

# FEBRUARY 2022

## PATCH FOOD PROGRAM NEWSLETTER



### Just Breathe

MEDITATION IS JUST ONE WAY TO FEED YOUR SOUL- SEVERAL STUDIES HAVE SHOWN HOW DEEP OR DIAPHRAGMATIC BREATHING CAN SLOW YOUR HEART RATE AND REDUCE BLOOD PRESSURE WHICH ALSO HELPS WITH ANXIETY AND TENSION. PRACTICE MEDI

### Sweat it out

IT'S NO SECRET THAT EXERCISE HAS BEEN LINKED TO HEART HEALTH, AND THE AMERICAN HEART ASSOCIATION RECOMMENDS AT LEAST 150 MINUTES PER WEEK OF MODERATE EXERCISE. EXERCISE CAN INCLUDE ANYTHING FROM WALKING TO DANCING TO YOGA -CHOOSE THE ONE THAT SPEAKS TO YOU SO YOU'LL STICK WITH IT.



WHY DID THE  
ORANGE GO OUT  
WITH THE PRUNE?

See page 2

### Heart-Healthy Tips

Cardiovascular diseases are the No. 1 cause of death globally. Uncontrolled high blood pressure is the leading cause of heart disease and stroke, Here are a few ways to give your heart a little extra love:

### Get Some Rest

IT'S HARD TO REST WHEN YOUR WITH CHILDREN ALL DAY, LET ALONE RUN YOUR OWN BUSINESS. HOWEVER. LACK OF SLEEP, ESPECIALLY WHEN IT'S CHRONIC, HAS BEEN ASSOCIATED WITH HIGH BLOOD PRESSURE AND HEART DISEASE. TO HELP GET A GOOD NIGHT'S REST, AVOID CAFFEINE LATE IN THE DAY, EXERCISE REGULARLY AND STICK TO A SLEEP SCHEDULE TO KEEP YOUR BODY'S CLOCK RUNNING SMOOTHLY.

### Practice Gratitude

THERE'S ALSO EVIDENCE THAT GRATITUDE CAN HELP FEND OFF HEART DISEASE, SO BE SURE TO SAY THANKS TODAY. GIVING THANKS FOR THE POSITIVE THINGS IN LIFE CAN IMPROVE THE HEALTH OF PATIENTS WITH ASYMPTOMATIC HEART FAILURE.

### Food for Thought

PEOPLE WITH DIETS CONSISTENT WITH A HEALTHY DIETARY PATTERN HAD A 31% LOWER RISK OF HEART DISEASE, A 33% LOWER RISK OF DIABETES, AND A 20% LOWER RISK OF STROKE.

**eat  
most**  
vegetables  
& fruit

**eat some**  
grain foods &  
starchy vegetables

legumes, fish, seafood,  
eggs, poultry & meat

milk, yoghurt  
& cheese

healthy oils,  
nuts & seeds

CUT BACK ON junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats

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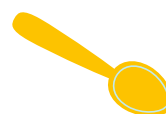
THERE ARE MANY  
WAYS WE CAN EAT TO  
SUPPORT OUR HEART  
HEALTH AND ALL OF  
THEM ARE SIMPLE  
VARIATIONS ON A  
COMMON DIETARY  
THEME. HERE'S WHAT  
WE RECOMMEND.

<https://www.heartfoundation.org.nz/wellbeing/healthy-eating/eating-for-a-healthy-heart>

**TOTAL TIME**



5 min



**SERVINGS**

Approx. 2

**COMPONENTS**



Meat Alt.,  
Grain, & Fruit

## STRAWBERRY YOGURT PARFAIT

- 2 cups strawberry Greek yogurt
- 4 cups mixed berries
- 1/2 cup granola (optional)



5 min

Approx. 8

Meat Alt. &  
Fruit



**TOTAL TIME**

**SERVINGS**



**COMPONENTS**

Make sure your yogurt is  
#CACFPCreditable!

## SAMURAI BANANA SUSHI ROLL



- 100% whole wheat flour tortilla, small
- 1 large banana
- 2 tablespoons peanut butter



Answer:

**BECAUSE HE COULDN'T  
FIND A DATE!**