

Dear NutriPacks families,

This month is the month of love! What better way to show your love than to take care of your heart and your health. Healthy foods don't have to be costly. Discount grocery stores can help you spend less on food.

Kathie Novak, MEd, RD, Nutrition Ed. Coordinator

### Take it to Heart



Someone in the U.S. dies from heart disease every 40 seconds and someone in the U.S. dies from a stroke every 4 minutes according to the American Heart Association (AHA).

#### Sugar, Sugar

Did you know that eating too much sugar can kill you? Recent studies linked eating too much sugar with death from heart disease. Drinking more than 7 sugared drinks per week increased the chance of dying the most. That includes soda, fruit-flavored drinks, sports drinks, teas & coffee, energy drinks, and more.

Many times sugary foods are low in vitamins and minerals and high in calories. Eating too many sugary foods, and extra calories can lead to weight gain and obesity. Now science is thinking that sugar may be linked with high blood pressure and higher fats in the blood also.

Sugar occurs naturally in foods like fruit (fructose) and milk (lactose). Those are hard to avoid. But, in the U.S. most adults eat about 22 teaspoons of added sugar each day! That's way more than suggested. The AHA recommends no more than 6 teaspoons of added sugar each day for women, and no more than 9 teaspoons of added sugar a day for men.

#### Common foods high in sugar:

- Sugared soda and fruit-flavored drinks, sports drinks, flavored coffee drinks, sweet teas, juice smoothies.
- Bakery goods, pies, cakes, pastries, sugared cereals.
- Flavored yogurt and dairy beverages.
- Candy, sugar, honey, syrups.

#### Sugar Content of Common beverages

20 oz. soda.....	22 teaspoons
16 oz. “energy” drink.....	20 teaspoons
15.2 oz. juice smoothie.....	5 teaspoons
20 oz. sports ade.....	2 teaspoons
8 oz. 100% apple juice .....	7 teaspoons
16 oz. water.....	0 teaspoons

#### Decrease sugar in your family’s diet:

- Drink less than 36 oz. of sugary drinks per week as suggested by The AHA.
- Drink water! Flavor it with lemon, lime, cucumber or other fruits and vegetables, or a little bit of 100% juice.
- Drink unsweetened tea and coffee.
- Buy plain yogurt and flavor it with fresh, canned or frozen fruit.
- Snack on fruit instead of candy, cakes, and pies.
- Choose bagels or English muffins instead of donuts and sweet buns.
- Look for cereal low in sugar. Add banana, berries, or raisins for added sweetness.

[www.heart.org](http://www.heart.org)

### STRETCH Your Food \$\$\$



#### Shopping at discount grocery stores

Get the most for your money by shopping wisely at discount grocery stores and outlets, including: Grocery Outlet Bargain Market, Aldi, Sharp Shopper, and Price Rite, to name a few.



Be a savvy shopper at these stores and remember these food safety rules while shopping:

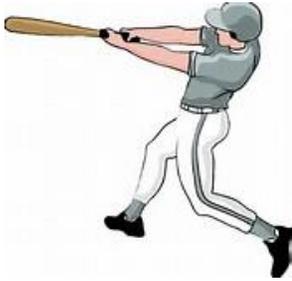
- Watch *sell-by* and *use-by* expiration dates above all on refrigerated foods.
- Buy dry goods first and cold and frozen foods last.
- Inspect fruits and vegetables for severe bruising and damage. Do not buy bruised produce.
- Inspect the packaging. Do not buy dented, rusted, or bulging cans, torn packaging, or ripped plastic wrap.
- Frozen food should be frozen solid; packages of meats and fish should not be leaking.
- Buy only fresh, uncracked eggs before the expiration date on the package.
- Refrigerated foods, like milk, yogurt, and cheese should feel cold to the touch and should be in a refrigerator or cooler.
- Keep dry goods, fruits and vegetables separated from raw meat, poultry, eggs, and fish in your cart, at checkout, and in the grocery bags.
- Get your food home as soon as possible. Keep a cooler bag in your car to take frozen and refrigerated foods home.
- Put away and your food as soon as you get home.

Other tips for buying food aisle by aisle can be found here: <https://spendsmart.extension.iastate.edu/shop/aisle-by-aisle/>



## Feed your Funny Bone

Which chocolate bar would you find in the Baseball Hall of Fame?



Babe (Baby) Ruth!

<http://www.glowwordbooks.com>



## Kids Korner

Red foods are good for you!  
Unscramble these Heart Healthy Foods.

Ssrateewbrri	
Hriscere	
tsoemoat	
Pbrsrrsaeie	
Edr eetsb	
etanmopegar	
Dre ppeers	
ranceeibrss	
Rde bbgacae	
Gpraes	
Nkip prgaefrtui	

**Answers:**  
Strawberries  
Cherries  
tomatoes  
raspberries,  
red beets,  
pomegranate  
red peppers  
cranberries  
red cabbage  
grapes  
pink grapefruit

## Recipe Connection

Always wash your hands before cooking.

### **Raisins**

Have extra raisins? Try these ideas for using these sweet morsels in just about anything.

- Simmer in hot balsamic vinegar for a few minutes. Then whip in a blender with olive oil to make a raisin vinaigrette for salad.
- Add chopped or mashed raisins to ground beef for enchiladas, chili, and more.
- Add to chicken salad.
- Mix into rice or couscous.
- Use raisins instead of jelly on peanut butter.
- Blend into smoothies.
- Mix with cream cheese to spread on bagels.
- Add to banana, pumpkin, or zucchini bread.
- Add raisins to chopped broccoli, shredded carrots, or chopped apples. Mix with coleslaw dressing for a quick side dish.
- Keep raisins soft by putting the box in a resealable plastic bag with a slice of bread.
- Plump them in a small amount of hot water for more moisture.

### **Quick Couscous with Raisins and Carrots**

**Serves: 6**

#### **Ingredients:**

- $\frac{1}{4}$  cup butter
- 2 carrots, diced
- 1 onion, chopped
- $\frac{1}{2}$  cup chicken broth
- 1  $\frac{1}{2}$  cups water
- 1  $\frac{1}{2}$  cups uncooked couscous
- $\frac{1}{4}$  cup raisins
- Salt & pepper to taste

#### **Directions:**

1. Melt butter in a saucepan over medium heat. Add carrots and onions. Cook until the carrots are soft, about 5 minutes.
2. Add the chicken broth and water to the pan. Bring to a boil.
3. Stir in the couscous, mixing well. Cover, and remove from the heat. Let stand about 5 minutes.
4. Stir in the raisins, and serve hot. Season if needed with salt and pepper.