

EVERYDAY MATTERS

Volume 1, Issue 2

February 2014

Get the FACS

Family and Consumer Sciences

Heart Health

Heart health problems include heart disease, valve disease and more. What can you do to prevent these health conditions? Dr. Ornish from the website WebMD says that if you focus on making small healthy changes to your diet and exercise routine you can prevent heart disease from occurring, and with major changes to diet and exercise, you can begin to reverse the damage done to your heart and valves within months. Of course, you need to talk with your doctor to decide what changes should be made.

A Heart Healthy Lifestyle includes a balanced diet of low fat dairy, whole grains, protein and lots of fruits and vegetables. Go to www.myplate.gov for details.

Exercise should include regular activity such as walking 3-5 days a week. Try adding in stretching or yoga to bring down stress levels.

Tips for keeping up your exercise:

- ❖ Plan your exercise program into your schedule
- ❖ Keep a diary or log to chart your progress
- ❖ Start slowly and gradually build up to your goal.
- ❖ Include variety in your exercises to keep your interest and to prevent muscle and joint soreness or injury. Check out our publications online at www.fcs.uga.edu/ext



While grocery shopping, Look for products with the heart-check mark, which limits the amount of total fat, saturated fat, trans fat, cholesterol and sodium in a food.

Time Management

Do you wish you had more time? What would you do that you are not currently able to do? Every one of us is given the same amount of time in a day-24 hours. No more, no less. It's how you spend your time that makes it seem more valuable. Time management is how we manage the 24 hours we are given. We know that those who schedule their days, stick to a plan,

and are organized, feel as though they get better value for their time.

Tips for time management:

- ❖ Get organized; clear the clutter from your life and come up with strategy that works for the future
- ❖ Write it down; keep a planner or master calendar in sight where you can manage tasks and appointments.



- ❖ Don't procrastinate; stick to a routine and when you make a plan, stick to it; you'll be glad you did.
- ❖ One thing at a time; Recent psychological studies have shown that multi-tasking does not save time. Routine multi-tasking may lead to difficulty maintaining focus and concentration.

Upcoming Programming:

1st Time Home Buyers Workshop	02/01
Couponing To Save	02/04
Couponing To Save	02/06
Walk-a-weigh a 10 week series begins	03/04
Serve Safe Certification Class	03/04-05
Call the office to find out more and preregister	

At UGA/ Cobb County Extension our role is to provide research based information and increase awareness about topics that impact our community.

Staff are available Monday-Friday 8-5 on topics of Family & Consumer Science, Agriculture, and 4-H



UGA
extension



Cobb County...Expect the Best!

Recipe of the Month— Quinoa and Roasted Pepper Chili

From: myrecipes.com



Ingredients

- 4 teaspoons extra-virgin olive oil
- 1 1/2 C. onion, diced
- 2 red bell peppers
- 2 poblano chilies
- 4 cloves garlic, minced
- 3 C. chopped zucchini
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 C. water
- 1/3 cup uncooked quinoa, rinsed
- 1/4 teaspoon kosher salt
- 1 (14.5 ounce) can fire roasted diced tomatoes with chipotles
- 1 (15 ounce) can no-salt-added pinto beans, rinsed and drained
- 1 cup low sodium vegetable juice

Preparation

1. Preheat the broiler.
2. Cut bell peppers and chilies in half lengthwise: discard seeds and membranes. Place halves, skin side up, on a foil-lined baking sheet. Broil 10 minutes or until blackened. Place in a paper bag and let stand for 10 minutes. Peel and coarsely chop.
3. Heat large Dutch oven over medium-high heat. Add oil to the pan. Add zucchini, onion, and garlic and sauté for 30 seconds. Add roasted peppers and chilies, 1/2 cup water, and remaining ingredients; bring to a boil. Reduce heat to medium-low; cover and simmer for 20 minutes or until quinoa is tender.

-Quinoa is actually a seed that is high in protein and rich in essential amino acids like Lysine. It also includes calcium, phosphorus, and iron, and is gluten free. Quinoa comes in white, red, and black.

Relationship Wellness—

Nat King Cole made the lyrics "Love was made for you and me" popular in the song, **LOVE**

Our relationships are easy to take for granted, so remember that your loved ones are the ones who really matter in your life. They are the ones who know you the best and accept you as you are.

Relationship Tips:

- Take time to talk
- Do something together that you both enjoy
- Be grateful for one another
- Turn off the TV
- Laugh at the little things

Show love for every member of the family by taking time to talk and share. Maybe you need to start a family movie or game night once a week. Or consider enlisting some help with everyday chores such as cooking dinner together or just take time to share hugs and laughter!

Customer Corner- answers to your everyday questions

"What makes a recipe Heart Healthy?"

As far as a heart healthy diet, try to consume fewer calories from saturated fats and sugars. Focus more on grains, fruits, vegetables, low-fat dairy, lean meat and protein. Losses as small as 10 to 20 pounds can improve blood pressure, blood sugar, and blood fats.

For a recipe, heart healthy will most likely seek to replace butter or other high saturated fats like oil with applesauce or yogurt. You will notice low fat or non fat dairy called for as well as lean cuts of meat. A recipe may include adding nuts which have omega 3 and 6, which are known as essential fatty acids. Omega fats have many health benefits, one of which is to reduce inflammation in the body, this includes your blood vessels, so you can be... heart healthy for life!



Call us or email us anytime for answers to your everyday questions!
770-528-4070
uge1067@uga.edu

Cobb County Cooperative Extension is an Equal Opportunity/Affirmative Action Institution.