



# Knowlton Nutrition Newsletter

## Letter From The Editor

This month is heart healthy month. In honor of this and the Valentine’s Holiday. We’ve decided to focus on heart healthy tips; ways to improve your heart’s health through little changes in your diet and exercise routines.

We also want to thank all of you who continue to work hard at changing the nutritional quality our children are receiving at school. As a community, we can continue to improve not only our own health, but the health of our children as well.

We will continue to look for any suggestions, questions, or ideas that you may have. Please send them to Josephine Noone via email or through her mailbox at school.

There are three major components to maintaining a healthy heart. They are hereditary factors, diet, and exercise. We have the ability to control two out of those three factors; diet and exercise. The following suggestions will be focused on changes that can be made to your daily routine which may assist in improving these two factors. There are many changes which can be made. For the purpose of this newsletter we have limited the suggestions to 10 for each category.

## Exercise

1. **Establish a regular exercise routine of 30 minutes of cardiovascular exercise 4-5 times per week. (Start slowly at 10-15 minutes and increase as able. If you have any health risks, such as diabetes, high blood pressure, obesity or high cholesterol-get a physical and approval from your physician before starting an exercise program.)**
2. **Maintain target heart rate during the exercise session for 30 minutes.  $(220 - \text{age}) \times .7 =$  beats per minutes**
3. **Increase daily activity by:**
  - a. **Walking instead of driving**
  - b. **Parking far away from destination**
  - c. **Taking stairs instead of elevators**
  - d. **Stand instead of sitting**
  - e. **Sit instead of lying down**
4. **Rehydrate using water. Exercising less then 1 hour per day, should be rehydrated solely through water. Sugary or salty sports drinks are not needed for most recreational sports. (This goes for children as well)**
5. **For every half hour of exercise, drink at least 8-12 ounces of water.**
6. **Incorporate strength exercise or stretching exercises into your daily routine 2-3 times per week to increase muscle mass and flexibility.**
7. **Vary your activity to provide cross training benefits.**
8. **Try a new activity**
9. **Get an exercise partner to help keep you motivated on the days you really don’t feel like exercising.**
10. **Try to burn at least 250 calories per exercise session**

exercise	Walking	biking	jogging	Swimming
Time to burn 250 cal	50 minutes	32 minutes	25 minutes	25 minutes

## Diet

1. Choose fish, poultry and lean cuts of meat
2. Trim excess fats before cooking
3. Use water packed tuna and salmon
4. Decrease the amount of trans fats by using natural peanut butter and softer margarines (ie tub versus stick)
5. Use plain, lowfat yogurt in place of sour cream for vegetable dips and on baked potatoes
6. Sautee vegetables in broth rather than in fat. Add garlic or onion powder to enhance the flavor
7. Get at least 5 servings of vegetables (2 ½ cups) per day. And get them from the colors of the rainbow to increase phytonutrients and antioxidants. Red, orange, (white-potatoes, onions, garlic), green, blue and violet.
8. Get 2-3 servings of fruit per day. Again choose from a variety of colors to increase nutritional variety.
9. Get 6-11 servings of grain per day. At least ½ of them coming from whole grains.
10. Use low fat dairy products to decrease the amount of saturated fat that you consume while still meeting your calcium needs. 2-3 servings of dairy per day.



### Recipe of the Month

#### Sweet 'n Spicy Glazed Chicken- Crock pot recipe

6- 4 oz skinless, boneless chicken breast halves	½ c. reduced sodium soy sauce
1 ½ c. reduced-sodium chicken broth	1 ½ c. reduced sodium chicken broth
1 T. olive oil	2 T. lemon juice
¼ tsp pepper	½ cayenne pepper
4 cloves of garlic, minced (heart healthy)	¼ c. cornstarch
½ c. brown sugar	½ c. water

(can reduce to 1/3 c. to decrease calories)

In large skillet, brown chicken on both sides in hot oil (or spray pan with cooking spray and brown). Season with black pepper. Put in crock-pot. In a small bowl combine the remaining ingredients except cornstarch and water. Pour over chicken. Cover and cook on low 7-9 hours (high 3-4 hours). When done remove chicken and mix cornstarch and water. Stir into liquid in Crock pot. Put on high and cook until thickened. Serve chicken over brown rice, instant brown rice, or white rice (brown rice best choice if possible) with mixed vegetables. (Broccoli, cauliflower and water chestnuts recommended). Frozen vegetables, if prepared properly, are very nutritious and low in sodium. Avoid those in sauces.