



Family Health

February 2010

Newsletter

Heart Healthy Tips for American Heart Month

February is American Heart Month. Chances are that you or a member of your family has suffered from heart disease, the nation's number one killer. Good health habits begin early in childhood. Here are some suggestions to help your family develop heart healthy habits:

- Parents should be positive role models. Make healthy habits a family priority.
- Fit families fit together! Get the whole family physically active. Vary the activities so that everyone's interest stays high.
- Celebrate successes as a family! Be supportive so that teens and kids develop a good self image. Create a list of rewards that the whole family would enjoy, and are not food or candy. Have several smaller rewards to keep the interest high.
- Increase water intake and decrease soda drinks.
- Review the family's eating habits and include healthy foods. Eat dinner together as a family to encourage quality time for conversation and sharing.
- Let kids be involved in planning, shopping and cooking family meals. Compare foods for nutritional value to know which foods to include and which to avoid.
- Be an advocate for healthy, active children. Learn about what foods are served in your school's cafeteria. Encourage daily, quality physical education.

Warning Signs of a Heart Attack

Teach your family the warning signs of heart attack. Every second counts. Call 911 if you or someone around you shows any of these symptoms:

- Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath along with, or just prior to, chest discomfort.
- Breaking out in a cold sweat, experiencing sudden nausea or feeling lightheaded.

Prevention Corner

Rock Your Smile

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month to raise awareness about the importance of oral health. Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums. For more information and to download fun activity sheets for kids, visit:

www.ada.org/prof/events/featured/ncdhm.asp#general

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Kids Corner:

Valentine's Day-Fun and Healthy Food

- Think red- red grapes, strawberries, and apples are all kid favorites.
- Cookie cutters aren't just for cookies! Use heart shaped cookie cutters to cut out cheese and serve with fruit and veggies. Also, try cutting hearts out of whole wheat bread and spread with peanut butter and banana slices.
- Have a smoothie party...make pink or purple berry smoothies.
- Make whole wheat waffles or pancakes for a hearty breakfast. Top with fresh strawberries, blueberries, and/or bananas.
- Make your own Valentine's. Instead of buying candy, use fresh fruit. Attach the following messages with a piece of fruit.

"Orange" you glad it's Valentine's Day?

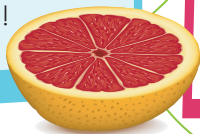
You're the "apple" of my eye!

I go "bananas" over you!

We make a great "pear!"

"Orange" you glad we're friends?

I'm "grapeful" you're my friend!



FAMILY FRIENDLY HEALTHY RECIPE OF THE MONTH

Chicken with Southwestern Salsa

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|------------------------------------------------------|--------------------------------------------------------------|
| 1 tablespoon canola oil, divided | 1/2 cup pre-chopped onion |
| 1 teaspoon ground cumin, divided | 1 teaspoon bottled minced garlic |
| 3/4 teaspoon ground coriander, divided | 1/3 cup chopped plum tomato |
| 1/2 teaspoon salt | 1/4 cup chopped fresh cilantro |
| 1/4 teaspoon black pepper | 2 tablespoons fresh lime juice |
| 1/8 teaspoon ground red pepper | 1 (15 1/2-ounce) can black beans, rinsed and drained |
| 4 (6-ounce) skinless, boneless chicken breast halves | 1 (8 3/4-ounce) can no-salt-added whole kernel corn, drained |



1. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Combine 1/2 teaspoon cumin, 1/2 teaspoon coriander, salt, black pepper, and red pepper; sprinkle mixture evenly over chicken. Add chicken to pan; cook 7 minutes on each side or until done.
2. While chicken cooks, heat the remaining 1 teaspoon oil in a small skillet over medium-high heat. Add onion to pan; sauté 1 minute. Add garlic to pan; sauté 30 seconds. Transfer onion mixture to a large bowl; add remaining 1/2 teaspoon cumin, remaining 1/4 teaspoon coriander, tomato, and remaining ingredients to onion mixture, tossing well. Serve with chicken.

Yield: 4 servings (serving size: 1 chicken breast half and 3/4 cup salsa)

CALORIES 317 (0.0% from fat); FAT 8.7g (sat 1.4g, mono 3.5g, poly 1.9g); IRON 2.2mg; CHOLESTEROL 94mg; CALCIUM 50mg; CARBOHYDRATE 24.4g; SODIUM 705mg; PROTEIN 39g; FIBER 5.2g

Cooking Light, JANUARY 2009

Kids Corner Health

Regular physical activity in children promotes health and fitness. Active youth have higher levels of cardiorespiratory fitness, stronger muscles, lower body fat and stronger bones. Educate your kids about what it means to be active and help them get the recommended 60 minutes of physical activity daily.

Circle the pictures that show activities that help your heart the most.

