

In Good Health Johnson County

February 2023
Vol 1 Issue 2

Upcoming Events

Join us for one of our classes!

**Kids in the Kitchen:
One Pan Wonders**

February 11th 10:00 AM - 12:00 PM

Four Course Living

February 13th 11:00 AM - 1:00 PM

February 23rd 6:00 PM - 7:45 PM

Purposeful Pantry

March 23rd 6:00 PM - 8:00 PM

**Kids in the Kitchen:
Snack Attack**

March 11th 10:00 AM - 12:00 PM



Scan the QR code or visit
bit.ly/EMFVEvents
to Register!



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Master Food Volunteer
Johnson County

**Need a speaker? Have questions about food or
nutrition or our classes? Contact Us!**

foodhelp@jocogov.org

Featured Article

**February is American Heart Health month.
Heart disease is the number one cause of
death in the U.S. and is responsible for
every 1 in 5 deaths.**

You have probably heard the term 'heart disease' either from a health care professional, in the news, or from your family or friends. But do you really know what heart disease is? Heart disease is a term used to refer to several types of conditions of the heart. The most common type of heart disease is coronary artery disease (CAD). CAD occurs when plaque builds up in the walls of the arteries which reduces blood flow. Many people do not know that they have CAD and, in fact, they may learn about their heart's condition for the first time when they have a heart attack. The good news is that a majority of cardiovascular diseases (80%) ARE preventable following a healthy lifestyle. Here are the top 5 things you can do to improve your heart health, starting TODAY!

1. Stop smoking! Smoking increases blood pressure and can promote build up of plaque in arteries.
2. Move your body! Physical activity helps control cholesterol, diabetes, and maintain a healthy weight.
3. Reduce stress! Stress disrupts our hormones and sleep and may lead to overeating or smoking.
4. Eat a well-balanced diet! Limit sugars, fats, and refine carbs and choose foods rich in nutrients. Aim for more fruit and vegetables, whole grains, lean meats, and healthy fats.
5. Keep blood pressure, cholesterol, and blood sugars within normal range! High levels cause the heart to work more increasing your risk.

BONUS TIP - Know your health numbers (blood pressure, cholesterol, lipids)! Schedule your appointment today with your health care provider to learn your health numbers.

In Good Health,
Chelsea Reinberg, MPH, RD
Nutrition, Food Safety & Health Agent

Recipe of the Month

Beef & Pasta Skillet Primavera

Serves 4

Ingredients

- 1 lb ground beef (96% lean)
- 1 can (14.5 oz) reduced-sodium beef broth
- 1 cup uncooked whole wheat pasta
- 2 medium zucchini or yellow squash, cut in half then cut into 1/2 inch slices
- 1 can (14.5 oz) no salt added diced tomatoes
- 1 1/2 teaspoons Italian seasoning
- 1/2 teaspoons black pepper
- 1/2 teaspoon garlic powder



Preparation

- Heat large nonstick skillet over medium heat.
- Add ground beef and cook 8 to 10 minutes, breaking into crumbles and stirring occasionally until fully cooked to a temperature of 160°F. Pour off fat drippings or blot with paper towel.
- Stir in broth, pasta, squash, tomatoes, and seasoning.
- Bring to a boil
- Reduce heat, cover and cook 9 to 11 minutes or until pasta and squash are tender and sauce is slightly thickened, stirring occasionally.

Tips:

- Experiment with other spices like red pepper flakes.
- Use lean ground turkey instead of ground beef.

Recipe adapted from
beefitswhatsfordinner.com

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Fun Food Facts

February 12-18
Great American Pizza Bake



Nothing says it's the weekend more than pizza and a movie on a Saturday night. It's so popular that about 350 slices of pizza are consumed every second in the U.S.! Pizza is traditionally a higher fat food. Try making your own pizza during Great American Pizza Bake week at home to get all the delicious pizza flavors with less fat. Choose lean meats, load up the veggies, and use lower fat cheese to build a better pizza.

Kitchen Corner

Reducing the amount of fat for your heart health is easier than you might think! There are many ways to cut fat out of your diet without eliminating certain foods completely. Try some of these tips during your next meal.

- Substitute applesauce or plain nonfat yogurt for oil or butter when preparing baked goods.
- Trim visible fat from meat and remove skin from chicken after cooking.
- Choose low fat cooking methods like broil, grill, roast, bake, or steam.
- Use low fat or skim milk in place of whole milk.
- Use nonstick cooking spray to sauté foods instead of butter or oil.
- Substitute beans, whole grains, or vegetables for a portion of meat in dishes like soups and stews, casseroles, and other mixed dishes.

Nutrition Facts	
4 servings per container	
Serving size	1/4 Serving
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 125mg	5%
Total Carbohydrate 34g	12%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 2mg	10%
Potassium 502mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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