

## Heart and Dental Health go Hand-in-Hand

- ⇒ The American Heart Association recommends
- ◆ Eating a nutrient rich diet with varied fruits and vegetables without added sauces, sugar, and salt (fresh, frozen, or canned)
  - ◆ Limit saturated fat and trans fat, and choose lean cuts of meat.
  - ◆ Avoid hydrogenated or partially hydrogenated oils to reduce transfat. These words will be listed in the ingredients list.
  - ◆ Do eat fish at least twice a week. Try Omega-3 fatty acid rich fish like salmon and trout
  - ◆ Eat fiber rich whole grains



### Show your Healthy Smile

- ⇒ Reduce added sugar intake like soda and sports drinks
- ⇒ Medications can make your mouth dry, which can cause cavities
- ◆ Tell your doctor and dentist about all medications you are taking and if you are experiencing dry mouth
  - ◆ Keep your mouth lubricated, take sips of plain water all day, instead of sugar sweetened beverages or citrus infused
- ⇒ Vitamins and minerals contribute to oral health
- ◆ Calcium and vitamin D make jaw bones and tooth attachments strong
    - ◇ Add low fat or fat free milk, yogurt, and cheese.
  - ◆ Vitamin C is an antioxidant and good sources are
    - ◇ Kiwi and strawberries, kale, green peppers, broccoli



References: <https://www.ada.org> [http://www.heart.org.](http://www.heart.org), <https://www.nia.nih.gov>

**Nutritious food choices add color to any diet**

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# Kale and White Bean Soup

## Ingredients

2 cups dry Great Northern beans  
1 onions, coarsely chopped  
2 ribs celery, chopped  
1 tablespoons olive oil  
2 garlic cloves, finely chopped  
3 cups chicken stock  
3 cups water  
1 can (15.5 oz) no salt added diced tomatoes, undrained  
1 teaspoons salt  
1/4 teaspoon black pepper  
1 bay leaf  
1/2 teaspoon rosemary  
4 carrots, halved lengthwise and cut crosswise into 1/2-inch pieces  
1/2 lb kale stems and center ribs discarded and leaves coarsely chopped

## Directions

Cover beans with water by 2 inches in a pot and bring to a boil. Remove from heat and let stand, uncovered, 1 hour. Drain beans in a colander and rinse.

Cook onions and celery in oil in an 8-quart pot over moderately low heat, stirring occasionally, until softened, 4 to 5 minutes. Add garlic and cook, stirring, 1 minute. Add beans, broth, water, can of diced tomatoes, salt, pepper, bay leaf, and rosemary and simmer, uncovered, until beans are just tender, about 50 minutes.

Stir carrots into soup and simmer 5 minutes. Stir in kale, sausage, and remaining quart water and simmer, uncovered, stirring occasionally, until kale is tender, 12 to 15 minutes. Season soup with salt and pepper.

**Serving size:** 4 ; **Calories:** 388 ; **Fat :** 6 g

**Saturated Fat:** 1 g ; **Sodium:** 720 mg ; **Total Carbohydrate:** 65 g ;

**Dietary Fiber:** 19 g ; **Protein:** 24 g ; **Calcium:** 24% ; **Iron:** 36%

## Boost your nutrition by:

- Using fiber and nutrient rich beans in dishes—they are good for your heart!.
- Using kale in salads-1 cup raw chopped is over 100% of recommended daily allowance. Cooked is close, but some is lost in the cooking process.
- Try heart healthy oatmeal for breakfast and add a variety of fruit



**Good news about everything that's good to eat!**



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