American Heart Month

Every year more than 600,000 Americans die from heart disease. It is the number one cause of death for most groups. Heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

Heart disease occurs when the arteries leading to the heart become clogged. Today, one in four deaths in the U.S. is attributed to heart disease.

Heart disease can affect everyone.
Make your heart a priority!

https://nationaltoday.com/american-heart-month/

INTERESTING FACTS ABOUT HEART HEALTH
1. Heart attacks can be silent.
2. One in five heart attacks occurs without the person even knowing they had one.
3. Heart attacks affect women differently.
4. Women are at higher risk and may experience different symptoms than men.
5. Women under the age of 50 are twice as likely to die of a heart attack as men in the same age group.
6. Another reason to hate Mondays. Heart attacks are more likely to occur on Monday mornings than other days of the week. Scientists attribute this to the disruption in our circadian rhythm over the weekend which leads to increased blood pressure and other changes to the nervous system.
7. Diet soda raises heart attack risk. If you drink one or more diet sodas a day, your chances of having a heart attack are 43% higher than those who drink regular soda or none at all.
**Know the facts!**

A stroke is caused by blocked blood flow to the brain and can affect a person’s speech, movement, memory, and more. It’s important to know the signs of a stroke and get help quickly.

**There are two types of strokes:**

- Ischemic stroke—when the blood supply to the brain is blocked
- Hemorrhagic stroke—when a blood vessel in the brain bursts

---

**Online Heart Healthy Resources:**

- [heart.org](https://www.nutrition.gov/topics/diet-and-health-conditions/heart-health)
- [https://www.cdc.gov/chronicdisease/resources/infographic/hearthealth.htm](https://www.cdc.gov/chronicdisease/resources/infographic/hearthealth.htm)
- [https://theheartfoundation.org/about-heart-disease-2/links-to-resources/](https://theheartfoundation.org/about-heart-disease-2/links-to-resources/)

---

**Let’s Take Care of our Hearts, Together**

**Move More**

Get at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises at least 2 days a week. Can't carve out a lot of time in your day? Split up your goal. Try 5, 10, or 15 minutes a few times a day. Any physical activity is better than none.

**Eat Healthy**

A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Try the DASH Diet or Dietary Approaches to Stop Hypertension eating plan. It recommends: Eating vegetables, fruits, and whole grains. It also recommends eating fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products. Limit foods that are high in saturated fat and sodium. Limit sugar and other sweeteners.

**Quit Smoking**

Smoking increases your risk for heart attacks, strokes as well as many cancers.

**Aim for a Healthy Weight**

Being overweight is hard on your heart. It increases your risk of having heart disease, a stroke, high cholesterol, high blood pressure, and diabetes. Choosing heart-healthy foods and getting regular exercise will help you achieve and maintain a healthy weight.

**Reduce Stress and Improve Health**

Stress can contribute to high blood pressure and other heart risks. Not getting enough sleep or regularly getting poor quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. Aim for 7–8 hours of sleep a night.
15 MINUTE FOIL BAKED GARLIC BUTTER WHITE FISH
2 Servings  Prep Time: 10 MINS  Cook Time: 20 Minutes  Total Time: 30 Minutes

Ingredients

- 2 (6 ounce) tilapia fillets, or any white fish.
- 6-8 (6) asparagus sprigs, cut into thirds
- 1 medium zucchini, (or other summer squash) sliced
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 2 Tablespoons (30 ml) butter, melted
- 2 cloves garlic, minced
- 1 tablespoon (15 ml) lemon juice
- 1 teaspoon (5 ml) dried or fresh thyme or oregano or mix of both
- 1/2 teaspoon (2.5 ml) dried dill or 1 teaspoon (5 ml fresh chopped dill), optional
- 1 medium lemon, cut into wedges
- Fresh minced parsley, for topping

Directions

- Preheat oven to 450°F. Tear two pieces of heavy duty aluminum foil large enough to wrap each fish and veggies pack.
- Place each fish fillet in the center of the foils and then divide the veggies (asparagus & squash) between each foil pack. Season with salt and pepper.
- In bowl, whisk together the melted butter, garlic, lemon juice, dried thyme/oregano, and optional dried dill.
- Divide the garlic butter over the two fish packets. Fold the foil over to almost completely cover the fish and veggies. Leave a small opening on top to release steam.
- Place on a baking sheet pan and bake fish until cooked through, depending on the type and the thickness of your fish, 15-20 minutes. When a fork easily cuts through the fish flakes, it’s cooked! Serve warm with parsley sprinkled on top and with lemon wedges.

Nutrition Facts per serving:
calories: 296kcal, carbohydrates: 6g, protein: 36g, fat: 14g, saturated fat: 8g, cholesterol: 115mg, sodium: 198mg, potassium: 866mg, fiber: 1g, sugar: 3g, vitamin a: 910IU, vitamin c: 24.1mg, calcium: 50mg, iron: 2.5mg

Renee Jankowski MS, RD
Registered Dietitian
607-737-5529
reneejankowski1@chemungcountyny.gov

https://bestrecipebox.com/foil-pack-white-fish/
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>1</td>
<td>Pork Chop</td>
<td>Tuna Noodle</td>
<td>Lasagna</td>
<td>Oven Baked</td>
</tr>
<tr>
<td></td>
<td>with Gravy</td>
<td>Casserole</td>
<td></td>
<td>Chicken</td>
</tr>
<tr>
<td>7</td>
<td>Sweet &amp; Sour Pork</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>8</td>
<td>Chicken Patty</td>
<td>Spaghetti</td>
<td>Chicken Stew</td>
<td>Swedish Meatballs over Noodles</td>
</tr>
<tr>
<td></td>
<td></td>
<td>with Meatballs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>14</td>
<td>Chicken Cacciatore</td>
<td>Fish Nuggets</td>
<td>Lasagna</td>
<td>Spanish Rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Home Delivered Meals Only</td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>21</td>
<td>Home Delivered Meals Only</td>
<td>22</td>
<td>Pork Roast with Gravy</td>
<td>Philly Cheesesteak</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>28</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>Chicken Marsala</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Menu subject to change without notice

Reservations required at least one day in advance.
Make a reservation with your site manager or call 607-737-5520 to sign up