



Wyandotte K-State Research and Extension

In February

**DOTTE EATS**

For a Healthy Beat



## Monthly Superfood Feature Red Food for Heart

**Red** fruits and veggies are packed with **antioxidants** which may help to reduce someone's risk of developing common heart diseases.

Some of these diseases include: hypertension, high cholesterol, atherosclerosis, as well as reducing the risk of some cancers (colorectal, lung, breast, and prostate.)

February is both Black History Month and Heart Health Month. So this month we are focusing on maintaining a **healthy beat**. It is important to also acknowledge that People of Color, especially those who identify their race as Black American or African American, experience heart conditions, especially high blood pressure, at a higher rate than any other race.

**February is Black History Month  
And Heart Health Month**

# Upcoming Hypertension Project at K-State Research and Extension



## Family Bonding Moment THE GRATITUDE JAR

This month Dr. Chiquita Miller with K-State Research and Extension Wyandotte County is sharing an activity that we can do with our families. To read her full article on [Gratitude and Heart Health please select this link.](#)

Here's how to make and use a gratitude jar with your child:

Start with an empty plastic or glass jar. A peanut butter or mayonnaise jar work well, but you can also go with something larger if you have it.

Spend time with your child/children decorating your jar. Anything goes!

Don't forget the lid, get creative using markers, stickers, and do not forget a ribbon.

Make small paper slips, using different shapes and colors of paper. Daily or weekly write down one thing for which you are grateful.

Fold and place the paper into your jar.

Things that we are grateful for don't have to be difficult to come up with. Sometimes it's the simple things that make life wonderful: the beautiful sunrise, a walk on the beach, the smile from a stranger, or the encouraging text or call from a friend.

Make this an annual event, supporting your heart healthy gratitude year-round.

On January 1, 2024. Empty your jar and marvel at your gratitude from the previous year. What a wonderful way celebrate the New Year.



### What is blood pressure?

Your heart pumps blood through a system of arteries and veins. The blood pushes against the arterial walls, and this force is measured as blood pressure. To live and function properly, your body needs the oxygenated blood that your heart pumps throughout the body.

### What is high blood pressure?

High Blood Pressure (HBP), also known as hypertension, is when your blood pressure is consistently too high. High blood pressure is usually a 'silent' condition with few symptoms. High blood pressure can increase the workload of the heart and blood vessels. This makes them work harder and less efficiently which can lead to health issues, including heart attack and stroke.

### The goals of this project are:

- Improve health literacy surrounding hypertension.
- Participants become advocates for their own health.
- Participants make connections between lifestyle/behavior and blood pressure readings.
- Participants with community resources.
- Participants to share their SMBP readings with their health care provider.

### What is HAPp?

The Hypertension Awareness and Prevention Program (HAPp) is an independent Self-Monitored Blood Pressure (SMBP) pilot program that K-State Research & Extension is introducing in 2023. It is inspired by the American Heart Association's Check, Change, Control Program and the CDC's Healthy Heart Ambassador Program. Participants will receive a FREE upper arm blood pressure monitor during this program for SMBP.

Extension Educators will not be diagnosing or interpreting blood pressure numbers. The agent's role is to help participants have proper SMBP technique and the tools to make their own determination if blood pressures readings are within a healthy range. Educators will also provide regular opportunities for nutrition and health literacy education, and can link participants to community resources.

**Registration is due by March 1 and is limited. Call the Wyandotte County Extension Office at 913-299-9300 for registration information.**

For questions please reach out to Lori Wuellner, Family & Community Wellness Extension Agent, and Certified Healthy Heart Ambassador, at lwuellne@ksu.edu.

## Superfood Fast Facts

Red fruits and vegetables help protect our heart. Antioxidants found in red fruits and vegetables may help reduce our risk of developing atherosclerosis (plaque buildup in your arteries), hypertension (high blood pressure) and high cholesterol.

Here is a list of just a few red fruits and veggies:

- Strawberries
- Red Bell Peppers
- Cherries
- Raspberries
- Red Kidney Beans

Including more of these foods in your diet is an integral part of your daily plan for good health. We need to include red fruits and vegetables on our plate. They are important for heart health and may also reduce the risk of some cancers (colorectal, lung, breast and prostate).

In addition to vitamins, minerals and fiber, red fruits and vegetables contain lycopene and anthocyanin, important phytochemicals that act as antioxidants.

# Health Benefits of Physical Activity for Adults



## IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

## LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



### Sleep

Improves sleep quality



### Less Anxiety

Reduces feelings of anxiety



### Blood Pressure

Reduces blood pressure



### Brain Health

Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression



### Heart Health

Lowers risk of heart disease, stroke, and type 2 diabetes



### Cancer Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



### Healthy Weight

Reduces risk of weight gain



### Bone Strength

Improves bone health



### Balance and Coordination

Reduces risks of falls



Emerging research suggests physical activity may also help boost immune function.

Nieman, "The Compelling Link," 201-217.  
Jones, "Exercise, Immunity, and Illness," 317-344.





# Superfood Recipe:

## American Heart Association's "Spaghetti-Squash Spaghetti"

**Makes 4 Servings**

**- Calories per serving 172**

**- Protein per serving 6 grams**

**- Fiber per serving 6 grams**

**- Cost per serving \$2.63**

### INSTRUCTIONS

1. Clean cooking surface and wash your hands with hot water and soap for at least 20 seconds.
2. Preheat oven to 350° F.
3. Cut spaghetti squash in half. On a baking sheet coated with cooking spray, place halves of squash face down and bake for 1 hour or until tender.
4. Heat oil in medium saucepan over medium heat. Add garlic and onion and cook until soft, about 5-7 minutes. Add diced tomatoes, pepper, herbs and red pepper flakes. Cook until liquid is evaporated, about 2-3 minutes. Add tomato sauce and reduce heat to medium-low and simmer for 10 minutes.
5. Let squash sit at room temperature until just cool enough to handle. Take a fork and scrap flesh from outside working in, creating "spaghetti noodles".
6. Add squash "noodles" to sauce and remove from heat. Toss with mozzarella balls and fresh basil and serve.

### INGREDIENTS

- 1 spaghetti squash (3 pounds)
- non-stick Cooking spray
- 1 tsp. extra virgin olive oil
- 1 clove fresh garlic (minced)  
OR
- 1 tsp. jarred, minced garlic
- 1/2 small onion (chopped)
- 1 cup tomatoes (diced)  
OR
- 8 oz. canned, no-salt-added, diced tomatoes
- 1/4 tsp. black pepper
- 1/4 tsp. dried, salt-free herbs, Italian blend
- 1/8 tsp. crushed red pepper flakes
- 16 oz. canned, no salt added tomato sauce
- 1/2 cup small "bite size" fresh mozzarella balls (can substitute fresh mozzarella), cut into bite-size pieces
- 1/4 cup coarsely chopped, or, torn basil  
OR
- 1 tsp. dried basil

### Nutrition Facts

|                           |       |
|---------------------------|-------|
| <b>Calories</b>           | 172   |
| <b>Total Fat</b>          | 6.5 g |
| Saturated Fat             | 2.5 g |
| Trans Fat                 | 0.0 g |
| Polyunsaturated Fat       | 1.0 g |
| Monounsaturated Fat       | 2.0 g |
| <b>Cholesterol</b>        | 10 mg |
| <b>Sodium</b>             | 64 mg |
| <b>Total Carbohydrate</b> | 27 g  |
| Dietary Fiber             | 6 g   |
| Sugars                    | 13 g  |
| <b>Protein</b>            | 6 g   |

