

February 2025 Nutrition Article

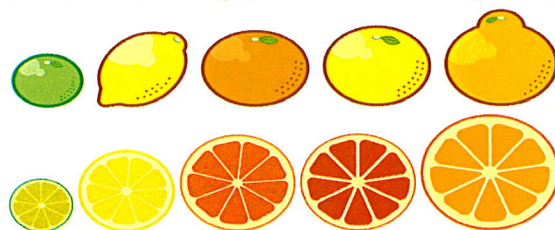
"American Heart Month" is widely recognized in February. Heart disease is the #1 leading cause of deaths in the U.S. Below are some tips and items to keep in mind while promoting one's heart health.

- **Choose more unsaturated fats and less saturated fats**
 - Saturated fats include: those that stay solid at room temperature
 - Butter, Animal Fats (Lard, steaks, sausage, etc)
 - Unsaturated fats include: those that are liquid at room temperature
 - Olive oil, vegetable oil, avocados, etc.
- **Consuming less salt**
 - Rinse any frozen and canned foods, salt is often used as a preservative. Thoroughly rinse under running water a couple of times will help to reduce sodium content
 - Keep the salt shaker off the table! We often salt our food before tasting it.
 - Look for sodium substitutes i.e. Seasoning, citrus, herbs (fresh or dry)
- **Encourage foods rich in omega-3 fatty acids**, as they promote positive heart health by reducing triglycerides in one's blood serum
 - Fish (especially salmon), avocados, olive oil, walnuts, flaxseeds, etc

With all the dietary tips listed above, it's important to remember that exercise also plays such an important role in heart health. Understandably so, with colder temperatures we tend to stay indoors during this time. Get creative and use any resources available to you: walk a few laps at your indoor mall if able or grab a friend and walk/stretch/lift light weights (i.e. cans of food)

Seasonal foods in February?

- Citrus fruits - oranges, limes, grapefruit, etc.
- Fennel, cabbage, broccoli
- Pomegranate



Dark chocolate has many heart health properties compared to milk or semi-sweet. Dark chocolate is very high in **flavonoids**, a specific type of antioxidants (also found in wine, apples, etc) that has been shown to decrease risk of heart disease, cholesterol, hypertension, diabetes, and blood clots.

Dark Chocolate Covered Treats

2 regular size dark chocolate candy bars (or 6 oz of bagged dark chocolate chips)
2 cups of fruit and nuts, any kind!

- Strawberries, blueberries, pitted cherries, bananas. Etc.
- Dried cranberries, raisins
- Pistachios and pecans (shell taken off)

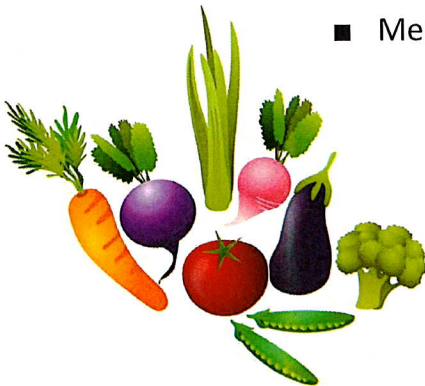


Line a baking pan with wax paper.

In a microwave safe bowl add in dark chocolate and melt for 30-second intervals, mixing in between. Once dark chocolate has melted, submerge half way all fruits and nuts, one at a time. Lay out on a wax paper lined pan. Once complete, set in the refrigerator for at least 5 min until solid. Enjoy this simple, rich and heart healthy treat!

FREE NUTRITION COUNSELING

- Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa (habla español), services also available in Spanish. ***Ask your center staff for details today!***
 - Please reach out to our site for help with the following:
 - New medical diagnosis i.e. cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
 - Food resources - Food banks, pantries, programs, etc.
 - Menu planning, budgeting, and recipe ideas



NATIONAL WEAR RED DAY[®] IS FRIDAY, FEB. 7.



Our No. 1 killer, cardiovascular disease, unfairly targets women. We have been left out of research, testing, treatment and funding. Fortunately, women have an amazing resource – each other.

Women at every age, stage and season of life need our support, and that's why we Go Red.

TO BE SEEN.

TO BE COUNTED.

TO BE HEARD.

TO MAKE AN IMPACT.

On Friday, Feb. 7, share your heart as we **WEAR RED** together.

WearRedDay.org | #WearRedDay

Go Red for Women is nationally sponsored by



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7 WAYS TO HELP MAKE KINDNESS THE NORM[®]

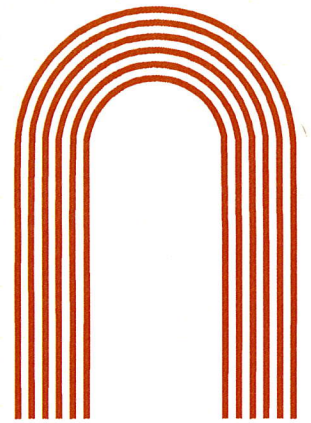
- 1 Make a gratitude call to someone who has helped you
- 2 Support a local business
- 3 Pick up litter in your neighborhood
- 4 Offer to help someone without being asked
- 5 Donate your time or money to an organization you care about
- 6 Send a kind text to someone
- 7 Practice self-care

make
kindness
the norm.

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or status as any protected veteran or military status.



Cyber Seniors

Learn the technology basics with your local Digital Navigator, Gavin!

at the Marshall Public Library
2pm - 3pm

January 22, 2025 ✓

January 29, 2025 ✓

February 5, 2025 ✓

February 12, 2025 ✓

free!








Bring your device and be ready to learn!





February Heart Month

**CARING FOR MORE THAN
JUST YOUR HEART**

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|--|--|
| | |  | | | | |
| |  | | | | | |
| 2 MID-LEVEL SHOWCASE Timothy Baker, Physician Assistant <i>on Facebook and Instagram</i> | 3 RECIPES: Heart Healthy Recipes Frozen yogurt bark and Cheese and vegetable fritata with fruit salad | 4 HEART MATTERS: PFA Dr. Otto | 5 MEET OUR PHYSICIAN Dr. Cameron | 6 Women's Heart Health Learn more from Dr. Cameron on our Facebook and Instagram | 7 FAMILY FEUD ON FACEBOOK | 8 MEET THE EKG STAFF |
| 9 MID-LEVEL SHOWCASE Colton Randall, Physician Assistant <i>on Facebook and Instagram</i> | 10 RECIPES: Heart Healthy Recipes Peanut Butter Banana Protein Bars and Banana Bread | 11 HEART MATTERS: Stroke Amber Frost, NP | 12 MEET OUR PHYSICIAN Dr. Longmore | 13 PFO Learn more from Dr. Grigera on our Facebook and Instagram | 14 FAMILY FEUD ON FACEBOOK | 15 MEET THE ECHO STAFF |
| 16 MID-LEVEL SHOWCASE Elisabeth Spraggins, Nurse Practitioner <i>on Facebook and Instagram</i> | 17 RECIPES: Heart Healthy Recipes Turkey Bacon and spinach quiche with sweet potato crust and kid-friendly cottage cheese very blueberry pancakes | 18 HEART MATTERS: Cardiac Scoring Program Dr. Longmore | 19 MEET OUR PHYSICIAN Dr. Smith | 20 Chest Pain Learn more from Dr. Singh on our Facebook and Instagram | 21 FAMILY FEUD ON FACEBOOK | 22 MEET THE CARDIOLOGY TEAM |
| 23 MID-LEVEL SHOWCASE Mark Vetri, Physician Assistant <i>on Facebook and Instagram</i> | 24 RECIPES: Heart Healthy Recipes Sliced fruits with honey-vanilla yogurt dip and Peanut butter chocolate cheesecake dip | 25 HEART MATTERS: Hypertension Dr. Smith | 26 MEET OUR PHYSICIAN Dr. Shekar | 27 Walking Learn more from Dr. Call on our Facebook and Instagram | 28 FAMILY FEUD ON FACEBOOK Coping with stress presentation and Meet and Greet with Cardiovascular providers after presentation | MEET THE CARDIOLOGY TEAM    |

Healthy Living 101:

Spring 2025

This FREE seven-class series is to educate all community members on prevention of chronic illnesses, SMART goals, healthy meal planning and diets, fitness, and more. Classes will be offered in person and on Zoom. This class series is geared more toward the 65+ population but has useful information for everyone. A light lunch will be provided to all who register for the in-person classes.



Wednesday, March 5th 12:00-1:00PM

How to Live Healthy

What are the pillars, reducing risks of chronic disease, and general health



Wednesday, March 12th 12:00-1:00PM

Fostering Healthy Habits

SMART goals and habit stacking



Wednesday, March 19th 12:00-1:00PM

Nourishment Knowledge is Power

Meal planning and the Plate Method



Wednesday, March 26th 12:00-1:00PM

Nourish for the Now and Future

Debunking common diets and quick healthy meals



Wednesday, April 2nd 12:00-1:00PM

Get Some Pep Back in your Step

Importance of physical activity in overall health



Wednesday, April 9th 12:00-1:00PM

Healthy Whole Self

Tying it all together, your health moving forward



Wednesday, April 16th 12:00-1:00PM

Wrap-up with Q & A Panel

Question and answer with a dietitian, nurse, and a rep from Area Agency on Aging

Register for in person or Zoom!



QUESTIONS?

 208-239-1955

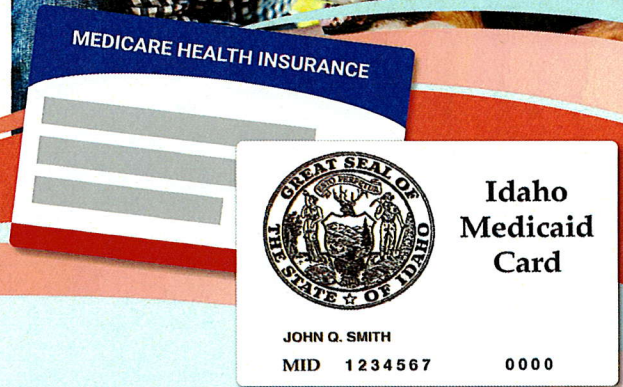
 micaela@portneufhealthtrust.org

Class location:
City Center Campus - Training Level
1001 N 7th Ave.
Pocatello, ID 83201



Have Medicare & Medicaid?

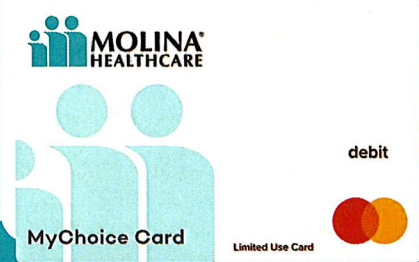
Molina Medicare Advantage plans give you the benefits of both in one easy-to-use plan. Join the plan that's right for you and your budget!



\$0

Get copays as low as \$0 on these benefits and more:

- \$0 monthly plan premium
- Eye exam + get \$200 for eyewear every year
- \$100 every month for OTC and transportation
- No-cost access to 16,000+ fitness centers, plus a home fitness kit
- No-cost hearing exam every year + 2 hearing aids every 2 years
- \$150 per month for groceries*
- 20 no-cost chiropractic visits per year



Get \$3,000 every year! Use your pre-funded debit card to pay for covered benefits like:

- ✓ Over-the-counter items
- ✓ Transportation
- ✓ Groceries*

Call today to enroll!
Lisa Jolley

(208) 479-8387 (TTY: 711)
Monday to Friday
8:00 AM - 5:00 PM

2025 ID H5628-008 (HMO DSNP)



"The best time to start was yesterday,
the second best time is today." ~ Unknown

Toilet Talk

Keeping Your Body's Fuel Lines Healthy

The average adult has more than a gallon of blood pumping through their body. It's generally ideal to keep that blood inside of you. If you lose too much blood, your brain doesn't have enough fuel to keep your body alive.

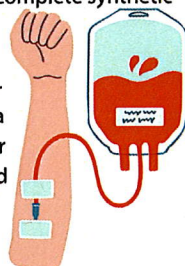
Your blood is like a fleet of delivery trucks. Its roads are your veins, the packages it carries are essential nutrients and oxygen. Blood is constantly making deliveries to your cells. At the same time, it's picking up outgoing packages in the form of unwanted waste, to be taken away for disposal.

To keep the cycle moving efficiently, regular maintenance is required. "Keeping your blood healthy is extremely important," says John Manis, MD, a hematologist at Boston Children's Hospital.

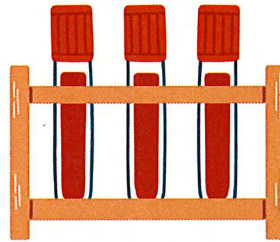
"Blood, like your skin or hair, is an organ that renews itself every few weeks to months." The biggest factor for having healthy blood is diet. The primary nutritional resources your blood needs are iron and vitamin B12. Foods rich in iron include shellfish, spinach, legumes, quinoa and pepitas. Red meat is also an excellent source of iron, but it is high in saturated fats that increase blood cholesterol and increases the risk of heart disease, so consume it in moderation.

Give to Your Community: Become a Blood Donor

It's not an exaggeration to say that without blood donors, modern medicine couldn't function. Donated blood is needed for surgeries, cancer care and other life-saving procedures. Someone in the U.S. is in need of donated blood every two minutes. "We absolutely need blood every day," Manis says. Scientists have not managed to produce complete synthetic human blood, so donors are essential to the health care system. "Every blood component is used," Manis says. "Donating blood is a good and important volunteer activity. It's good citizenship." Donating blood is a safe and easy process. About 9.5 million people a year donate blood in the U.S., but more are needed. To find out more and become a blood donor, visit www.redcross.org



Getting enough B12 can be harder. B12 is most common in meats and fish, but



you can also find it in fortified cereals, eggs and dairy products. If your diet isn't supplying the nutrients your blood needs, there can be noticeable differences in how you feel.

When your blood doesn't have the ingredients to carry enough oxygen throughout your body, you can develop anemia. You might feel tired and weak or you might not be able to focus. It can also give you shortness of breath and make you dizzy. People are at high risk for anemia during menstruation, because monthly blood loss means nutrients in the blood need to be replenished more often. There are a slew of other potential symptoms and many different types of anemia, but if you don't feel right and you don't know why, it's a good reason to visit your doctor.

There are other factors to consider for healthy blood. Your blood sugar level can affect your energy levels. Nicotine, exercise and diabetes can have major impacts on your blood sugar. Manag-

ing blood pressure is also very important.

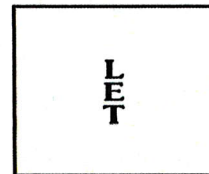
There are some reasons you should talk to your doctor about your blood, even if you're feeling healthy. For example, if you're planning on starting a family, have heavy bleeding from menstruation or follow a strict vegan diet, it's a good idea to check in with your health care team.

Your family history is another factor for blood health. As many as 100,000 Americans have sickle cell disease, an inherited blood disorder. If you have sickle cell disease, your red blood cells have a crescent shape and become hard and sticky. The cells die sooner and can get stuck and clog the flow of your blood, causing pain, infection, eye problems and stroke.

In the U.S., sickle cell disease is most common in people of African descent, but it also occurs in people whose ancestors hail from South America and a few other regions. There are treatments for sickle cell disease, so if you suspect you or someone in your family might have it, talk to your doctor.

For more information, visit www.hematology.org.

SOLVE



SOLUTION: LET DOWN - ONTARIO

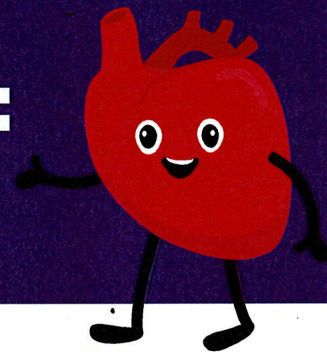
Provided by:



siphidaho.org



Take Action for Your Heart: Get Started!



Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. Take action to protect your heart by following these tips.

Get Enough Quality Sleep

Lack of sleep or getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions.

- Try to aim for 7-9 hours of sleep a night.
- Go to bed and wake up at the same time each day.
- Exercise regularly, but not within 2-3 hours before bedtime.
- Avoid caffeine and nicotine.



Eat Better

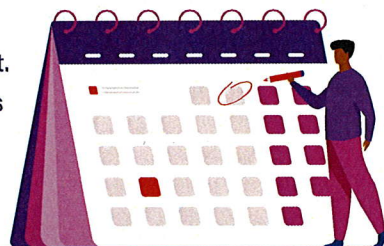
A flexible and balanced eating plan can help lower your high blood pressure and improve your cholesterol.

- Follow the [Dietary Approaches to Stop Hypertension \(DASH\) eating plan](#), which can help you create a heart-healthy eating style for life.
- Read nutrition labels to pick the food lowest in saturated fat, sodium, and added sugars.
- Try a mix of lean cuts of meat, eat fish once or twice a week, and eat two or more meatless meals each week.
- Consider whole fruits, dried fruits, unsalted rice cakes, fat-free and low-fat yogurt, or raw vegetables as a snack.

Stop Smoking

Any amount of smoking, even light or occasional smoking, damages your heart and blood vessels.

- Select a quit date and write yourself a contract that outlines your **plan for quitting**.
- Talk with your healthcare provider about programs and products that can help you quit.
- Join a support group. Many hospitals, workplaces, and community groups offer classes to help people quit smoking.
- Call 1-800-QUIT-NOW and visit [smokefree.gov](#) to get additional support.



Maintain a Healthy Weight

Maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions.

- Choose healthy snacks like fruits, vegetables, yogurt, or nuts, instead of sugary or high-calorie snacks.
- Stay hydrated with water as your primary beverage.
- Aim for at least 150 minutes of moderate-intensity aerobic exercise (such as brisk walking) or 75 minutes of vigorous-intensity (like running) exercise per week.
- Consider keeping a log of what you eat throughout the day.

Be More Active

Getting enough physical activity helps to lower your risk of heart disease and stroke.

- Adults should spend at least 150 minutes (2 ½ hours) each week doing physical activity.
- Sit less! Take the stairs. Park farther away. March in place or take a walk around the block.
- Try muscle-strengthening activities like lifting weights, working with resistance bands, doing sit-ups and push-ups, or some forms of yoga—whatever works for you.
- If you don't have a lot of time in your day, try being active for 10 minutes at a time. Anything that gets your heart beating faster counts!



Control Cholesterol

Unhealthy levels of cholesterol can lead to high cholesterol, which increases the risk of developing heart disease.

- Try the **Therapeutic Lifestyle Changes (TLC) Program** which combines diet, physical activity, and weight management to help lower high blood cholesterol and improve heart health.
- Eat a heart-healthy diet that is low in saturated fats, as these can raise LDL cholesterol levels.
- Limit alcohol consumption. Drinking too much alcohol—more than two drinks a day for men or one drink a day for women—can raise your total cholesterol level.



Manage Stress

Learning how to manage stress with healthy coping strategies helps improve your emotional and physical health.

- Use relaxation techniques that combine breathing and focused attention on pleasing thoughts and images to calm the mind and body.
- Consider meditation, as it can help to **lower stress**.
- Take a yoga class to help lower stress and improve mindfulness. It may also offer you a supportive community.

Practice Self-Care & Find Social Support

Daily acts of self-care can benefit your heart because self-care is heart care. Studies show that having positive social support, close relationships, and feeling connected to others makes it easier to stick to heart-healthy habits.

- Try to do at least one positive action for your heart health each day.
- Make the doctor's appointment you've been putting off.
- Ask family and friends to text you reminders or encouragement to help you meet your health goals.
- Join an exercise class or a weight management group to connect with other like-minded people and stay motivated.

For more information about how you can take action to keep your heart healthy, visit [hearttruth.gov](https://www.hearttruth.gov)

Manage Blood Sugar

Maintaining stable blood sugar levels is crucial for heart health, especially for people with diabetes or those at risk of developing diabetes.

- Eat a diet rich in whole foods, including vegetables, fruits, whole grains, lean proteins, and healthy fats.
- Monitor your carbohydrate intake and choose complex carbohydrates, like whole grains and legumes, to help control blood sugar levels.
- Talk to your healthcare provider about how often you should check your blood sugar levels, especially if you have diabetes.

Control Blood Pressure

Keep your blood pressure in a healthy range and keep track of your numbers. Blood pressure that's consistently higher than 130/80 mm Hg can cause serious health problems.

- Have your blood pressure checked each time you visit the doctor.
- Use a blood pressure monitor to measure your blood pressure at home and **learn how to measure it correctly**.
- Use a **blood pressure tracker** to keep a record of your numbers each reading.
- If you're pregnant or planning to be, it's especially important to keep your blood pressure in a healthy range.



28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#OurHearts
are healthier together

Day 1
Call a friend and join the #OurHearts movement.

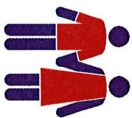


Day 2
Make a heart-healthy snack.

Day 3
Schedule your annual physical. Discuss your heart health goals with your doctor.



Day 4
Sport red today for National Wear Red Day.



Day 5
Squat it out! Do 1 minute of squats..



Day 6
Make today a salt-free day. Use herbs for flavor instead of salt.



Day 7
Visit Smokefree.gov to take the first step to quitting smoking.



Day 8
Get your blood pressure checked.



Day 9
Walk an extra 15 minutes today.



Day 10
Aim for 30 minutes of physical activity today.



Day 11
Plan your menu for the week with heart-healthy recipes.



Day 12
Reduce stress using relaxation techniques.



Day 13
Give the elevator a day off and take the stairs.



Day 14
Protect your sweetheart's heart: Plan a heart-healthy date.



Day 15
Swap the sweets for a piece of fruit for dessert.



Day 16
Stress less. Practice mindful meditation for 10 minutes.



Day 17
Head to bed with enough time to get a full 7-8 hours of sleep.



Day 18
Add a stretch break to your calendar to increase your flexibility.



Day 19
Eat vegetarian for a day.



Day 20
Share a funny video or joke that makes you laugh.



Day 21
Dance for 15 minutes to your favorite music.



Day 22
Call a relative and ask about your family health history.



Day 23
March in place during commercial breaks to get your heart going.



Day 24
Get a tape measure and find out the size of your waist.



Day 25
Ask a family member or neighbor to join you for a walk.



Day 26
Fill half of your lunch and dinner plates with vegetables.



Day 27
See how many push-ups you can do in 1 minute.

Day 28
Pay it forward and tell a friend about The Heart Truth®.



nhbli.nih.gov/heartmonth



National Heart, Lung, and Blood Institute

