



In Good Health Johnson County

May 2023
Vol 1 Issue 5

Upcoming Events

Join us for one of our events!

**Kids in the Kitchen:
Super Salads**

May 20th 10:00 AM - 12:00 PM

Four Course Living

May 25th 6:00 PM - 7:45 PM

Kitchen Restore Donation Drive

18th 10:00 AM - 12:00 PM

June 3rd 10:00 AM - 12:00 PM

Lenexa Farmers Market

June 10th 8:00 AM - 12:00 PM

Ice Cream and Frozen Desserts

June 21st 6:00 - 8:00 PM

Scan the QR code or visit
bit.ly/EMFVEvents
to Register!



K-STATE

Research and Extension

Master Food Volunteer
Johnson County

**Need a speaker? Have questions about food or
nutrition or our classes? Contact Us!**

foodhelp@jocogov.org

Featured Article

May is an important month for health awareness as it is National High Blood Pressure Education Month. This month-long campaign aims to educate people about the risks of high blood pressure and how to manage it. High blood pressure, also known as hypertension, can lead to serious health problems such as heart disease, stroke, and kidney disease. One effective way to manage high blood pressure is through proper nutrition. Making simple changes to your diet can help control your blood pressure and improve your overall health. In this article, we will discuss five easy tips to improve your diet and manage your blood pressure.

1. Decrease your sodium consumption: Consuming excessive salt can cause your blood pressure to increase. Check food labels and select options that contain less sodium whenever possible.
2. Boost your potassium consumption: Potassium can counterbalance the effects of sodium and reduce blood pressure. Excellent sources of potassium include bananas, oranges, potatoes, and leafy vegetables.
3. Consume a variety of fruits and vegetables: These foods contain low levels of sodium and high levels of nutrients such as fiber and antioxidants that can help lower blood pressure.
4. Choose lean proteins: Lean meats, fish, poultry, and beans are protein-rich foods that contain lower levels of saturated fat and can assist in regulating blood pressure.
5. Moderate alcohol and caffeine intake: Drinking too much alcohol and caffeine can elevate blood pressure. Consume moderate amounts and consider switching to decaffeinated coffee or tea. By implementing minor adjustments to your diet, you can improve your overall health and manage your blood pressure.



In Good Health,
Jessica Fuentes
NWMSU Dietetic Intern

Recipe of the Month

Overnight Springtime Oatmeal

Serves 1

Ingredients

- 1/4 cup dry rolled oats
- 2 Tbsp. chia seeds
- 2 Tbsp. plain Greek yogurt
- 1/2 scoop protein powder
- 2/3 cup milk (or milk alternative)
- Sweeten as desired using honey, agave nectar, stevia or Splenda.



Preparation

- In a tall 20 oz. glass; add the oats, chia, yogurt, and protein powder.
- Add the milk to cover all ingredients well, stir to combine.
- Add the flavor ingredients of choice and sweeten to taste.
- Cover and place in the refrigerator overnight.

Tips:

- Mix it up and try different fruits! Try strawberries, bananas, or peaches. Frozen fruits and dried fruit can also be used!
- When using milk, use 1% or skim and if using unsweetened almond or soy milk, which is thicker, increase to 3/4 cup.
- Add in almonds or walnuts for different flavor options.
- Add 1-2 tablespoons of flax seeds or nut butter for an extra boost of nutrition.



Nutrition Facts			
Serving Size 1 cup (55g)			
Amount Per Serving			
Calories 80	Calories from Fat 25		
% Daily Value*			
Total Fat 3g	5%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 5mg	2%		
Sodium 35mg	1%		
Total Carbohydrate 10g	3%		
Dietary Fiber 3g	12%		
Sugars 6g			
Protein 4g			
Vitamin A 2%	Vitamin C 2%		
Calcium 8%	Iron 2%		
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4



Fun Food Facts

Did you know that hummus is believed to have originated in Egypt over 7000 years ago? This creamy dip made from chickpeas, tahini, and other ingredients has been a staple in Middle Eastern and Mediterranean cuisine for centuries. In fact, it is so popular that over 25% of American households reportedly have a container of hummus in their fridge! So next time you enjoy this tasty snack, remember that you are also partaking in a rich culinary history that spans thousands of years.



Kitchen Corner

One of the easiest ways to manage high blood pressure is by reducing your sodium intake. Cooking at home is a great way to control the amount of salt in your food. Here are some tips:

- Use fresh herbs and spices. Garlic, basil, oregano, rosemary, or thyme to enhance the taste of your meals. Try making your own seasoning mixtures, like taco seasoning, at home!
- Rinse canned foods. These often contain added sodium. Alternatively, choose no sodium added or low sodium options.
- Choose low-sodium broths and stocks. These are a great base for soups and stews. Look for low-sodium options or make your own broth at home.
- Experiment with vinegar and citrus juices. These can add flavor to your meals without adding sodium. Try using lemon or lime juice or vinegar in your marinades or dressings.