



Seniors Taking Charge of Your Health!

Lesson 4: Heart Health

Getting Ready

1. Review the lesson plan and read the educator resources before each session.
2. Prepare to do chair exercises. Choose Module A with balls (found elsewhere in this document) or Tufts/CDC Growing Stronger, Part I (a separate booklet or online at: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf).
3. Make copies of chair exercise guide for participants to take home (if not done so already).
4. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
5. Copy and cut out game pieces for the “Heart Attack and Stroke Sleuth” matching game. Laminate the game pieces if desired or copy onto cardstock.
6. Consider inviting an Emergency Medical Services staff person, or other trained emergency care professional, to talk about handling emergency situations, such as heart attack or stroke.

General Supplies

1. Handouts for participants.
2. Pens or pencils for participants to write on handouts.
3. Balls for chair exercises (foam will not bounce as much as air-filled, so foam balls may be a better choice). Optional: step counters to replace those that are lost or broken.
4. Game pieces for the “Heart Attack and Stroke Sleuth” matching game.
5. Food labels to compare fat and sodium content of common foods. Suggested labels are regular, canned soup versus a low-sodium, reduced-fat variety; vegetables canned with salt and water versus those with no salt added or frozen varieties; salted potato chips or pretzels versus air-popped popcorn or shredded wheat cereal for a snack; plain brown rice and a shaker filled with salt-free seasoning versus pre-seasoned varieties of rice or other grains.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another healthy snack.
2. Supplies for tasting the recipe, such as plates, forks or spoons, and napkins.

Beginning the Lesson

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by giving the objectives. Let the group know that the session will be informal and that they can ask questions at any time.

Objectives for Participants

1. Learn about heart disease and its effects on health.
2. Understand the risk factors and warning signs of heart attack and stroke.
3. Learn about how to handle an emergency situation involving a heart attack or stroke.
4. Do chair exercises, complete physical activity charts, and set new physical activity goals.

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Menus and Physical Activity Programs

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Educator Resources

Before presenting the lesson, read these resources that were used to prepare this lesson:

- Abbate, S., Barrier, P., Benzaia, D., Twillman, G. Redefining diabetes control (2002). Diabetes and Cardiovascular Disease Review, Issue 1. American Diabetes Association and American College of Cardiology, <http://www.diabetes.org/type-1-diabetes/well-being/link-healthprof.jsp>.
- American Diabetes Association, Type 2 diabetes complications, <http://www.diabetes.org/type-2-diabetes/complications.jsp>, <http://www.diabetes.org/diabetes-symptoms.jsp>.
- American Heart Association, Diseases and Conditions, <http://www.americanheart.org/presenter.jhtml?identifier=1200002>.
- American Stroke Association, Stroke Risk Factors, <http://www.americanheart.org/presenter.jhtml?identifier=4716>.
- Lichtenstein, A.H., Appel, L.J., Brands, M., Carnethon, M., Daniels, S., Franch, H.A., Franklin, B., Kris-Etherton, P., Harris, W.S., Howard, B., Karanja, N., Lefevre, M., Rudel, L., Sacks, F., Van Horn, L., Winston, M., Wylie-Rosett, J. Diet and lifestyle recommendations revision 2006: A scientific statement from the American Heart Association nutrition committee. *Circulation* 2006;114:82-96.
- National Heart, Lung, and Blood Institute, Heart Attack and Sudden Cardiac Arrest (and other cardiovascular health information), <http://www.nhlbi.nih.gov/health/dci/index.html>.
- National Institute of Neurological Disorders and Stroke, What You Need to Know About Stroke, http://www.ninds.nih.gov/disorders/stroke/stroke_needtoknow.htm.

Script

Give participants their handouts.

Remember to take attendance.

Introduction

It's wonderful to see everyone today! Let's look at our first handout, "*Seniors Taking Charge of Your Health*," with heart healthy tips. Do you remember some of the healthy foods that we should be eating everyday? *Wait for responses.* Right – 7 to 10 servings of fruits and vegetables, at least three servings of whole grains, and three servings of low-fat milk products. We can also keep a healthy heart by being physically active everyday. What are some things you've done recently to stay positive and cheer yourself up? *Wait for responses.* Excellent! Next, what check-ups are important to have? Yes – getting checked for blood pressure, blood cholesterol, and blood sugar and A1c if you have diabetes, are all important for heart health as we'll learn more about today.

To get us started, let's carefully listen to a short story about a couple named Mavis and Mary Hartwell.

Mavis and Mary Hartwell are a retired couple who have lived in a small house near Atlanta for 20 years. Everyday is pretty much the same, doing routine chores around the house and going to town for shopping or an occasional doctor's appointment. One morning, however, when Mary gets out of bed, she notices that something just isn't quite right. She feels a little sick to her stomach and thinks maybe it is something she ate the night before that didn't agree with her. She even feels a little tightness in her chest, which she figures must be heartburn or gas. She doesn't think too much of her symptoms, since they must be related to something she ate and are probably just another part of "getting older." When she goes to the kitchen to make breakfast, Mavis gets up and comes in to help. He hugs his wife and asks how she is, sensing that she doesn't seem to be feeling very well. "I don't feel quite myself. My chest feels a little tight, and it feels like it's getting a little hard to breathe," Mary replied. This worries Mavis, as he recalled a neighbor being hospitalized with similar symptoms about a month ago. "We should call 9-1-1," he says. "It could be something serious. Even if it's not, we don't want to take any chances." Mavis calls 9-1-1, and the Emergency Medical Services are there within minutes. They immediately check Mary and take her to the hospital, asking her a lot of questions along the way about the symptoms she's been having and her medical history, including her history of high blood cholesterol and high blood pressure. At the hospital, doctors treat Mary quickly. They do several tests to determine the cause of her discomfort, and it looks like she's going to be okay.

Ask participants the following questions and discuss:

1. What symptoms was Mary having?
2. What could her symptoms be a sign of?
3. What did Mavis do first in this situation? Did he do the right thing?

Today we're going to discuss in more detail how we can keep our heart and blood vessels healthy and ways that we can recognize and prevent heart attack and stroke. Heart disease is the number one killer of men and women in the U.S. and in Georgia, and most older people have one or more risk factors for heart disease.

What is Heart Disease?

What does the term “heart disease” mean to you? *Wait for responses.* Many of us most often think of heart attacks when we talk about heart disease, but it can also refer to several other heart and blood vessel diseases, including:

- Hardening of the arteries, which means our blood vessels become hard and rigid, and blood does not flow as well.
- High blood pressure, that happens in part because of hardening of the arteries, causing too much pressure on our blood vessels and heart.
- Heart attacks, which usually happen when a blood clot blocks a blood vessel in the heart and causes part of the heart to die.
- Heart failure, which is when the heart becomes too weak to easily pump blood to the rest of the body.
- Stroke and TIA (transient ischemic attacks): A stroke happens when a blood vessel leading to the brain is blocked by a blood clot or the vessel bursts. This can cause part of the brain to die. A TIA is a "warning stroke" or "mini-stroke" that produces stroke-like symptoms but no lasting damage. Recognizing and treating TIAs can reduce the risk of a major stroke.

Many of you may have experience with at least one of these forms of heart disease. Perhaps a friend or family member recently had a heart attack or stroke, or maybe you have high blood pressure. Heart disease affects many older people, so that’s why we’re going to focus on how to take care of our heart and blood vessels to prevent and manage these problems.

Risk Factors for Heart Disease, Heart Attack, and Stroke

There are many risk factors for getting heart disease, heart attack, and stroke. Having diabetes is one of the risk factors for heart disease. People with diabetes are two to four times more likely to die of heart disease or stroke than people without diabetes. What are some other risk factors for heart disease? *Wait for responses.* Right – on your handout titled “*Heart Disease Risk Factors*” you’ll see many of the answers you just named. Our handout also tells us what we should do to help control these risk factors. *Review the handout with participants.* Remember from our story that Mary Hartwell had at least two of these risk factors, high blood pressure and high cholesterol.

Activity: Cutting Down on Fat and Salt

Healthy eating is important for protecting our hearts. Fruits, vegetables, whole grains, and low-fat milk products have important nutrients and tend to be low in fat and salt (sodium). Eating less fat (particularly less saturated and trans fats) can help to keep blood cholesterol at a healthy level. Eating less sodium can help to keep our blood pressure down. Can anyone name some foods that tend to be high in fat or sodium? *Wait for responses.* Right – many processed foods, such as boxed convenience items, canned soups, condiments such as pickles and ketchup, and snack foods such as chips and salted pretzels tend to be high in sodium. Full-fat milk products, such as whole milk, cream, and butter, and fatty meats, such as sausage and bacon, tend to be

high in saturated fat. Snack foods, such as cookies and snack cakes, also tend to be high in saturated fat and trans fat.

To help us choose foods with less sodium and fat (particularly saturated fat), let's compare some foods using the labels that I've brought today. *Pass out two varieties of comparable foods at each table (one high-fat or high-sodium variety and one low-fat or low-sodium variety). Ask participants to look at their labels and compare the foods. Then, go around to each table and hold up the different varieties. Invite those sitting at the table to comment on the foods they got. Discuss ways to cut fat and sodium, using the food labels to show the differences in fat and salt content of various foods.*

Suggested labels are regular canned soup versus a low-sodium, reduced-fat variety; vegetables canned with salt and water versus those with no salt added or frozen varieties; salted potato chips or pretzels versus air-popped popcorn or shredded wheat cereal for a snack; plain brown rice and a shaker filled with salt-free seasoning versus pre-seasoned varieties of rice or other grains; cookies versus low-fat graham crackers or pudding; skim or 1% milk versus whole and 2% milk, or other foods commonly eaten by those in your group.

Warning Signs of Heart Attack and Stroke

Note to educator: this information comes directly from
http://www.nhlbi.nih.gov/health/dci/Diseases/HeartAttack/HeartAttack_Signs.html,
http://www.ninds.nih.gov/disorders/stroke/stroke_needtoknow.htm,
http://www.nhlbi.nih.gov/health/dci/Diseases/scda/scda_treatments.html

It's a good idea to be prepared for an emergency, such as a heart attack or stroke, which can happen to anyone and the chances increase with age. Part of being prepared is knowing the warning signs of heart attack and stroke and getting help fast. Let's look carefully at the warning signs of a heart attack on the handout titled "*Warning Signs for Heart Attack, Stroke, and Diabetes.*" Some heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain or discomfort. Often people aren't sure what's wrong and wait too long before getting help. *Review the warning signs of a heart attack on the handout.* Remember that Mary Hartwell from our story had some of these symptoms, including chest discomfort, shortness of breath, and nausea.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. If you think you or someone you're with is having a heart attack, or if you have chest pain that doesn't go away as it usually does when you take prescribed medicine, don't wait longer than a few minutes (no more than five minutes) before calling for help.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. The sooner you get emergency help, the less damage there will be to your heart. Don't drive yourself or anyone else to the hospital. Call an ambulance so that medical personnel can begin treatment on the way to

the emergency room. The staff is also trained to revive someone whose heart has stopped. If you'll remember Mavis Hartwell from our story, he did not hesitate to call 9-1-1 when he saw his wife's signs of a heart attack. He knew that was the fastest way she could get medical attention.

Now let's look at our handout again for the warning signs of a stroke. *Review the signs of a stroke on the handout.* As with heart attack, if you or someone with you has one or more of these signs, call 9-1-1 immediately so an ambulance can be sent for you. Also, check the time so you'll know when the first symptoms appeared. Getting help quickly is critical and can mean the difference between lifelong disability and recovery. In many cases, stroke can be treated with a drug that dissolves clots blocking blood flow to the brain. The window of opportunity to treat stroke patients is three hours, but a person needs to arrive at the emergency room within 60 minutes of having a stroke to be evaluated and receive treatment.

Your handout also tells you the signs of cardiac arrest. Cardiac arrest happens when the heart suddenly and unexpectedly stops beating. When this occurs, blood stops flowing to the brain and other vital organs, and usually causes death if not treated in minutes. Cardiac arrest requires treatment with a defibrillator, a device that sends an electrical shock to the heart. It can restore a regular rhythm to a heart that is beating irregularly. Police, emergency medical technicians, and other first responders are usually trained and equipped to use a defibrillator. The sooner 9-1-1 is called after a person experiences cardiac arrest, the sooner potentially life-saving defibrillation can be provided. Special defibrillators that untrained bystanders can use in an emergency are becoming more available in some public places, like airports and shopping centers. These devices are called automated external defibrillators (AEDs). To prevent delivering a shock to someone who has fainted but is not having cardiac arrest, AEDs are programmed to deliver a shock using paddles placed on the chest only if the computer detects a dangerously abnormal heart rhythm. CPR should be given to a person experiencing cardiac arrest until defibrillation can be provided.

Also on your handout are the warning signs of diabetes. Many people have diabetes for a long time before they know it, and people with diabetes are two to four times more likely to die of heart disease or stroke than people without diabetes. That's why it is important to get checked by your doctor regularly and learn to recognize the possible warning signs.

Now that we know the warning signs for heart attack and stroke and what to do in an emergency situation, do you feel more prepared if something like this happened? Be sure to keep your handouts close by, such as up on your refrigerator, to help you remember the warning signs and what to do. We also have an activity to help us remember the warning signs of heart attack and stroke. It's a matching game.

Activity: "Heart Attack and Stroke Sleuth" Matching Game

Have participants sit in groups of four to five (or sitting with others at tables). Pass out the cards labeled either "Heart Attack" with a picture of a heart on it or "Stroke" with a picture of a brain on it to each player so that about two people get "Heart Attack" and two people get "Stroke" at each table. Then, give each table a full set of the playing cards. Have participants

mix the cards up and place them face down on the table (as if setting up a memory game). Participants will take turns trying to find signs of a heart attack or stroke that match their assigned condition (heart attack or stroke). If they pick up a card that is not a sign of their condition, they will place it back face down and their turn is over. If they pick up a card that does have a sign of their condition, they must read it aloud if possible and keep the card. The first person to collect at least four warning signs of a heart attack or stroke wins the game.

Menu and Recipe

To review our heart healthy messages for today, let's look at a sample menu and healthy recipe that shows heart healthy ways of eating. Turn to the handout called "*Sample Menu #4.*" It reminds us of ways to get the recommended 7 to 10 servings of fruits and vegetables daily, beginning with breakfast. It also has at least three servings of whole grain foods. Fruits, vegetables, and whole grain foods are good sources of fiber and many nutrients, and tend to be low in sodium and fat, and are cholesterol-free. Three servings of low-fat milk products are included. Choosing low-fat milk products helps to reduce the saturated fat found in full-fat milk products, such as whole milk. Lean meats, skinless poultry, and fish are included as lean sources of protein. Our menu has small amounts of healthy (unsaturated) fats from foods such as nuts, canola and olive oil, and fish, which help to protect our hearts and blood vessels.

The menu has several ideas and a recipe you can make at home. Today's recipe is a quick and easy chili. It's packed with heart healthy vegetables, fiber, and flavor. It will be perfect on a "chilly" day when it's frosty outside. Remember to follow specific dietary restrictions or recommendations given to you by your physician, registered dietitian, pharmacist, or other health care professional. *If a recipe is provided for participants to try, encourage them to describe flavors and the healthy parts of the menu and recipe. Be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.*

Another fun part of today's lesson is physical activity. Is everyone ready to talk about how we can be active?

Be Physically Active Everyday!

Being active can help to keep our hearts healthy, in addition to eating healthy. Do you remember how much physical activity we should be aiming for everyday? *Wait for answers.* Right – at least 30 minutes of moderate physical activity everyday. This could be activities such as brisk walking, stationary biking, dancing, or other activity that makes you breathe harder and makes your heart beat faster. For most people, even more is better. Increasing the amount of time you are physically active or increasing the intensity of your activities offers even more health benefits. Has anyone been adding more minutes to their physical activity and recording minutes on their calendar? *Wait for responses.* Super! What are some ways you've found to be physically active everyday? *Wait for answers and encourage discussion.* Great! It sounds like many of you have found a lot of ways to be active to keep your heart healthy!

Remember that there are different types of physical activity that we should do regularly. Along with endurance activities, like the ones we've just mentioned, we should also do activities for strength and flexibility. To help us do that, is everyone ready for our chair exercises? Today is going to be fun because we'll use balls to help us do some of our exercises. First, we'll start with a brief warm-up to get us ready. *Gather the group together to begin Exercise Module A (balls) or Tufts/CDC Growing Stronger, Part I.*

NOTE: *For groups using step counters: Ask participants if they are reaching their goals to add more walking to their daily routine, and if they are writing their steps down in their Physical Activity Chart.*

Seniors Taking Charge of Your Health! (Lesson 4)

Eat Healthy

What are some foods you eat to help you stay healthy?

Today we'll talk about how to limit fat and sodium for heart health.

Be Active

What are some activities you do to stay physically and mentally active?

Today we are going to review our progress toward being active daily.

Be Positive

What are some things that cheer you up and help you enjoy life?

Today we'll review what to do to help ourselves and others in an emergency situation, such as a heart attack or stroke.

Get Checked

What are some check-ups we need?

Today we will talk about check-ups we need from our doctor to control risk factors for heart disease.



Heart Disease Risk Factors

Healthy eating, physical activity, and a healthy body weight are recommended for EVERYONE, because they help prevent and manage many chronic conditions including heart disease, stroke, and diabetes.

Risk Factors for Heart Disease and Stroke

Get Checked, Eat Healthy and Be Physically Active!

Diabetes

- If you have diabetes, check and manage blood sugar daily
- Get blood A1c checked by my doctor two times per year
- Take medicines and insulin as directed by my doctor
- Control my carbohydrate intake and portion sizes

High Blood Pressure (Hypertension)

- Get blood pressure checked at each doctor visit
- Take medicines as directed by my doctor, if needed
- Eat low-salt and low-sodium foods
- Eat potassium-rich foods, such as fruits and vegetables
- Limit alcohol consumption

High Blood Cholesterol and Triglycerides

- Get blood cholesterol checked by my doctor:
 - At least once every 5 years for most people
 - At least once per year for those with diabetes
- Take medicines as directed by my doctor, if needed
- Eat foods low in saturated fat and low in cholesterol
- Choose healthy fats in fish, nuts, and oils

Smoking and Tobacco

- Stop smoking or using tobacco in any form
- Enroll in a smoking/tobacco cessation program, if needed

Overweight and Obesity

- Manage weight with physical activity and healthy eating
- Eat fruits, vegetables, low-fat milk products, whole grains
- Limit empty calories, such as added sugars and alcohol
- Control portion sizes at meals and snacks

Family History and Increasing Age

- Know my family history of heart disease, stroke, diabetes
- Increasing age increases the risk of most health problems
- Get checked for risk factors

Warning Signs for Heart Attack, Stroke, and Diabetes

Protect yourself, family, friends, and others by knowing the warning signs and calling 9-1-1 immediately. Heart attack, stroke, and cardiac arrest are life-and-death emergencies, so every second counts. If you see or have any of the signs for heart attack or stroke, then call 9-1-1 immediately.

Heart attack warning signs – call 9-1-1

1. Chest discomfort: often in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
2. Discomfort in other areas of the upper body: can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath: may occur with or without chest discomfort.
4. Other signs: may include breaking out in a cold sweat, nausea or lightheadedness.

Stroke warning signs – call 9-1-1

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
2. Sudden confusion, trouble speaking or understanding.
3. Sudden trouble seeing in one or both eyes.
4. Sudden trouble walking, dizziness, loss of balance or coordination.
5. Sudden, severe headache with no known cause.



Cardiac arrest happens without warning and requires immediate treatment – first call 9-1-1, then get an automated external defibrillator or begin CPR

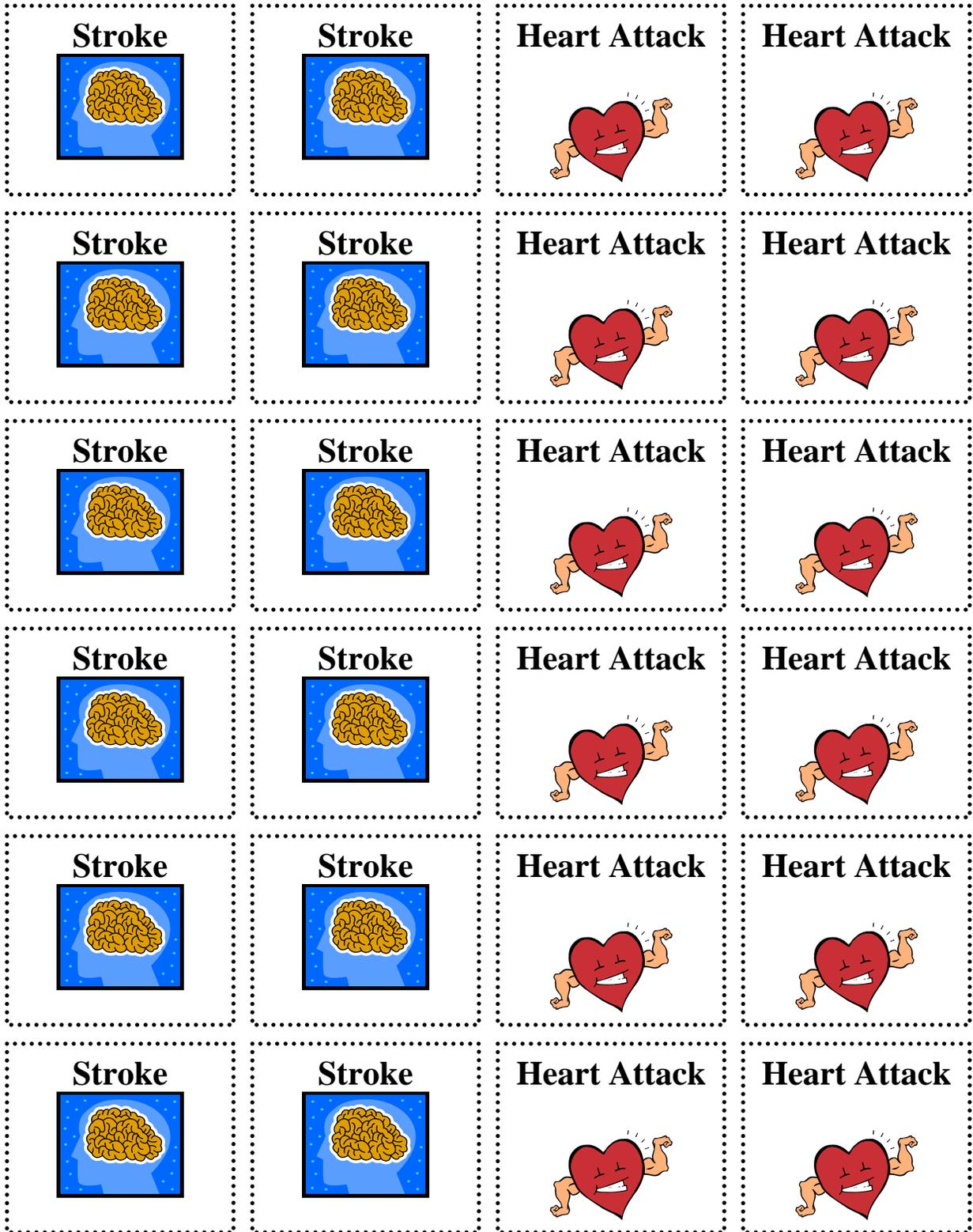
1. First sign is loss of consciousness, which is similar to fainting.
2. Breathing often stops and no heartbeat (pulse) can be felt.

Diabetes usually does not appear suddenly, but if you have these symptoms, you should call your doctor right away:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight-loss
- Increased fatigue
- Irritability
- Blurry vision

National Heart, Lung, and Blood Institute,
http://www.nhlbi.nih.gov/health/dci/Diseases/HeartAttack/HeartAttack_Signs.html and
http://www.nhlbi.nih.gov/health/dci/Diseases/scda/scda_signsandsymptoms.html
National Institute of Neurological Disorders and Stroke,
http://www.ninds.nih.gov/disorders/stroke/stroke_needtoknow.htm#911
American Diabetes Association, <http://www.diabetes.org/diabetes-symptoms.jsp>

Game Pieces (One per player to “label” the player)



Playing Pieces (Stroke)

Sudden numbness or weakness of the face, arm or leg, especially on one side of the body



Sudden numbness or weakness of the face, arm or leg, especially on one side of the body



Sudden trouble walking, dizziness, loss of balance or coordination



Sudden confusion, trouble speaking or understanding



Sudden confusion, trouble speaking or understanding



Sudden trouble walking, dizziness, loss of balance or coordination



Sudden trouble seeing in one or both eyes



Sudden trouble seeing in one or both eyes



Lose a Turn

Sudden severe headache with no known cause



Sudden severe headache with no known cause



Reverse

Playing Pieces (Heart Attack)

Chest Discomfort



Chest Discomfort



**Light Headedness or
Cold Sweat**



Shortness of Breath



Shortness of Breath



**Lightheadedness or
Cold Sweat**



**Discomfort in areas of
the upper body (neck,
back, jaw, arm)**



**Discomfort in areas of
the upper body (neck,
back, jaw, arm)**



Lose a Turn

Nausea/vomiting



Nausea/vomiting



Reverse

Sample Menu #4

Breakfast

Whole grain waffle, 1 small, with 1 teaspoon soft tub margarine and 1 tablespoon light (reduced-sugar) maple syrup
Blueberries, fresh or frozen, thawed, ½ cup (to top waffle and stir in yogurt)
Yogurt, low-fat and low-calorie, ¾ cup

Snack

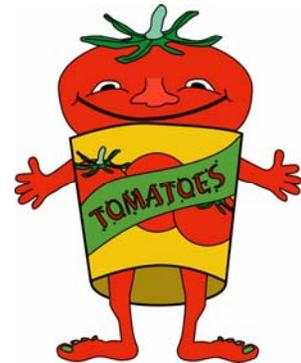
Graham crackers, 3 squares, spread with 1 tablespoon peanut butter
Raisins, 2 tablespoons (sprinkle on peanut butter crackers)

Lunch

Heat n' Eat Chili (recipe provided)
Cornbread muffin, 1 small, prepared with low-fat milk

Snack

Tangerines, 2 small or 1 medium
Milk, 1%, 1 cup



Evening meal

Salmon pasta salad (chilled), made with 2 ounces salmon, canned in water (low-sodium preferred), drained, ½ cup cooked whole wheat macaroni, ¼ cup frozen and thawed green peas, ¼ cup diced onion, 2 teaspoons reduced-fat mayonnaise
Spinach, sautéed with 1 teaspoon canola oil, ½ cup cooked
Carrots, sliced, steamed, ½ cup
Dinner roll, 1 small, spread with 1 teaspoon low-sugar fruit preserves

Snack

Popcorn, air-popped, 3 cups
Peanuts, unsalted, 2 tablespoons
Milk, 1%, 1 cup

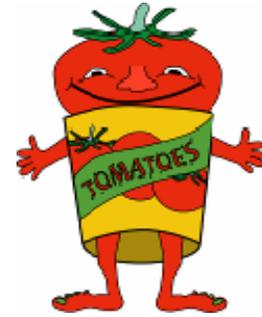
*Remember to drink plenty of fluids throughout the day! Water, tea, coffee, small amounts of juice, and other liquids all can help to keep you hydrated.

Heat n' Eat Chili

Serves 4 (approximately 1 cup/serving)

Ingredients:

- 1 (16 ounce) can no-salt-added tomatoes (crushed, whole, or diced)
- 1 (16 ounce) can pinto beans, undrained
- ½ cup each diced sweet onion and diced red or green bell pepper
- 1 cup lean ground beef, cooked (such as ground round or sirloin)
- 2 teaspoons chili powder
- ¼ cup frozen corn kernels, thawed (optional)



Directions:

1. In a food processor, puree the tomatoes and pinto beans together, and pour into a medium sized pot; place the pot on the stove over medium heat.
2. Stir in the chili powder.
3. Add the onions, peppers, ground beef, and corn to the bean and tomato mixture.
4. When the chili starts to bubble, cover the pot and turn the heat down to medium-low/low. Simmer for about 25-30 minutes, stirring occasionally.



Try this!

Save leftovers to have for a quick lunch or evening meal with a small baked potato or piece of cornbread. Sprinkle low-fat cheese into the chili for added protein and calcium.

Estimated Nutrition Facts per serving:

300 calories
9 g total fat
3 g saturated fat
29 g carbohydrate
25 g protein
10 g fiber

Nutrient Analyses of Sample Menus

Day/ Nutrient	Calories	Total Fat (g)	Sat. Fat (g)	Total Carb. (g)	Protein (g)	Fiber (g)
Sample 1	1805	52	15	257	89	28
Sample 2	1751	56	17	228	95	34
Sample 3	1774	50	12	240	96	27
Sample 4	1831	60	15	240	93	34
Sample 5	1725	52	13	228	101	26
Sample 6	1773	58	15	234	88	27
Sample 7	1744	61	18	221	94	32
Sample 8	1763	53	13	235	99	30
Sample 9	1757	51	17	232	101	30
Sample 10	1768	56	15	227	101	26
Sample 11	1810	68	19	223	92	27
Sample 12	1750	50	14	242	100	31
Average	1771	56	15	235	96	29



Most of the sample menus provide nutrients in the ranges of:

- 1750 to 1850 calories
- 25% to 35% of total calories from fat
- 7% to 10% of total calories from saturated fat
- 50% to 60% of total calories from carbohydrate
- 20% to 25% of total calories from protein
- 25 to 35 grams of fiber

Nutrient analysis estimates were completed using Diet Analysis Plus, Version 6.1, from ESHA Research, 2004. Nutrient values for individual foods can vary depending on brand, type of processing, method of preparation, and other factors. Be sure to read the Nutrition Facts panel of food labels if you'd like to know exactly how much of specific nutrients are in the foods you buy.