



# HCSF Newsletter



February  
2010

Love is in the air and chocolate is everywhere! This month we give you tips on how to care for your heart and we're also introducing a new feature called **Cook With Your Kids!** Instead of loading up on all the sugary treats this month, get in the kitchen and make our healthy version of peanut butter cookies. Get everyone's heart rate up with a few rousing rounds of Heart Hop and Find the Hearts games that you'll find on page two.

## American Healthy Heart Month!

February is a month full of love and hearts and not just because of Valentine's Day. This month is also **American Heart Month**, meaning it's a great time to learn how to keep your heart healthy and happy. So take time this month to learn about ways to keep your heart healthy and happy!

- ♥ Cardiovascular disease, including stroke, is our nation's No. 1 killer.
- ♥ Spirit and emotions affect your physical health. Keep your spirits up by spending time with your family and friends, making time for fun activities that you enjoy and be physically active every day. Being physically active is a proven mood lifter.
- ♥ **Know your numbers!** During a heart check up, your doctor takes a careful look at your "numbers," including your cholesterol, your blood pressure and more. This information can help you and your doctor know your risks and mark the progress you're making toward a healthier you.

**\*See below for a handy chart you can clip and keep.\***

- ♥ High Cholesterol, high blood pressure, diabetes, obesity, tobacco use, and second hand smoke are all risk factors for heart disease. All of these risk factors can be modified by eating well, being active and avoiding tobacco use and second hand smoke.

## What is High Blood Pressure?

**High Blood Pressure (HBP)** can contribute to an unhealthy heart and chronic disease. Improving your understanding of HBP is the first step in prevention, and now is the time to take charge of building a healthy life!



Blood Pressure is written as a ratio like this:

**120**  
**80 mm Hg**

Read as: "120 over 80 millimeters of mercury"

**Systolic**- the top number measures the pressure in the arteries when the heart beats.

**Diastolic**- the bottom number measures the pressure in the arteries between heartbeats (or when the heart is at rest).

**Normal blood pressure** is shown in the example above.

**High blood pressure** ranges start when:

Systolic is above **140**  
Diastolic is above **90**

**Tips** to keeping a normal blood pressure besides diet and physical activity include:

- Manage stress
- Maintain a healthy weight
- Limit alcohol intake
- Avoid tobacco smoke

## Know Your Numbers

	Goal
Total Cholesterol	Less than 200 mg/dL
LDL ("Bad") Cholesterol	Less than 100 mg/dL – Optimal 100 to 129 mg/dL - Near Optimal 130 to 159 mg/dL - Borderline High 160 to 189 mg/dL – High 190 mg/dL and above - Very High
HDL ("Good") Cholesterol	50 mg/dL or higher
Blood Pressure	<120/80 mmHg
Fasting Glucose	<100 mg/dL
Body Mass Index (BMI)	<25 Kg/m <sup>2</sup>
Waist Circumference	<35 inches
Exercise	Minimum of 30 minutes most days, if not all days of the week

\* "<" means "less than"

High **HDL**= GOOD 😊

High **LDL**=BAD 😞

# COOK WITH YOUR KIDS



COOK

Cooking with your kids is a great way to get them interested in what they eat and can help them to be more open to trying new things. What better way to start then to tempt them with cookies! Try this healthier version of peanut butter cookies some Saturday afternoon. Use the leftover Grape-Nuts to add some crunch in your yogurt for an afternoon snack or just eat it plain with milk for breakfast - heat the milk first for a hearty, warm start to the day.

## Peanut Butter Crunch Cookies

30 Servings

Prep: 15 min. Bake: 10 min./batch

### Ingredients

- \* 1/4 cup butter, softened
- \* 1/4 cup creamy peanut butter
- \* 1/4 cup sugar or Splenda
- \* 1/4 cup packed brown sugar
- \* 1 egg or 1/4 cup egg substitute
- \* 1/4 teaspoon vanilla extract
- \* 1/2 cup all-purpose flour
- \* 1/4 cup quick-cooking oats
- \* 1/4 teaspoon baking soda
- \* 1/8 teaspoon salt
- \* 1/4 cup Grape-Nuts



### Directions

1. In a large bowl, cream the butter, peanut butter and sugars until light and fluffy. Beat in egg and vanilla. Combine the flour, oats, baking soda and salt; gradually add to creamed mixture and mix well. Stir in Grape-Nuts.
2. Drop by rounded teaspoonfuls 3 in. apart onto ungreased baking sheets. Flatten slightly with a fork dipped in flour. Bake at 350° for 9-12 minutes or until lightly browned. Cool for 5 minutes before removing from pans to wire racks. Yield: 2-1/2 dozen.

Nutrition Facts: 1 cookie equals 56 calories, 3 g fat, 11 mg cholesterol, 54 mg sodium, 7 g carbohydrate, 1 g protein.

## Berry Sweet Love Potion

### Ingredients

- 1/2 cup frozen strawberries, slightly thawed
- 1/2 cup frozen raspberries, slightly thawed
- 1 cup white grape juice (or apple juice)
- Maraschino cherries, for garnish

### Instructions

Place the first 3 ingredients in a blender and mix on high until you have a uniform color. To make the potion thicker, add more fruit; to make it thinner, add more juice. Garnish extravagantly with cherries and sip, sigh, swoon.



## Valentine's Day Games – Crafty and Fun!



### Heart Hop

**Supplies:** Heart-shaped pillow for each team.

**How to play:** Children divide into two teams. Give each team a heart (or other small) pillow. Pillow size should be larger for younger children and smaller for older children. Have one child from each team place the heart between their legs and hop to the end of the room and back. They sit down and the next team member goes. This repeats until one team is all sitting.

### Heart on a String

**Supplies:** Cardboard heart with a string or ribbon attached.

**How to play:** Show the children the heart. Have them close their eyes until you tell them to open them. Hide the heart with the string or ribbon attached so only the string shows. Have the children open their eyes, stand up and search for the heart strings. If they find it they should not say a word but return quickly and quietly to their seats. The first person to sit down wins and may take a turn at hiding the heart.

### Find the Hearts

**Supplies:** 100+ construction paper hearts cut out.

**How to play:** Hide the hearts while the children are out of the room. Have the children find as many hearts as they can. Then have children go back to their tables or groups and count how many hearts the whole group has. The group with the highest number of hearts collected gets to make their treats first.