February: American Heart Month

Heart disease is the leading cause of death for both women and men in the United States, causing about 610,000 deaths annually. Heart disease is also an extremely expensive disease—costing the United States about $207 billion annually in the cost of health care, medications and lost productivity.

Fortunately, heart disease can often be prevented by living a healthy lifestyle and properly managing health conditions. American Heart Month, organized by the American Heart Association (AHA), is designed to raise awareness about heart disease and how people can prevent it. Some simple self-care and prevention strategies include the following:

- Visit your primary care physician regularly.
- Refrain from smoking.
- Maintain a healthy weight.
- Limit your sodium intake.
- Eat a well-balanced, healthy diet.
- Exercise regularly.
- Manage your stress levels.
- Limit your alcohol intake.

The AHA’s website provides a detailed list of risk factors and common symptoms of heart disease. If you are concerned about your risk of developing heart disease or would like to find out more information about the condition, visit the AHA’s site and contact your primary physician.
3 Tips for Hosting a Safe Big Game Party

The annual football championship game will be held Feb. 5, 2017. It is a tradition for many Americans to throw a big game viewing party each year. Many of these parties include a large spread of food and alcohol. As with any party where food and beverage is served, it is important that you keep the following guidelines in mind:

- **Be aware of food allergies.** An allergic reaction to food can be life-threatening. Ask your guests if they have any food allergies before you begin cooking so you can avoid serving any food that they may be allergic to.

- **Don’t let your guests drive home drunk.** Historically, the Sunday of the big game has unfortunately earned the reputation of being one of the biggest drunk driving days of the year. If you are serving alcohol at your party, be sure to not let your friends drive home drunk.

- **Follow safe food preparation and serving instructions.** One in 6 Americans get sick by consuming contaminated foods or beverages each year. Be sure to follow the recommended food safety practices at your party to avoid food-related illnesses.

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### CHICKEN VEGETABLE SOUP WITH KALE

2 tsp. vegetable oil  
½ cup onion (chopped)  
½ cup carrot (chopped)  
1 tsp. ground thyme  
2 cloves minced garlic  
2 cups water or chicken broth  
½ cup diced tomatoes  
1 cup chicken, cooked, skinned and cubed  
½ cup cooked brown rice  
1 cup kale (chopped, about one large leaf)

**PREPARATIONS**

1. Heat oil in a medium sauce pan. Add onion and carrot. Sauté until vegetables are tender, about five to eight minutes.
2. Add thyme and garlic. Sauté for one more minute.
3. Add water or broth, tomatoes, cooked rice, chicken and kale.
4. Simmer for five to 10 minutes.

Makes: 3 servings

**Nutritional Information (per serving)**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Total Calories</td>
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<tr>
<td>Total Fat</td>
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<tr>
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<td>Total Sugars</td>
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Source: USDA

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### BIG GAME FUN FACTS IN 2016

- **111.9 million** people watched the big game  
- **43.3 million** Americans throw a big game party  
- **4.3 billion** chicken wings during the big game  
- **53%** of big game viewers consumed beer

Sources: National Retail Federation 2016 Super Bowl Spending Survey, National Chicken Council and Nielsen Company

Comment [OJ1]: Big Game Fun Facts in 2016, Change all super bowl to big game