.

4224 Cobbs Drive
Waco, TX 76710
254-757-5180
Colleen.foleen@ag.tamu.edu

Upcoming Programs

January

12 Mediterranean Diet Healthy eating made manageable call 254-299-8888 or register online at: www.MCCandYOU.com

24 Step Up to Scale Down 12 week lunchtime program for weight management. Please call 254-757-5180 for more information

18 & 25 Food Protection Managers Course. Please call 254-757-5180 for more information

21 Home Canning call 254-299-8888 or register online at: www.MCCandYOU.com

February

13,20,27 Coping to control Diabetes education please call 254-757-5180 for more information

2,9,16,23 Cooking Well With Diabetes call 254-299-8888 or register online at: www.MCCandYOU.com

March

7,14,21,28 Wisdom Power and Control 4 week diabetes education. Please call (254) 757-5180

6,13 Food Protection Managers course: Please call 254-757-5180 for more information

Recipe links for Dinner Tonight Kid Friendly Recipes



Butternut Squash Mac & Cheese

Mac n Cheese is a comfort food classic but allow us to dress up your mac n cheese with a winter favorite, butternut squash! The butternut squash and the blend of cheeses in this dish

really make for a unique mac n cheese experience!
<https://dinnertonight.tamu.edu/recipe/butternut-squash-mac-n-cheese/>



On cool evenings, nothing is more satisfying and delicious than a bowl of hearty soup. It can also be a very healthy and economical one-pot meal that uses spare vegetables that may otherwise go to waste.

<https://dinnertonight.tamu.edu/recipe/chicken-vegetable-soup/>



Lasagna in less than 30 minutes and on your stove top!

<https://dinnertonight.tamu.edu/recipe/skillet-lasagna/>