

# BUZZ, BODY & BITES

A newsletter for actively aging adults  
Virginia Cooperative Extension Family &  
Consumer Science

February, 2021 Newsletter

## Buzz



### AMERICAN HEART ASSOCIATION LIFESTYLE RECOMMENDATIONS FOR A HEALTHY HEART

A healthy diet and lifestyle are the best weapons to fight cardiovascular disease.

#### Burn up at least as many calories as you take in to stay a healthy weight

- Know how many calories you need.
- Stay physically active - aim for 150 minutes a week of physical activity.

#### Eat a heart-healthy diet

- Eat a variety of fruits and vegetables.
- Choose whole grain breads & cereals.
- Eat fish at least twice a week.
- Eat lean meat and skinless chicken.
- Eat low-fat dairy products.
- Avoid foods with hydrogenated fat
- Limit saturated fat like animal fat and palm or coconut oil. Replace with mono and polyunsaturated fats like olive, canola, and safflower oil.
- Eat foods low in sodium. Aim to eat less than 2300 mg per day.

#### If you drink alcohol, do so in moderation

#### Don't use tobacco products

### HYPERTENSION - THE SILENT THREAT

Hypertension is very common and increases with age. The US National Health and Nutrition Examination Survey, an annual survey assessing the health and nutrition of children and adults, estimates that 70% of adults 65 years or older have hypertension.

Normal blood pressure is less than 120 over 80 mmHg. Both the top number, systolic pressure, and the lower number, diastolic pressure, should be in the normal range. Because hypertension often has few symptoms, it is called the *silent threat*. Over time, uncontrolled hypertension causes damage to blood vessels, heart, kidneys and other organs, and causes cardiovascular disease.

#### What to do about hypertension:

The most important thing is to *know what your blood pressure is*. Go to your doctor for your routine checkups. If your blood pressure is high, you and your doctor will decide on the best treatment for you. If medication is part of the treatment, be sure to take it as prescribed.

Whether you have hypertension or not, a healthy diet and lifestyle are your best weapons for prevention and control. See The American Heart Association (AHA) lifestyle recommendations on the side panel.

#### Dietary Approaches to Stop Hypertension (DASH)

You may have heard of the DASH diet. The diet increases intake of key nutrients that lower blood pressure, including calcium, potassium, and magnesium. Similar to the AHA recommendations, DASH emphasizes fruits & vegetables, whole grains, lean meats, but also includes servings of nuts, legumes and dairy products.

Contributed by Carlin Rafie, PhD, RD

#### WHAT TO EAT : (daily suggested serving sizes)

Vegetables (4-5)	
Fruits (4-5)	
Grains (7-8)	
Non or Low Fat Dairy (2-3)	
Meats, poultry, and fish (2 or less)	
Fats and oils (2-3)	
Nuts, seeds and legumes (4-5/wk)	

#### WHAT TO AVOID

- ✗ Foods high in saturated fat
- ✗ Fatty meats
- ✗ Full-fat dairy
- ✗ Tropical oils such as coconut and palm oils
- ✗ Sugar-sweetened beverages and sweets
- ✗ Foods high in sodium

From: "Your Guide to Lowering Blood Pressure" by NHLBI

# Bites

## Black Bean Burger



A great way to include legumes in your diet and reduce saturated fat intake.

Recipe by Top Chef Joy Crump

Link:

[blog.chefuniforms.com/2016/07/15/chef-crumps-black-bean-burger-recipe](http://blog.chefuniforms.com/2016/07/15/chef-crumps-black-bean-burger-recipe)

### Ingredients:

- 3 (8 oz.) cans black beans, drained and rinsed
- Small bunch of fresh cilantro, stems and leaves included
- 1/2 bell pepper, cut into 1-inch pieces
- 1/2 red onion, cut into 1-inch pieces
- 2 cups rice, cooked and cooled
- 3 eggs, lightly beaten
- 1 Tablespoon mild chili powder & garlic powder
- 1 Tablespoon garlic powder
- 3/4 cup bread crumbs

### Instructions:

Lightly pulse 1/2 of the beans, cilantro, bell pepper and onion in a food processor. Add remaining beans and all other ingredients and mix. Form into 8 burgers and place on a baking sheet lined with parchment paper and lightly oiled.

Cook in a 350 F oven 16-20 minutes until firm to touch. Allow to rest 5 minutes and serve on a hamburger bun.

# Body



## Toe Stand

*Works the calf muscle*

1. Stand behind a chair, feet shoulder width apart, holding on for balance.
2. Stand on tiptoes as high as possible.
3. Hold position for one second.
4. Slowly lower heels to the floor.
5. Complete one set of 10 - 15 repetitions.
6. Rest for 15 seconds, then repeat.

# Mind Games



Find and color the items at the bottom of the picture:

- 14 hearts
- 2 ice cream cones
- 1 bug
- 1 worm
- 1 turtle
- 1 bone
- 3 snails
- 1 dipper

## RESOURCES

### Learn more about Chef Joy Crump:

<https://www.bravotv.com/people/joy-crump>

### American Heart Association:

[www.heart.org](http://www.heart.org)

### National Institute on Aging:

<https://www.nia.nih.gov/health/heart-health-and-aging>

### National Heart Lung and Blood Institute

<https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>

**Editors:** Carlin Rafie, PhD, RD; Vanessa Santiago, MBA; Pegi Wright, MEd

**Peer reviewers:** Crystal Barber, MNS, RD; Kim Butterfield, MPH; Jane Henderson, MEd; Aisha Salazar, MS

To subscribe, email [buzzbodybites-g@vt.edu](mailto:buzzbodybites-g@vt.edu).