



## News You Can Use

Nutrition Education  
with Seniors

February 2022

### Heart Health Month

February is heart health month. There are 30.3 million Americans or about one-half of all adults in the United States with heart disease. Heart disease includes heart attacks, valve issues, high blood pressure, abnormal heart rhythm, and stroke.



Luckily, we can lower the risk of heart disease by achieving and maintaining a healthy weight. We can work toward this goal by being physically active and eating a heart-healthy diet. There are many benefits to regular activity and a healthy diet. These include:

- Increased energy
- Enhanced mood
- Fewer joint and muscle pains
- Better blood pressure control
- Improved blood flow
- Lowered risk of chronic disease like heart disease and diabetes
- Reduced cancer risk

Move your body throughout the day. Aim for 30 minutes of activity every day. This can be split into 10-minute bouts with just as much benefit. Movement as simple as walking around the house, sorting laundry, and dancing help keep your heart happy and healthy!

Use MyPlate to help plan nutrient dense meals and make heart-healthy food choices. Using MyPlate will help you eat a variety of nutrient dense foods. Limit foods high in sodium, saturated fats, and added sugar.

Adapted from: <https://www.cdc.gov/heartdisease/facts.htm> and <https://www.heart.org/en/healthy-living/healthy-eating>



### Canned Collard Greens

#### Selection:

- Choose cans without obvious damage. This could mean the **collard greens** are unsafe to eat.
- Check the “Best by” or “Best if used by” date on the can.
- Look for “low-sodium” on the package.

#### Storage:

- Store unopened **collard green** cans in a cool, clean, and dry place.
- Once opened, place **collard greens** in an airtight container and store in refrigerator for 3-4 days.

#### Nutrition:

- 1/2 cup **canned collard greens**
- Counts as one serving of vegetables in MyPlate
  - Provides 4g of fiber

#### Uses:

- Drain and rinse **canned collard greens** before adding to recipes to reduce sodium.
- Pan-fry **canned collard greens** with non-stick spray to add a little crispiness to the vegetables.

# Fruits and Vegetables on a Budget

In the winter, the cost of fruits and vegetables seem to skyrocket. This is because many are out of season. More budget-friendly options are frozen, canned, or dried fruits and vegetables. They are just as nutritious, easy to prepare, and equally tasty.



**FROZEN:** Frozen produce usually have more nutrients since the fruits and vegetables are harvested at their peak. They are also ready to eat, so all you need to do is cook them.

**CANNED:** You may avoid canned produce because of the added sugar or sodium. However, they still provide great nutrition. Choose the low sugar or low sodium varieties or simply rinse them with water before eating. These are also easy to prepare and chew!

**DRIED:** Dehydrated fruits and vegetables are just as healthy as fresh ones and a longer shelf life. However, the serving sizes are small, making them better as a snack or extra flavors in meals.

## Savory Collard Greens

Serves: 4 | Serving Size: 1 cup

### INGREDIENTS

2 slices bacon (chopped)  
1/4 cup onion (chopped)  
1 tsp garlic (minced)  
1 28 ounce can collard greens (drained, rinsed, dried)  
1/2 cup water  
1 tsp granulated sugar  
2 tsp hot sauce (optional)  
2 tsp white vinegar

### INSTRUCTIONS AND TIPS

1. In a medium sized pan, add chopped bacon pieces and cook over medium heat until crispy.
2. Add onion and garlic. Cook for 3 minutes. Then remove excess bacon grease.
3. Pour in the drained can of collard greens, water, sugar, hot sauce (optional), and vinegar. Stir well.
4. Continue to cook over medium heat until hot. Stir frequently.
5. Serve and enjoy!

**Tip:** Great source of fiber!

**Storage:** Keep refrigerated in an airtight container for up to 4 days.

Nutritional analysis (1 cup): 80 calories, 2.5g fat, 0.5g saturated fat, 150mg sodium, 12g carbohydrates, 7g fiber, 2g sugar, 6g protein.

Recipe adapted from: <https://www.loavesanddishes.net/how-to-cook-canned-collard-greens/#recipe>

## SPEND SMART. EAT SMART.

Spend Smart. Eat Smart.<sup>™</sup> is an Iowa State University Extension and Outreach website that helps people eat healthy on a budget. Visit the website, <https://spendsmart.extension.iastate.edu> to:

**Find affordable recipes** like appetizers, sides, entrees, salads, desserts, one-pot meals, snacks, etc.

**Learn shopping strategies to save money.**

**View helpful food and exercise videos.**

### Helpful Resources

**Allamakee County  
Extension**

**563.568.6345**

**Like us on Facebook;  
Iowa State University  
Extension and  
Outreach - Allamakee  
County**

[www.extension.iastate.edu/allamakee/](http://www.extension.iastate.edu/allamakee/)

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