

F.A.C.T.S. Newsletter

Fighting Against Cardiovascular diseases Through food Security



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"Storms don't last forever."

-Unknown



IT'S NOT THE
LOAD THAT
Breaks You
DOWN, IT'S
THE WAY
YOU CARRY IT.

LOU HOLTZ

Oven Roasted Vegetables



You don't really need a recipe for roasted vegetables, but here are some recommendations for tasty combinations. Spices may vary based on your taste or you can go au naturel with just salt.

Serves: Depends on amount prepared

Serving Size: approximately 1 cup (as a side)

Prep Time: Approx. 15 mins.

Cook Time: 30-50 mins.

Ingredients

Combination Suggestions:

- Carrots, parsnips, turnips, sweet potatoes, and shallots – when done, top with a squeeze of orange zest
- Broccoli, cauliflower, and carrots – this is great with ground cumin
- Asparagus – great topped with lemon zest
- Bell pepper and onion – this is great as an addition to sandwiches or most any entrée

Topping:

- 2 tablespoons olive, may need more depending on amount of vegetables
- Salt and pepper to taste

Directions

1. Preheat oven to 375°F. Line baking sheet with foil or parchment paper for easy clean up.
2. Cut chosen vegetables into 2-inch pieces. Toss in olive oil on baking sheet.
3. Sprinkle chosen seasoning and toss vegetables to coat well.
4. Bake with fork until tender. Time depends on vegetables chosen.

<https://medinsteadofmeds.com/oven-roasted-vegetables/>

MED instead of
MEDS

UPCOMING EVENTS

TWELVE POUNDS DOWN 2018

September 4, 2018

Cost: \$10.00

Registration opens up

August 1, 2018!

Deadline to sign-up is

August 31, 2018.

Space is limited!

Stop by the Bertie Extension
Office to pay and register!

GET READY FOR SELF-CARE AWARENESS MONTH

Self-Care Awareness Month
in September is a time to
remind us that taking care of
ourselves, first and foremost,
is essential.

We all tend to put others
needs before our own and it
is crucial to remember, that
we cannot fill another's cup
from our own empty vessel.
While getting a massage or
taking a walk are beautiful,
self-care can be more
expansive than that.

Self-care knows no
boundaries. True self-care is
not self-centered nor selfish;
it is simply keeping yourself
the focus of your own life.
It's about paying attention to
how you feel in each moment,
communicating clearly,
speaking up for yourself and
saying yes or no...guilt free.

#selflove #selfcarechallenge
#evolvetolive

Source:

<https://nationaldaycalendar.com/self-care-awareness-month-september/>

Heart Disease Risk Factors You CAN Control

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While there are risk factors you're born with or simply cannot change, there are some that you have control over and some that can influence. Here's an overview of the risk factors you may be able to impact:

1.) **Smoking and Other Tobacco Products.** When you smoke, you expose your heart, lungs and blood vessels to nicotine, carbon monoxide and other harmful substances contained in smoke. This causes blood vessels to constrict, blood pressure to go up and cholesterol levels to climb. Smoking also deprives the body's tissues of oxygen, damages the inner lining of blood vessels, allows plaques to grow inside your arteries and makes it more likely that dangerous blood clots will form.

2.) **High Cholesterol Levels.** High levels of LDL cholesterol – the so-called bad cholesterol – can increase the build-up of plaque in the arteries of your heart.

3.) **High Blood Pressure.** If your blood pressure is above 140/90 mmHG for long periods of time, it can damage the blood vessels. This not only makes it more likely that cholesterol plaque will form, it also causes the artery walls to become thicker, stiffer and less able to expand and contract with changes in activity or other physical demands.

4.) **Diabetes.** High blood sugar levels can damage the blood vessels throughout the body, making it more likely that atherosclerotic plaques will develop. In fact, about 1 out of 3 people with diabetes also has coronary artery disease. Poorly controlled diabetes increase the risk of developing peripheral artery disease (PAD), eye disease and kidney problems.

5.) **Being Overweight or Obese.** Carrying around too much body weight not only puts a strain on your heart, it also makes it more difficult to control high blood pressure, high cholesterol levels and diabetes.

6.) **Physical Inactivity.** The lack of exercise weakens your muscles and makes it harder to control several other heart disease risk factors, including blood pressure, cholesterol levels, diabetes, obesity and stress.

7.) **Stress.** High levels of stress in your life, or a tendency to feel angry, have also been linked to an increased risk for heart disease.

Read the full article at:

http://www.secondscount.org/treatments/treatments-detail-2/heart-disease-risk-factors-you-can-control?gelid=EA1a1QobChMIgqq8i8_b3AIVyoKzCh16HQvZEAAYASAAEgL25PD_BwE#.W2nrWqgrJTY

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