



Know Your HEART SIGNS

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

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

Make ahead breakfast 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. Eat Healthy!

This month, I will take action 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. Get 8 hours of sleep.

Reduce Your Heart Attack Risk

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:
<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

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.

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.

Total sugars include sugars naturally present in 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.

For example, 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.

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

What About Added Sugars?

Americans consume 17 teaspoons of added sugars a day on average (more than one-third cup). Sugar, in one form or another, is added to a huge variety of **processed foods**, from 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 prefer to digest small amounts of sugars found naturally in foods. The body doesn't handle products with large amounts of refined sugar very well. It converts the excess sugar into small dense particles of fat, which contribute to heart disease.

What About Sugar in Fruit?

Fruits and veggies have natural sugars. It's one of the reasons they taste good, especially sweet-tasting fruits like grapes, and peaches. But along with the sweetness comes nourishing vitamins, and minerals. They also have fiber that slows the release of sugars into the bloodstream—and the fiber tends to fill us up.



Sounds with a consistent frequency are known as PINK NOISE. They improve sleep quality by slowing and regulating brain waves, so that you wake up feeling rested. Natural sounds like falling rain and the sounds of the wind or ocean are in the pink noise category.

Sleep Your Way to Heart Health

Healthy sleep patterns were associated with about a one-third reduced risk for heart disease and stroke, even among those with high genetic risk, a new study shows.

A study found that individuals who scored 5 out of 5 for healthy sleep behaviors had a 35% lower risk for incident cardiovascular disease, a 34% lower risk for coronary heart disease, and a 34% lower risk for stroke, as compared to those who reported none or only one of these healthy sleep behaviors.

The five behaviors included:

- Early chronotype (prefer to get up early and go to bed early)
- Sleeping 7–8 hours per day,
- Never or rarely experiencing insomnia,
- Not snoring
- Not experiencing frequent excessive daytime sleepiness.

Source: "Added Sugars: The Facts About Caloric Sweeteners," Health & Nutrition Update. Tufts University, 2020. Source: <https://www.medscape.com/viewarticle/923148>

Need help finding a food pantry, free hot meals or community garden?

Call 2-1-1 for resources available in your area.



Overnight Oats



Serves 1, 1 container, \$0.58 per serving

Peanut Butter Variety Ingredients:

- 1/3 cup old fashioned or quick cooking oats
- 2 tablespoons peanut butter
- 1/3 cup milk
- 1/2 teaspoon vanilla extract
- 1 teaspoon honey

Pumpkin Variety Ingredients:

- 1/3 cup old fashioned or quick cooking oats
- 1/3 cup pumpkin puree
- 1/3 cup milk
- 1/2 teaspoon cinnamon
- 2 teaspoons packed brown sugar

Instructions:

1. Pour all ingredients into a small container (1–2 cup size) with a lid that fits tight.
2. Stir until all ingredients are combined.
3. Seal container with a lid. Store in the refrigerator overnight.
4. Serve for breakfast in the morning with chopped fruit or nuts, if desired.

Add 1 teaspoon of chia seeds for added healthy fats and fiber! Also feel free to replace ingredients to make new combinations of flavors!

Nutrition Information (per serving): 190 calories, 2.5 grams fat, 39 grams carbohydrates, 6 grams fiber, 7 grams protein, 40 milligrams sodium

This recipe is provided by Iowa State University Extension and Outreach. For more resources like this, visit the Spend Smart. Eat Smart. website at <http://spendsmart.extension.iastate.edu>. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

Word Search

G U I D E L I N E S X Z
 F R N W O T Z H V O F A
 A X S L Z R Z O C Q Y T
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 pink
 reduce
 risk
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 sugar