



Heart Smart Tips for Working at Home

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Speakers –Sheree Williams, Publisher of Cuisine Noir Magazine and Cheryl Davis, Nutrition Instructor

About This Presentation

With all of the challenges that COVID-19 may present for those transitioning to a work at home environment, there are a few silver linings, especially when it comes to one's health and well-being. For many, the unplanned slow-down has offered the opportunity to re-visit health goals that may have been shelved or simply forgotten due to life's everyday grind. Now is your time to make your health a priority, making small changes that are sure to yield significant results over time.

During this presentation, we will:

1. Review the purpose of maintaining a heart-healthy routine.
2. Briefly examine some of the factors that put our hearts at risk and factors that protect our hearts.
3. Share sample ingredients to include on your shopping list that are heart-smart.

4. Share tips for creating healthy goals while working from home, such as meal prepping and organization.
5. Walk you through a heart-smart workday.
6. Share heart-smart recipes for breakfast, lunch, snack and dinner.

Tips for Working at Home:

1. Create a schedule that is ideal for how your days and evenings flow. You can do this on your phone or the old trusty way, on paper. This includes what you need to do for work, your child's schooling (if applicable) and evening routine. It may not be perfect and will change, but starting a schedule that leads to a routine is a great way to begin establishing a heart-smart lifestyle.
2. Meal prepping can make your workday and week a breeze. When you take the time to plan out meals and snacks, you can set aside a day or evening to prepare and store so that you have one less decision and thing to do. The best part is that this activity is kid-friendly and if you are home with a child who is not able to prepare food on their own, it will definitely remove the stress of trying to do it all.

Staple Heart Smart Ingredients (including our favorites)

- Water (if not filtering at home)
- Lemons
- Spices (ginger, garlic, cumin seeds, paprika, garlic and onion powder)
- Leafy greens (kale, collards, spinach, mix greens, etc.)
- Berries (blueberries, strawberries, blackberries)
- Fruits (apples, bananas, oranges, etc.)

- Peanut butter
- Chia seeds
- Hummus
- Vegetables (cucumbers, bell peppers, carrots, etc.)
- Nuts (a great heart-healthy snack, especially walnuts, but nuts are packed with calories)
- Flaxseeds (ground or seeds)
- Oils (olive, grapeseed, avocado)
- Whole grains (brown rice, oatmeal)
- Sweet potatoes
- Tuna

Sample Heart Smart Day Routine

1. The night before, try to review the day ahead. If you have a family, a great time to do this is when preparing or while eating dinner so everyone is on the same page.
2. The next day, try to have a least 30 minutes to yourself before you have to get ready for work or get the kids up to start the day. One way you can spend this 30 minutes is having a hot cup of water with a lemon wedge. This is great to get the system going even before having a cup of tea or coffee. While you have these 30 sacred minutes, journal, read your Bible, some of your book, affirmations, listen to an encouraging podcast. Something that gets you pumped for the day. This includes working out. No social media. Keep the rest of the world out of our time that again is sacred.
3. Try to have a set time period in which you have breakfast. So, for instance, between 7 – 9 am every day. If you can eat at a specific time each day great, if not be sure to schedule breakfast between a morning period that works for you.

4. Try to stay away from a heavy breakfast such as ones that have a lot of meat and refined/processed carbs (sugar, white flour). Instead, opt for one that is light but filling such as oatmeal with fruit, a smoothing or fresh juice, and fruit. A vegetarian breakfast burrito is also a great way to start the day. And of course be sure to accompany that with a water bottle filled with fresh water, a slice of lemon and cucumber. While you are working, this is the best way to get your water intake in for the day.
5. If you need a mid-morning snack, depending on what you had for breakfast, but a small smoothie or an apple with peanut nut as well as a little ramekin of nuts is perfect. Remember to keep sipping on your water and fill up if you need to.

Take a 10-15 minutes stretch break and walk around. Move.

6. For lunch, make this easy. It could be leftovers from the night before as long as it is not too heavy. A nice wrap with a savory spread, mayo with olive oil or even hummus. A hearty salad with tuna, grilled chicken or shrimp and vegetables. Make your own dressing to keep it heart smart. If eating a sandwich, make it with whole grain bread and no cheese, a lot of veggies.

Another reason for keeping it light is that you are most likely sitting for your workday. We want to avoid mid-day fatigue caused by overeating.

About 1 hour or so after lunch, get up and move again for 10-15 minutes.

7. If you need an afternoon snack, have those nuts handy, fruit or even hummus with carrots, bell peppers or pita chips. Keep in mind this is a light snack.

8. You've made it through the day! For dinner, review what you usually cook for yourself (and family) and see if there are ways you can substitute ingredients and/or use different techniques (baking vs. frying, etc.).
9. While you are cooking, prepare your breakfast and lunch meals for tomorrow such as chop of fruit, lettuce, make your salad dressing. Anything that will make your next day easier. Remember, one health goal is to eliminate decisions that may lead to making unhealthy choices. Preparation is key.

Final 5 Tips to Remember

1. In the midst of concerns about COVID-19, heart disease remains the number one cause of death in all population groups. Therefore, remember to care for your heart. Now more than ever is the perfect time to put your health first. Take the time to reexamine or establish health goals, being honest with yourself about what is going well and what needs to change.
2. Go through your pantry and pull out one thing that is unhealthy and replace with a healthy food option. If you don't want to get rid of everything unhealthy at once, do so little by little, replacing unhealthy foods with healthier alternatives.
3. Little changes truly do make a big difference over time. Make small healthy lifestyle changes that way you are more likely to sustain them over time.
4. If you have a bad day, don't stress. Just work to make the next day better. The goal is not to give up because if you keep trying, you're going to win.

5. Remember, you are not alone. You have a community that is cheering for you and want to see you be healthy and strong. Always feel empowered to reach out for support and help.

RECIPES

The following recipes are from Good Housekeeping's book, "Good Food for a Healthy Heart." Please be sure to go to www.cuisenoirmag.com/recipes for additional recipes that may catch your eye as well as the Book Grub section for cookbooks that will also provide great inspiration for your health journey.

A Berry Morning Smoothie

INGREDIENTS

- ¼ cup frozen strawberries
- ¼ cup frozen blueberries
- ¼ cup frozen mangos
- ½ fresh or frozen banana
- 1 – 2 tablespoons fresh ginger
- 1-2 teaspoons chia seeds
- 1 ½ tablespoons ground flaxseed
- 1 cup unsweetened almond non-dairy beverage
- ½ - ¾ cup water

PREPARATION

1. Add all ingredients into the blender and mix until smooth. Add water as needed for a smoothie that is not as thick.

Tip: To make this smoothie your own, add fruit of your choice and even a few nuts such as walnuts or almonds. You can also add a few greens, such as spinach or kale.

Roasted Red Pepper Dip

This is a great mid-day snack when you have a case of the munchies coming on. Serve with vegetables such as bell peppers or even a few pita chips.

INGREDIENTS

4 red peppers, roasted
½ teaspoon ground cumin
2 ounces (1/2 cup) walnuts, toasted
2 slices white firm bread, torn into pieces
1 tablespoons balsamic or raspberry vinegar
2 tablespoon olive oil
½ teaspoon salt
1/8 teaspoon ground red cayenne pepper

PREPARATION

1. Cut roasted peppers into large pieces. In a small skillet, toast cumin over low heat, stirring constantly until fragrant, 1-2 minutes.
2. In a food processor with a knife blade attached, process walnuts until ground. Add roasted peppers, cumin, bread, vinegar, oil, salt and cayenne. Puree until smooth. Transfer to a bowl. If not serving right away, cover and refrigerate up to 4 hours.

Kale Chips

This fat and guilt-free snack is always a winner.

INGREDIENTS

1 bunch kale, rinsed and dried well

½ kosher salt

Nonstick olive oil cooking spray

parchment paper

PREPREPARATION

1. Preheat oven to 350F.
2. Remove and discard stems from kale. Tear leaves into large pieces.
3. Spread leaves in a single layer on a large cookie sheet. Spray leaves with cooking spray to coat lightly and sprinkle with salt.
4. Bake 12 – 15 minutes or just until crisp but not browned.
5. Cool and enjoy right away.

SPICY HUMMUS

Who doesn't love hummus? Versatile and healthy, it may become your new go-to dip or spread.

INGREDIENTS

2 can low-sodium chickpeas (garbanzo beans), drained
1/3 tablespoons tahini
3 tablespoons lemon juice
1/2 garlic bulb, peeled
1 small jalapeño
1/2 teaspoon kosher salt, optional
1/4 cup + 1/2 tablespoon olive oil
1 teaspoon smoked paprika
pita bread wedges, fresh vegetables or veggie chips

PREPARATION

1. In a food processor, add beans, tahini, lemon juice, garlic, jalapeño, and salt. Cover and blend, slowly adding olive oil. Blend until smooth.
2. Spoon hummus into a serving dish, top with 1/2 tablespoon oil and sprinkle with paprika and serve.

Tip 1: Remember, you can add the oil but not take it out of the hummus, so add slowly added as much as needed to get the consistency that is desired (smooth or a little chunky).

Tip 2: You can substitute the jalapeno for other flavors such as roasted red pepper, pesto and more. Get creative!

Turkey Burgers with Minted Yogurt Sauce

Turkey burgers with a Mediterranean twist.

Makes 4 burgers

INGREDIENTS

½ cup plus 2 tablespoons plain fat-free yogurt
2 green onions, green and white parts thinly sliced and kept separate
½ cup packed mint leaves, fresh and finely chopped
1 pound lean ground turkey
1 ½ ounce feta cheese, finely crumbled
1 ½ teaspoons ground coriander
1/8 teaspoon ground black pepper
1/8 teaspoon salt
2 whole-wheat pitas cut in half
2 ripe tomatoes

PREPARATION

1. Prepare outdoor or indoors grill (include counter George Forman grill) over medium temperature.
2. In a small bowl, combine ½ cup yogurt, white parts of onions and half of chopped mint.
3. In a large bowl, with your hands combine turkey, feta, coriander, salt, pepper, green parts of onions, remaining mint and remaining yogurt. Mix well and form

patties about 3 ½ inches in diameter and ¾ inch thick.

4. Place patties on hot grill, cover and cook for 12 – 13 minutes or just until meat loses pink color throughout, turning once each side (meat thermometer should read 165F when inserted into the center).
5. Add pitas to the grill. Cook for 2 minutes until warmed.
6. Open pitas and divide burgers, tomatoes slices and yogurt sauce among pitas.

Grilled Smoky Spanish Salmon & Vegetables

Light and delicious, this salmon is full of flavor and good for you too.

INGREDIENTS

1 teaspoon smoked paprika
3/8 teaspoon salt
1/8 teaspoon ground pepper
4 pieces (6 ounces each) salmon filet with skin
5 teaspoons extra-virgin olive oil
4 large tomatoes, cored, cut in half and seeded
1 large red onion, cut into ½ inch thick rounds
2 large yellow peppers, cut into quarters and seeded
1/3 cup green olives, sliced
¼ cup fresh flat-leaf parsley leaves, torn

PREPARATION

1. Prepare grill for covered direct grilling over medium-high temperature.
2. Mix paprika, ¼ teaspoon salt and black pepper in a small bowl. Rub salmon with 1 teaspoon oil and 2/3 paprika mixture. Add 2 teaspoons oil to remaining paprika mixture and brush onto tomatoes.
3. Brush peppers and onions with remaining olive oil (2 teaspoons) and place on grill along with tomatoes, cover. Cook until onions and peppers are tender-crisp, 10 – 15 minutes, turning over once. Let's cool slightly.

4. Place salmon, skin side down, on grill and cover. Cook 6 minutes or until just opaque throughout (meat thermometer should read 145F when placed in the center of the filet).
5. Slice peppers and place in a bowl. Chop onion and tomatoes, add to bowl. Stir in olives, parsley and remaining salt. Serve with salmon.

