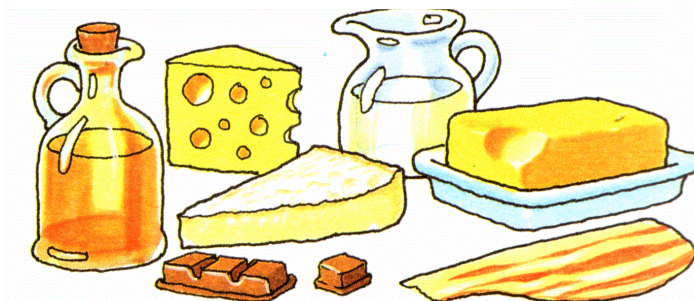


## American Heart Month 2024: The Facts on Fat

February 1964 was the first American Heart Month, established by President Lyndon B. Johnson as a way to raise awareness of the dangers of cardiovascular disease. In the sixty years that have followed, there have been amazing advancements in medicine and surgery to improve many lives. Research has shown that dietary changes can have a huge impact on heart health. However, the nutritional recommendations regarding fats have been confusing, to say the least. Keep reading to learn the facts when it comes to fat in our diets.

### What is fat and why do we need it?

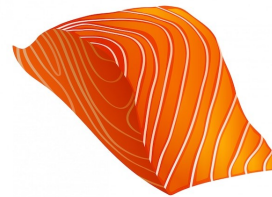
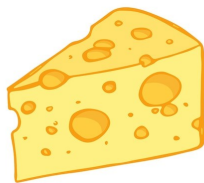
- ⇒ One of the three macronutrients that we need EVERY DAY (the others are protein and carbohydrates) for our bodies to run
- ⇒ Necessary for making hormones and absorbing some vitamins
- ⇒ Provides energy, insulates our bodies and protects our organs
- ⇒ Helps food taste good and satisfy us; improves texture
- ⇒ 2 types: saturated and unsaturated



### ***Building Strong and Vibrant New York Communities***

## Saturated Fat

- ⇒ Mostly from animal sources
- ⇒ Contributes to LDL (“bad”) cholesterol
- ⇒ Solid at room temperature
- ⇒ Butter, lard, beef, pork, sausage, bacon, coconut, cheese



## Unsaturated Fat

- ⇒ Mostly found in plant sources and fish
- ⇒ Can help to raise HDL (“good”) cholesterol
- ⇒ Liquid at room temperature
- ⇒ Nuts, seeds, olives, avocados, vegetable oils, salmon, tuna, sardines

## What changes can I make to my diet?

- ⇒ Limit consumption of red meat: try more plant-forward recipes using beans, lentils and legumes, or swap ground beef for ground chicken or turkey
- ⇒ Use less butter and more vegetable-based oils (olive, canola, corn, avocado)
- ⇒ Craving a crunch? Swap crackers or chips for a handful of nuts or seeds
- ⇒ Add in some avocado: buy frozen to add to smoothies; use fresh to top rice bowls, tacos or eggs; spread on toast or use in sandwiches in place of mayonnaise
- ⇒ Fish can be expensive, but using canned or pouch varieties are easy and don’t leave your kitchen smelling “fishy”



# Roasted Vegetable & Black Bean Tacos

Prep Time: 15 mins    Total Time: 15 mins    Serves: 2

## Ingredients

1 cup roasted root vegetables (potatoes, sweet potatoes, squash, turnips, beets, parsnips, etc.)

½ cup cooked or canned black beans, rinsed

2 teaspoons extra-virgin olive oil

1 teaspoon ground cumin

1 teaspoon chili powder

½ teaspoon ground coriander

¼ teaspoon kosher salt

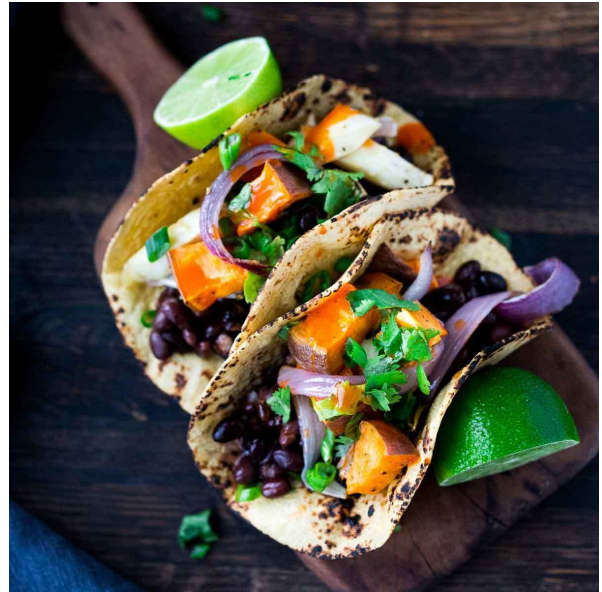
¼ teaspoon ground pepper

4 corn tortillas, lightly toasted or warmed

½ avocado, cut into 8 slices

1 lime, cut into wedges

Chopped fresh cilantro & salsa for garnish



Recipe adapted from [EatingWell.com](https://www.eatingwell.com)

## Directions

1. Combine roasted root vegetables, beans, oil, cumin, chili powder, coriander, salt and pepper in a saucepan. Cover and cook over medium-low heat until heated through, 6 to 8 minutes.
2. Divide the mixture among the tortillas. Top with avocado. Serve with lime wedges. Garnish with cilantro and/or salsa, if desired.

Nutrition Facts Per Serving (2 tacos) Calories 343 **TOTAL CARBOHYDRATE** 44g **DIETARY FIBER** 12g **TOTAL SUGARS** 6g **PROTEIN** 8g **TOTAL FAT** 17g **SATURATED FAT** 2g **VITAMIN A** 3365IU **VITAMIN C** 13mg **FOLATE** 101mcg **SODIUM** 352mg **CALCIUM** 97mg **IRON** 3mg **MAGNESIUM** 64mg **POTASSIUM** 701mg

LOVE YOUR HEART



**Resources:** <https://www.acc.org/latest-in-cardiology/articles/2017/02/21/12/42/the-evolution-of-american-heart-month>

<https://www.eatingwell.com/recipe/257722/roasted-vegetable-black-bean-tacos/>

**Consumer-centered access for long-term care information, referrals and assessments.**

**For information, call 518-382-8481, #9, ext. 304**

**Do you have questions or concerns about what to eat?**

If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible for a free consultation with Debbie Griswold, Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269 to contact or leave a message.

**Check out our website for nutrition resources: <http://ccschenectady.org/nutrition-for-seniors>**



**NY Connects**  
Your Link to Long Term  
Services and Supports

Schenectady County Department of Senior and Long Term Care Services denies no person services or access to service based upon race, color, sex, religion, national origin, marital status and/or handicapping conditions. Schenectady County Department of Senior and Long Term Care Services is primarily funded with County tax dollars. Supplemental funding is through the New York State Office for the Aging under Title III-B/D, III-C-1, III-C-2, III-F of the Federal Older Americans Act, and New York State Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly Act (CSE), Congregate Services Initiative (CSI), and the Wellness In Nutrition (WIN).

OFA Feb 2024