Healthy Eating in Indian Country: 5 Lowering Your Risk of Heart Disease

*There are many kinds of **heart disease**. When you have heart disease, your heart cannot pump blood through your body in the normal way. You can have heart disease and still feel good. It can also make you feel weak and sick. You could have a heart attack even if you do not feel sick.*

Risks for Heart Disease

Your risk for developing heart disease increases if you:

- Smoke
- Have diabetes
- Have high blood cholesterol
- Do not exercise
- Have high blood pressure
- Have heart disease in your family
- Are overweight
- Have a diet high in saturated fat and sodium

Healthy Eating Tips

- Eat fish, chicken and turkey without the skin, and lean meat. Eat less fatty meats. Before you cook any kind of meat, remove all visible fat and throw it away. After cooking, remove all remaining fat before eating.
- Cook meat, chicken, turkey, and fish without adding fat. Try baking, broiling, stewing, or roasting meats. Fry foods less often.
- Use less butter, margarine, shortening, and oil in cooking and at the table.
- Use liquid vegetable oil for cooking instead of solid shortening or lard because it is lower in saturated fat.
- Eat a variety of whole-grain breads and cereals, pasta, vegetables, and fruit.
- Eat less sugar and sugary foods like cakes, pies, and cookies. This can help you reduce calories and maintain healthy weight.

What You Can Do To Lower Your Risk

- Quit smoking
- Eat fewer foods high in fat, saturated fat, and cholesterol
- Eat fewer foods high in salt and sodium
- Keep your weight normal
- Exercise regularly

Visit your Indian Health Service doctor or clinic before you begin a diet or exercise program. This is very important if you have any of the risk factors for heart disease.

REFRIED BEANS

Makes 5 servings, 1/2 cup each

1 teaspoon vegetable oil
2 tablespoons onion, finely chopped
1 teaspoon garlic powder
1-1/3 cups dried pinto beans, cooked
1/2 cup water
1 tablespoon ketchup
2 tablespoons canned green chili peppers, diced

1. Heat oil over medium heat in skillet.
2. Add onion and cook until soft, about 5 minutes.
3. Put beans in bowl and mash with fork.
4. Add water, ketchup, and garlic powder and mash again.
5. Add bean mixture and chili peppers to the onion mixture. Mix well.
6. Cook over medium heat, stirring constantly, until beans are thoroughly heated.

Nutrition information for 1/2 cup

Calories = 78 Carbohydrates = 13 grams Protein = 4 grams
Total Fat = 1 gram Saturated Fat = less than 1 gram Cholesterol = 0 milligrams
Sodium = 61 milligrams

SCALLOPED POTATOES

Makes 10 servings, 1/2 cup each

1 tablespoon cornstarch
1 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon pepper
1-1/2 cups milk made from nonfat dry milk powder
1-1/2 pounds red boiling potatoes, peeled and thinly sliced
1/4 cup onion, chopped
1/4 cup parsley flakes
vegetable oil

1. Mix cornstarch, garlic powder, salt, and pepper in a small saucepan.
2. Add milk. Stir well.
3. Cook over medium heat, stirring constantly, for 2 minutes or until mixture is thickened and bubbly. Remove sauce from heat. Set aside.
4. Arrange half each of potatoes, onion, and parsley in bottom of a 2-quart casserole dish thinly coated with vegetable oil.
5. Top with half of sauce.
6. Make another layer with remaining potatoes, onion, and parsley. Top with remaining sauce.
7. Cover and bake at 350 degrees for 45 minutes. Stir once during baking time. Uncover and bake an additional 30 minutes.

Nutrition information for 1/2 cup

Calories = 79 Carbohydrates = 17 grams Protein = 3 grams
Total Fat = less than 1 gram Saturated Fat = trace Cholesterol = less than 1 milligram Sodium = 131 milligrams