

University of Illinois Extension: Family and Consumer Sciences Breakroom Buzz



NATIONAL HEART MONTH

Tips for Lowering Blood Pressure



Use herbs, spices, or sodium-free seasonings in place of salt



Increase consumption of foods higher in potassium, calcium, and magnesium such as green leafy vegetables, beans, root vegetables, low-fat dairy, fruit such as: apples, avocados, bananas, oranges & peaches.



Rinse canned foods to remove 40% of the sodium.



Aim for less than 2,300 milligrams of sodium per day or about a teaspoon.



Try the Dietary Approaches to Stop Hypertension (DASH) eating plan.

Learn more about the DASH eating plan through the National Institute of Health: National Heart Lung & Blood Institute nhlbi.nih.gov/health-topics/dash-eating

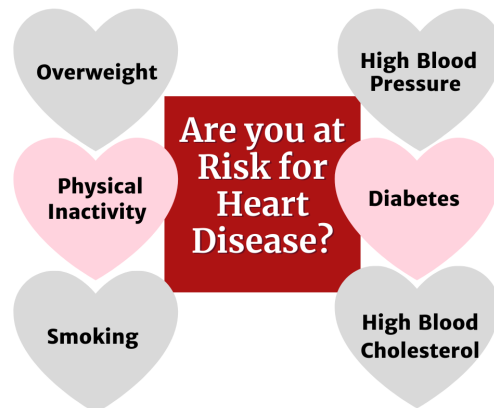


Makes 12 Tarts

- ♥ 12 wonton wrappers
- ♥ 1 ½ cup diced fruit
- ♥ 2 Tbsp. sugar free jelly or fruit spread
- ♥ 1 cup non-fat yogurt, any flavor

Directions

1. Wash hands with soap and water. Preheat oven to 375°F and spray muffin tins with cooking spray.
2. Press wonton skins into muffin tins allowing the corners to stand up over the edges.
3. Bake wontons until light brown, approximately 4-6 minutes. Watch carefully, as wonton skins bake quickly.
4. Remove from oven; carefully take each wonton out of muffin tin and allow time for cooling.
5. Warm jelly or fruit spread and lightly coat the bottom of each wonton.
6. Fill each wonton with fruit and a rounded dollop of yogurt on top.
7. Garnish with a small piece of fruit or dab of jelly/spread and serve immediately.



Learn more about your risk for Heart Disease at cdc.gov/heartdisease



I Didn't Know That!



Winter means longer hours of darkness coupled with the colder temperatures. People may experience what we call the “winter blues.” Add the complications of a pandemic and the associated mental fatigue, more people may be experiencing “the blues” this season. There are many ways to try and prevent those winter blues and maintain positive mental health. Here are tips to get started:

- ♦ **Do your best to get outside despite the cold.** Studies show that certain scents within nature, such as jasmine, pine and lilacs, have been shown to reduce stress and anxiety.
- ♦ **Spend some time with a friend.** Whether in person (following COVID precautions), phone, or video chat.
- ♦ **Volunteer.** Giving back to others can boost your mood and satisfaction and may also provide a needed distraction from your own thoughts.
- ♦ **Be kind to yourself and do something you enjoy.** Maybe that is reading, watching a favorite show, engaging in an activity like puzzles.
- ♦ **Take care of yourself physically.** Continue to get exercise, stay hydrated, eat healthily and manage any health conditions by following your provider’s instructions.
- ♦ **Plan something you can look forward to.** It may be helpful to always have something fun scheduled on your calendar.
- ♦ **Try to enjoy the present moment.** This is about not thinking or dwelling on something you should have done in the past or worrying about what might happen tomorrow.

Sources: Adapted by Tessa Hobbs-Curley, Find the blog “Managing the Winter Blues.” by Family Life Extension Educator, Cheri Burcham for the entire list of suggestions and references at <https://extension.illinois.edu/blogs/family-files/2022-01-20-managing-winter-blues>



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