

## February is American Heart Health Month

Heart disease is the leading cause of death in America. Fortunately, many risk factors are things we have control over—such as our food and lifestyle choices. Making nutritious food choices and being physically active throughout the day are two excellent ways to help your heart beat strong.

Next time you are at the grocery store, pick up some of these heart-healthy items:

- \* Beans, peas, and lentils
- \* Whole grain breads, cereals and pasta, brown rice, and barley
- \* Nuts such as almonds, walnuts, pecans, and hazelnuts
- \* Fruits and vegetables (fresh, frozen, or canned without salt or added sugars)
- \* Salmon, tuna, sardines, and mackerel
- \* Soybeans and tofu



### Get Movin'!

Another way to reduce your risk of heart disease is to be active. Being physically active helps to lower blood pressure, manage stress and control weight. Be physically active in your own way and start with what you can. Any physical activity is better than none! Adults should get at least two hours and 30 minutes

of physical activity per week, including muscle strengthening activities.



### Up For Trying Something New?

There are 29 senior dining sites located in several communities throughout Dane County. **Meals are provided by seven different caterers, five restaurants, and one grocery store.** Older adults (age 60+) are served delicious and nutritious meals, visit with friends, play cards, exercise, enjoy music—you name it! All this for the cost of a donation! For details, ask your meal site manager about other senior dining site locations.

### Dietary Fiber

Dietary fiber contributes to wellness in a number of ways. First, it promotes heart health and can help lower cholesterol. Second, it helps prevent constipation and other digestive issues. Third, it aids in providing fullness after meals, which helps promote a healthy weight. And fourth, adequate fiber from food helps to control diabetes by keeping glucose within a healthy range. Women should aim for 25 grams of fiber per day, while men should target 38 grams.

#### Natural Sources of Fiber

Fiber is found in plant foods. Eating the skin or peel of fruits and vegetables provides a greater dose of fiber, which is found naturally in these sources. Fiber also is found in beans and lentils, whole grains, nuts, and seeds.

With a few simple and tasty substitutions, you can increase your fiber from foods in no time. For breakfast, choose steel cut oats with nuts and berries instead of a low-fiber, refined cereal. At lunch, have a sandwich or wrap on whole-grain tortilla or bread and add veggies, such as lettuce and tomato, or serve with veggie soup. For a snack, have fresh veggies with whole-grain noodles instead of white rice or pasta made with white flour.



Here are a few foods that are naturally high in fiber:

- 1 large pear with skin (7 grams)
- 1 cup fresh raspberries (8 grams)
- 1 cup boiled broccoli (5 grams)
- ½ cup cooked black beans (7.5 grams)
- 1 cup instant oatmeal (4 grams)

When increasing fiber, be sure to do it gradually and with plenty of fluids. Dietary fiber needs water to travel smoothly throughout the body. If you consume more than your usual intake of fiber but not enough fluid, you may experience nausea or constipation.

—Adapted from Academy of Nutrition & Dietetics



## US Census Counts Every Generation

Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so communities like yours can be accurately funded and represented.

### Responding is important

The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than \$675 billion in federal funds for states and communities each year. That includes money for things like: first responders, Medicare Part B, supportive housing for the Elderly Program, libraries and community centers, Supplemental Nutrition Assistance Program (SNAP), Senior Community Service Employment Program.

### Responding is easy

Beginning in mid-March 2020, you can respond to the census online, by phone, or by mail. Choose the option that is most comfortable for you. Large-print guides to the questionnaire are available upon request. From May-July 2020, census takers will visit households that have not yet responded. A census taker can assist if you need help completing your form.

### Responding is safe

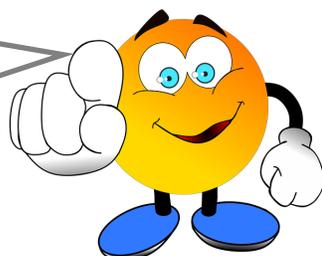
Your personal information is kept confidential by law. Your responses can only be used to produce statistics. They cannot be shared with law enforcement agencies or used against you by any government agency or court in any way.

For more information, visit:

[www.2020census.gov](http://www.2020census.gov)

*Adapted from United States Census 2020*

If you need help or do not feel comfortable filling out the Census on your own, let your local senior center know. They will help!



## March is National Nutrition Month®

### Eating Right for Older Adults

Eating right doesn't have to be complicated. Build a healthy plate with foods such as vegetables, fruits, whole grains, low-fat dairy and lean protein foods. Consider the following tips to help you get started on your way to eating right.

### EAT RIGHT



## BITE BY BITE

National Nutrition Month®  
March 2020

 Academy of Nutrition and Dietetics

### Make half your plate fruits and vegetables

Eat a variety of colorful vegetables. Fresh, frozen and canned vegetables all count. When choosing canned, go for "reduced sodium" or "no-salt-added" vegetables and fruits that are canned in water or 100% juice.

### Make at least half your grains whole

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

### Switch to fat-free or low-fat milk, yogurt and cheese

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day.

### Vary your protein choices

Eat a variety of protein-packed foods such as nuts, seafood, beans, peas, lean meat, poultry and eggs.

### Limit sodium, solid fats and added sugars

Look out for salt, or sodium, in foods you eat. Add spices or herbs to season food without adding salt. Limit major sources of saturated fats such as pizza, baked goods, full-fat cheese, sausage and hot dogs. Switch from solid fats to oils when preparing foods.

### Be physically active your way

Pick activities you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active.

### Consult a registered dietitian nutritionist

If you have special dietary needs, a registered dietitian can create a customized eating plan for you. Call Alyce Miller at (608) 261-5678. *-Adapted from eatright.org*

### Nutrition News

For more information on this publication, contact Alyce Miller, MS, RDN, CD:

(608) 261-5678

2865 N Sherman Ave

Miller.Alyce@countyofdane.com

Madison, WI 53704

<https://aaa.dcdhs.com/nutrition.aspx>