

Feb. 2015

Keeping Baker Healthy



YOUR VOICE MATTERS!

Please take the opportunity to complete the Baker County Community Health Assessment Survey so that the Health Department can accurately determine the health needs of our residents. This survey will help provided improvement opportunities needed for Baker County.

- Take the survey online at https://www.surveymonkey.com/s/ercegi_Baker
- Or request a paper copy by calling (904) 259-6291 ext. 2300



Have a Change of Heart



Follow these tips to pursue a heart healthy lifestyle and protect against heart disease!

♥ Eat a heart healthy diet rich in vegetables, fruits, whole grains, and fiber. Limit your intake of red meat, excess sugars, salt, saturated fat, trans fat, and cholesterol.



♥ Heart healthy proteins include chicken and turkey without the skin, beans, nuts in moderation, and fish high in omega-3 fatty acids such as mackerel, trout, herring, and sardines. Try to eat fish at least twice a week.

♥ Stay active! Regular physical activity can help maintain weight and improve cardiovascular health. Aim for at least 30 minutes of moderate physical activity on most days of the week. If a 30 minute workout is too long, break your exercise into 10-minute sessions throughout the day.



♥ Don't use tobacco products! Tobacco use is the single worst risk for heart disease and premature death in the United States. Tobacco also worsens other risk factors for heart disease by increasing blood pressure, increasing the likelihood of blood clots, and decreasing HDL (good cholesterol) levels.

For help quitting call 904-482-0189 or visit

www.tobaccofreeflorida.com.



Healthy Eating on a Budget

- Buy fresh produce that's in season. It will cost less and taste better than out-of-season produce.
- Buy canned or frozen produce year-round. Look for veggies that have not been pre-sauced and say "no salt added," "low sodium," or "reduced sodium." Look for fruits canned in 100% fruit juice, light syrup, or water.
- Don't Forget The Potatoes! At about 19 cents per serving, potatoes are the largest, most affordable source of potassium in the produce department. Most Americans are not meeting the recommended amount of potassium per day—and that's a big deal. Potassium can help lower blood pressure and may decrease chances of kidney stones and bone loss.

All About Asparagus!

- Good source of protein, iron, and fiber
- Strengthens bones
- Good for digestion
- Controls heart rate and blood pressure
- Decreases cholesterol
- Very good source of trace minerals that help enhance blood sugar levels
- Low in calories and sodium



Healthiest Weight



Monthly Recipe

Warm Chocolate Pudding (serves 6)

Per Serving: 164 calories, 2 g fat, 34 g carbohydrates

- 1 large egg
- 2 1/4 cups low-fat (or skim) milk
- 2/3 cup sugar (or sugar substitute)
- 1/8 teaspoon salt
- 2/3 cup unsweetened cocoa powder
- 2 tablespoons cornstarch
- 1 teaspoon vanilla extract



Preparation:

- 1) Lightly beat egg with a fork in a medium bowl. Set aside.
- 2) Combine 1 1/2 cups milk, 1/3 cup sugar, and salt in a medium saucepan. Bring to a simmer over medium heat, stirring occasionally.
- 3) Meanwhile, whisk the remaining 1/3 cup sugar, cocoa, and cornstarch in a medium bowl. Whisk in the remaining 3/4 cup milk until blended. Whisk the simmering milk mixture into the cocoa mixture. Pour the mixture back into the pan and bring to a simmer over medium heat, whisking constantly, until thickened and glossy (about three minutes). Remove from heat.
- 4) Whisk about 1 cup of the hot cocoa mixture into the beaten egg. Return the beaten egg mixture to the pan and cook over medium-low heat, whisking constantly, until steaming and thickened (about 2 minutes, DO NOT BOIL). Whisk in vanilla. Serve warm.
Optional: garnish with a scoop of low-fat vanilla yogurt.

Cocoa is full of flavanols, a group of heart healthy nutrients. Dark chocolate has the most flavanols. Enjoy dark chocolate in moderation and skip overly processed milk chocolate candy bars with lots of added fat and sugar.



For more healthy recipes check out:

www.healthybaker.org

Or follow us on Facebook:

www.facebook.com/HealthyBaker



Gardening Tip

Spring is just around the corner, but cold snaps are still possible. Now is a great time to start planting hardy, early summer crops like potatoes, eggplants, lettuce, and collards.

Trying to lose the lovehandles?



Don't just concentrate on problem areas. Instead, aim to reduce overall body fat.

Combine a healthy diet with fat-burning cardio exercises to jumpstart fat loss and incorporate strength and weight training to build muscle tone. Working the whole body and eating healthy is far more effective than doing countless crunches.

Monthly Puzzle!



Tic-Tac-Toe

Remember, a diet rich in fruits and vegetables is the key to a healthy heart!

Contact Information

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