Nutrition News

November 2026

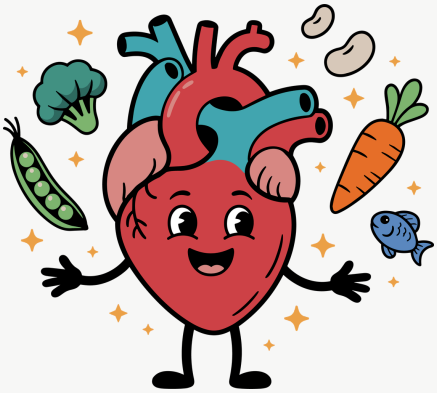
YOUR HEART BEATS NEARLY 100,000 TIMES PER DAY!

Yes, you read that right! Your heart beats about 100,000 times every day, pumping blood throughout your body to deliver oxygen and nutrients. Eating heart-healthy foods helps keep this incredible muscle strong!



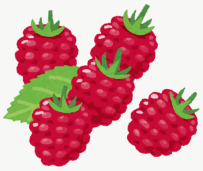


Heart disease is one of the leading causes of illness in older adults, and healthy food choices can help lower your risk. Small changes to your daily meals can make a big difference!



So how can we eat for a healthier heart?

- Choose more fruits and vegetables
- Eat whole grains instead of refined grains
- Include lean proteins like fish, beans, and poultry
- Choose healthy fats over saturated fats
- Limit sodium to help maintain healthy blood pressure





Heart smart habits include:

- Flavor foods with herbs and spices instead of salt
- Choose low-fat or fat-free dairy products
- Read Nutrition Facts labels to compare sodium content
- Aim to eat fish at least twice per week

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Salmon & Vegetable Pasta

Equipment Needed: medium saucepan, small saucepan, colander, measuring cups, can opener, mixing spoon

Prep Time: 10 minutes
Cook Time: 15-20 minutes

Serving Size: about 1 ½ cups
Total Servings per recipe: 2 servings

Ingredients:

- 4 oz. macaroni pasta (about ½ cup dry)
- ½ can (about 7 oz.) pink salmon, drained and flaked
- ½ can (about 7 oz.) mixed vegetables, drained
- ½ can (about 7 oz.) spinach, drained and squeezed dry
- ½ cup meatless spaghetti sauce
- 2 tablespoons 1% milk
- 2 tablespoons shredded cheese blend
- Black pepper, to taste
- Optional: garlic powder or Italian seasoning



Directions:

1. Cook the pasta according to package directions. Drain and set aside.
2. Drain the mixed vegetables and spinach. Squeeze excess liquid from the spinach and chop if needed.
3. In a medium saucepan, combine the spaghetti sauce and milk. Heat over medium-low heat.
4. Stir the mixed vegetables, spinach, and salmon into the sauce. Heat for 3-5 minutes, until warmed through.
5. Add the cooked pasta and gently stir until combined.
6. Stir in cheese until melted. Season with black pepper and optional herbs or garlic powder.
7. Serve warm.

Heart-Healthy Tips:

- Salmon provides protein and heart-healthy omega-3 fats, however you can also swap out the protein with 6-7 oz. of canned chicken.
- Vegetables add fiber, vitamins, and minerals. Feel free to add any extra vegetables you like.
- If you're aiming for a healthy plate, serve alongside an additional 1/2-1 cup of vegetables or fruit.