

**CSFP**  
**Monthly Nutrition Notes**  
**May, 2010**

**Live Better with Life's Simple 7**

No matter what day it is or how old we are, it's never too late to make better choices for health. The American Heart Association has created a simple way to for you to know where you stand on the road to good health. If you have internet access, you can log onto <http://mylifecheck.heart.org> to customize a health check list for yourself. The highlights of the program are outlined here, and some of the CSFP foods fit right in!

**1. Get Active**

Get up and move- every little bits counts! A short walk everyday, use the stairs when you can, watch less TV, lift some weights, weed the garden, walk to the mailbox

**2. Control Cholesterol**

Too much cholesterol in the blood is a major risk factor for heart disease. Including more beans and oats, rich in soluble fiber, can help lower cholesterol. Lima beans will soon be included in the CSFP food box.

**3. Eat Better**

The Dietary Guidelines for Americans urge all of us to eat more fruits, vegetables and whole grains. CSFP is now offering whole wheat rotini, high fiber cereals, fruits packed in juice instead of syrup and some lower sodium vegetables.

**4. Manage Blood Pressure**

High blood pressure is the single most significant risk factor for heart disease. Normal blood pressure is less than 120/80. Reducing sodium (salt) in your diet may help lower blood pressure. Keep your sodium to less than 2300 mg. per day- check the sodium content of some of the food labels in your cupboards. CSFP is trying to offer more low sodium vegetables. Low sodium spaghetti sauce and canned tomatoes will be offered soon. Other canned vegetables can be drained and rinsed in cold water to lower sodium.

**5. Lose Weight**

Losing a few pounds can make a big difference in how you feel and may lower blood pressure and blood sugar as well. Eat a little less, move a little more!

**6. Reduce Blood Sugar**

Diabetes is a major risk factor for heart disease. Do you have a family history of diabetes? Do you know what your blood sugar is? Eating healthy meals, reducing portion sizes and avoiding soft drinks and high sugar beverages will help control blood sugar. Exercise will lower blood sugar too. If you don't know your blood sugar number, get it checked soon!

**7. Stop Smoking**

Smoking increases the risk of heart disease, lowers "good" cholesterol and increases the risk of lung cancer. Talk to your health care provider about how you can stop smoking

CSFP foods are getting healthier! We hope you will try them as they become available. Recipes using CSFP foods are included in the food box each month.