

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . .*

September is National Cholesterol Education Month

## Know Your Cholesterol Numbers

- See a health care provider and get your cholesterol checked. High blood cholesterol levels increase your risk for heart disease.
- Discuss all your risks for heart disease with your health care provider.
- Learn how to read food labels. Choose foods low in saturated fat, trans fat, and cholesterol.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

### Beef Casserole\* Serves 8

- |  |                     |
|--|---------------------|
| 1/2 pound ground beef                                    | 1 cup frozen peas   |
| 1 large onion, chopped                                   | 2 carrots, diced    |
| 2 large celery stalks, chopped                           | 1 cup uncooked rice |
| 3 1/2 cups fresh tomatoes or<br>canned tomatoes, drained | 1 1/2 cups water    |

1. In a skillet, brown ground beef and drain off the fat.
2. Add the rest of the ingredients. Mix well.
3. Cover skillet and cook over medium heat until boiling.
4. Reduce heat to LOW and simmer about 35 minutes.



NUTRITION FACTS (per serving) - Calories 210 - fat 6 g - calories from fat 50 - sodium 70 mg - total carbohydrate 28 g - fiber 3 g

\*Adapted from "Delicious Heart-Healthy Latino Recipes, National Institute of Health, NHLBI

## Vegetables and Rice \* Serves 6

1 Tbsp. vegetable oil  
1/2 medium onion, chopped  
2 cloves garlic, minced or  
1/4 tsp. garlic powder  
2 cups uncooked rice

4 cups hot water  
1/2 tsp. salt  
1 cup fresh or frozen vegetables (peas, corn, green beans,  
tomato, carrots, peppers, etc.)

1. In a medium pan, heat oil and sauté onion, garlic and rice.
2. Add hot water and salt. Bring to a full boil.
3. Cover and simmer for 15 minutes without stirring.
4. Add vegetables and simmer 5 minutes or a little longer until vegetables are cooked.
5. Uncover and stir gently. Turn off heat. Let stand about 15 minutes before serving.



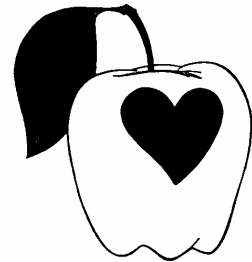
NUTRITION FACTS (per serving) - Calories 270 ~ fat 3 g ~ calories from fat 25 ~ sodium 230 mg  
~ total carbohydrate 54 g ~ fiber 2 g

\*Adapted from "Delicious Heart-Healthy Latino Recipes, National Institute of Health, NHLBI

## Guidelines for a Heart-Healthy Lifestyle:

### 1. Eat a healthful diet

- Use the Food Guide Pyramid as a guide to daily food choices.
- Choose foods low in cholesterol, saturated fat, and trans fat.
- Eat lots of fruits, vegetables and whole grain foods.



### 2. Be physically active, like a brisk walk, at least 30 minutes, everyday.

### 3. Don't smoke. If you do smoke, contact your health care provider to get help to quit.

### 4. Maintain a healthy weight.



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