

SERVING SENIORS
IN OUR COMMUNITY
WITH NEWS THEY
CAN USE...

The Healthy Plate

CSFP NEWSLETTER

SPRING 2013

THIS MONTH'S TOPICS

- **High Blood Pressure**
- **Pecans**
- **Spring Sudoku**
- **Pear-Quinoa Salad**

High Blood Pressure

The Center for Disease Control (CDC) estimates that around 1 in 3 or 68 million people in the United States live with this “Silent Killer” also known as Hypertension. It has been coined the “Silent Killer” because many of the people suffering from this disease are not aware that they have it. High blood pressure is a serious concern because it can lead to many devastating health concerns such as heart attack, stroke, congestive heart failure, and kidney disease.

Some of the contributing factors to high blood pressure are:

Family history— if your family members have it, you are more likely to suffer from it.

Inactivity—people who are inactive tend to have higher heart rates, meaning your heart is working harder and is putting more pressure on your arteries than it should be when pushing blood throughout the body.

Inactivity can also lead to obesity which is another risk factor for hypertension.

Salt—Too much salt in your diet causes the body to retain fluid which increases blood volume. That increase in blood puts more pressure onto your arteries and veins.

How can we control our blood pressure and keep it within a normal range of 120/80 mmHg?

Diet— a diet high in fruits and vegetables is a good start because they have potassium

which help balance out the negative effects of salt.

Processed foods are the main source of added fat, sugar and sodium. Try choosing fresh or frozen fruits and vegetable because they are naturally low in salt and cholesterol.

Exercising— the United State Department of Agriculture (USDA) recommends that adults have at least 30 minutes of physical activity a day.

Exercising not only helps strengthen heart muscles but help lower weight. Both of these benefits help lower your risk for high blood pressure.

These are just a few tips. For more information, visit the CDC (www.cdc.gov) and the USDA (www.usda.gov) websites.



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For more info on pecans,
visit the national pecans
shellers association website
www.ilovepecans.org/

This Month in Food: Pecans

The name “pecan” is a native American term used to describe “all nuts requiring a stone to crack.” The state tree of Texas is the only major nut tree that is native to the United States and was a staple item in the native American diet because it required little to no preparation.

Contrary to popular belief the pecan is not truly a nut but a seed or pit with an

outer shell. Also found in this category of drupes (or stone fruits) are peaches, nectarines, almonds, pepper, and cherries.

The pecan packs a powerful nutritional punch despite its small size. For a 1 ounce serving (20 pieces), you can expect to find a wide range of vitamins and minerals along being a good source of protein, fat-soluble vitamins and unsaturated fatty acids.



Unsaturated fats, like omega-6 fatty acids help our hearts by lowering the “bad” LDL cholesterol in our blood stream. Also, pecans contain high amounts of vitamin E which have shown to have antioxidant properties that lower the risk of gallstones and repair damaged cells in our body.

The next time you look for a snack, try a handful of pecans to give you an energy boost!

For more information on how to apply for SNAP (food stamp) benefits, dial 800-464-4357.

Spring Sudoku

Source: www.dailysudoku.com/sudoku/archive/2012/04/2012-04-4.shtml

	8	3	9	5	1	7		
					2		9	3
9		1		3	7			
			1			9	5	
6	1						3	8
	5	9		8				
			5	6		2		1
5	4		1					
		6	3	2	9	5	8	



Answer →

Daily Sudoku: Tue 12-Mar-2013
easy
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4	8	5	6	2	3	9	7	1
9	6	3	8	1	7	8	4	5
3	9	8	5	6	4	2	7	1
2	5	9	6	3	8	4	9	7
6	1	7	2	9	5	4	3	8
8	3	4	7	1	6	9	5	2
9	2	1	6	3	7	8	4	5
7	6	5	8	4	2	1	9	3
4	8	3	9	5	1	7	2	6

Pear-Quinoa Salad

A sweet, refreshing spring side dish – Serves 6(3/4 Cups)

Ingredients:

- 1 (14oz) can of low sodium chicken or vegetable broth
- 1 C. quinoa
- 2 tbsp. canola or olive oil
- 1 tbsp. of red wine or rice vinegar
- 1/4 C. snipped chives
- 1/4 tsp. of both salt and pepper
- 2 ripe but firm pears, diced
- 1/2 C. chopped walnuts or pecans

Preparation:

1. Bring broth to a boil and stir in quinoa.
2. Reduce heat and simmer for about 15 min. until all water is absorbed.
3. Meanwhile, whisk oil, vinegar, chives, salt, and pepper in a bowl.
4. Once the quinoa has cooled, combined quinoa, pears, and wet mixture made in step three.
5. Serve chilled and top with walnuts or Pecans.

Nutritional Information:

Calories:	246
Carbohydrate:	28 g
Fiber:	4 g
Total Fat:	13 g
Saturated Fat:	2 g
Cholesterol:	0 mg
Protein:	7 g
Sodium:	253 mg

Adapted from: http://www.eatingwell.com/recipes/pear_quinoa_salad.html

This material was funded by the USDA's Supplemental Nutrition Assistance Program. (SNAP) SNAP provides nutrition assistance to people with low income. To find out more about SNAP, contact the Delaware Department of Social Services: 1-800-372-2022. In accordance with Federal law and the US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.