



FRESH CONVERSATIONS

Iowa Department of Public Health

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Know Your HEART SIGNS

PREPARE AND PREVENT. Don't wait. Know your warning signs for heart attack.

Guest Author: Morgan Casey, Bureau of Chronic Disease Prevention and Management

Heart attacks happen to over 1 million Americans each year and are a top killer of men and women. A heart attack happens when the flow of blood to the heart becomes blocked, and a section of the heart muscle can't get enough oxygen.

A heart attack is an emergency and should be taken seriously. **If you or someone you know might be having a heart attack, you need to call 9-1-1 right away.** Knowing the warning signs and getting to the hospital quickly can be the difference between life and death.

Sometimes a heart attack happens suddenly and comes on strong like you see in the movies. But most start gradually and are less obvious than someone grabbing his left arm and falling over.

Source: American Heart Association, 2020



Page 3
How much sugar is too much?



Page 4
Use your fruit in this baked recipe!

Five common heart attack warning signs are:

- Chest pain or pressure
- Shortness of breath
- Feeling queasy or light-headed
- Jaw, neck or back pain
- Pain in the arm or shoulder

Chest pain is the most common sign in both women and men, but women are more likely to have some of the lesser-known symptoms such as nausea, upper back pain, or feeling extremely tired.

It is important to call 9-1-1 even if you aren't sure it's a heart attack. Many people are afraid of a "false alarm" and wait too long to call an ambulance. By taking action quickly, you can save a life – maybe even your own!

Life-saving tip!



LET'S GO! According to the Mayo Clinic, studies have found just 60 to 90 minutes a week of physical activity can reduce your heart disease risk by up to 50 percent. That's a big benefit!

Sit Less for Better Health

Adults who sit less and do **any amount** of aerobic activity gain health benefits. That's great news!

When you move, you burn more calories and get a boost of energy. And there are more benefits. Physical activity helps you maintain muscle strength and your ability to move; it's also good for mental health.

Are you motivated by quick results? Research shows that some health benefits start immediately after you get moving. So, be active throughout the day—even for just a few minutes. It's worth the effort!

Be Active. Take Action!

This month, I will be active by...

Simple Steps for Heart Health

Health professionals have developed the Mayo Clinic Healthy Heart Plan. Just like **Fresh Conversations**, the plan is based on taking small steps toward big results.

For a quick start to better heart health:

- ♥ **Eat 5.** Don't worry so much about foods you shouldn't eat—focus on getting five or more servings of fruits and vegetables a day.
- ♥ **Move 10.** Add at least 10 minutes of moderately intense physical activity to what you do every day.
- ♥ **Sleep 8.** Quality sleep is good for your heart.

Reduce Your Heart Attack Risk

Guest Author: Morgan Casey, Bureau of Chronic Disease Prevention and Management

Living a heart healthy life is your best defense for preventing a heart attack. Some of the top things you can do to reduce your risk are:

Quit smoking.

- ♥ Quitline Iowa can help. 1-800-QUIT-NOW
- Lower high blood pressure and cholesterol.**

- ♥ Talk to your doctor about your numbers.

Eat healthy foods.

- ♥ Limit sweets and sugary drinks, high-fat meats and salty foods.
- ♥ Eat lots of fruits and vegetables!

Be physically active.

- ♥ Try to move your body more.

Source: American Heart Association, Life's Simple 7 <https://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7>

The American Heart Association's "Life's Simple 7"



Stop Smoking



Get Active



Control Your Cholesterol



Manage Blood Pressure



Eat Healthy



Lose Weight



Reduce Blood Sugar



Added Sugars Add Up

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use the new **NUTRITION FACTS LABEL** to compare amounts of added sugars and choose wisely.

Percent Daily Value (% DV) so you'll know if the amount of added sugars is high or low.

What About Sugar in Fruit?

Fruits and veggies have sugars naturally. It's one of the reasons they taste good, especially sweet-tasting fruits like grapes, oranges, melons and peaches. But along with the sweet goodness comes nourishing vitamins, minerals, and phytochemicals.

They also have fiber that slows the release of sugars into the bloodstream—and the fiber tends to fill us up so we don't eat too many at one sitting.



Total sugars include sugars naturally present in many nutritious foods and beverages, such as fruit and milk, and any added sugars in the product.

Added sugars include all sugars added during the processing of the food product. There can be several types of added sugar in a product; the label adds them all together for you!

For example, your favorite vanilla yogurt has sugar found naturally in milk plus any added sugars used to sweeten it.

Sugars are measured in grams (g). To translate grams into useful information, use this formula: 4 grams sugar = 1 teaspoon table sugar.

There's also a reference



The DIETARY GUIDELINES recommend that Americans eat no more than 10% of their daily calories from added sugars in order to reduce their risk of chronic disease like heart disease.

Why All the Fuss About Added Sugars?

Americans consume 17 teaspoons of added sugars a day on average (more than one-third cup). That's not to say we spoon that much into our coffee or tea.

Sugar, in one form or another, is added to a huge variety of **processed foods**, from sweet drinks to cookies, candy, ice cream, yogurt, breads, and seemingly savory condiments and sauces, such as ketchup and tomato sauce.

This is a health concern because our bodies evolved to digest small amounts of sugars found naturally in foods, like a piece of fruit. The body doesn't handle products with large amounts of refined sugar, like soda, very well. It converts the excess sugar into small dense particles of fat, which contribute to heart disease.

Source: "Added Sugars: The Facts About Caloric Sweeteners," Health & Nutrition Update. Tufts University, 2020.

Eat Healthy. Take Action!

This month, I will eat healthy by...





Barb credits Des Moines' Westside Community Center for keeping her 98 years young. The delicious meals and close friendships help her live a healthy, happy life.

Eating healthy is not new to Barb but she enjoys learning new information—and monthly ***Fresh Conversations*** meetings keep her on track. The dietitian who leads the meetings, Bambi Press, is a bonus. She keeps the meetings lively and fun!

As far as exercise goes, Barb doesn't do one thing consistently anymore. When she was younger, she enjoyed ballroom dancing. Barb makes 98 years young look easy!

Testimonial of the Month

Living her best life!

Word Find

A	G	S	A	N	A	Q	X	H	T
I	T	B	D	E	C	R	N	Q	R
E	S	P	E	T	S	Q	R	X	R
Q	V	C	H	L	B	A	R	B	R
S	E	C	X	G	G	O	W	G	T
A	S	G	R	U	T	M	N	H	P
D	P	M	S	I	H	Y	R	E	S
D	B	X	B	D	Q	G	G	A	I
E	N	M	S	E	H	V	R	R	R
D	D	T	Q	L	O	Z	E	T	C
X	D	T	R	I	K	R	D	A	T
I	A	P	X	N	S	R	U	T	I
H	C	E	H	E	I	C	C	T	U
Y	T	W	F	S	R	I	E	A	R
H	I	H	P	O	X	B	X	C	F
I	V	U	F	Y	Z	O	U	K	R
O	I	Q	B	R	E	R	O	R	U
G	T	P	N	W	J	E	P	O	I
U	Y	J	A	M	T	A	X	I	T
T	Z	P	S	S	P	H	E	Y	S

heart attack
risk
activity
reduce
added
steps
sugar
aerobic
guidelines
fruits
Barb
fruit crisp



FRUIT CRISP

150 calories per serving
Serving: 1/2 cup
Makes 8 servings

INGREDIENTS:

- 4 cups apples (peeled and sliced) or 1 can (29 ounces) sliced peaches in light syrup or juice, drained
- 1/2 cup quick or old fashioned rolled oats
- 1/3 cup all purpose or whole wheat flour
- 1/3 cup white or brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 cup margarine or butter, cold (cut into chunks)
- 1/4 cup dried cranberries, raisins, or chopped nuts (optional)

DIRECTIONS:

1. Preheat oven to 375° F.
2. Grease or spray with cooking spray the bottom of an 8" round or square pan.
3. Spread sliced apples or drained peaches over bottom of pan.
4. Stir together the oats, flour, sugar, cinnamon, and salt. Cut in the margarine using a pastry cutter, knives or by squeezing through your clean hands. (It will be easier to spread on the fruit with smaller chunks.) Add dried fruit or nuts, if desired.
5. Sprinkle flour mixture over fruit.
6. Bake uncovered for about 25 minutes or until topping is golden and fruit is bubbly.

Recipe courtesy of Spend Smart, Eat Smart. Iowa State University, 2020.
<https://spendsmart.extension.iastate.edu/recipe/fruit-crisp/>