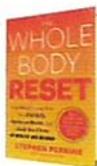


Eat for a Powerful Heart

A NUTRITION PLAN FROM AARP HELPS KEEP YOU LEANER, STRONGER AND HEALTHIER By STEPHEN PERRINE with Heidi Skolnik



YOUR HEART doctor may ask if you're avoiding saturated fat or what you're doing to control your weight. But doctors seldom ask, "Are you taking care of your muscles?"

We lose about 5 percent of our total muscle mass every decade after age 30. But science shows that those who retain muscle as they age lower their risk of metabolic syndrome, obesity, diabetes and inflammation—all risk factors for heart disease.

That's why AARP developed The Whole Body Reset, a program designed to stop, and reverse, age-related muscle loss and weight gain.

The primary cause of age-related muscle loss is "anabolic resistance"—essentially, we can't turn the protein we eat into muscle as efficiently as we did when we were younger. In order to overcome this resistance, we need higher doses of protein at each meal—25 grams at a time for women or 30 grams for men. Anything less than that, and your body remains in muscle-loss mode. Fat starts to win out, and heart health suffers.

In addition to protein, we need a mix of high-fiber grains, high-nutrient fruits and vegetables, and healthy fats to keep heart-harming, fat-promoting inflammation under control. Here's your plan.



Eat 25 to 30 grams of protein at each meal: breakfast, lunch and dinner.

Make sure every snack you eat has at least some protein as well (cheese on that cracker, peanut butter with that apple). Women should aim for at least 75 to 100 grams of total protein every day, while men should shoot for at least 90 to 120 grams.



Up your intake of high-fiber grains, cereals and beans.

In one study following 2,735 people, women who ate the least amount of fiber were 2.9 times as likely to die from inflammatory diseases such as heart disease. And research has found that for every additional 10 grams of fiber you eat per day, you reduce your risk of stroke by 12 percent.



Eat more colorful fruits and vegetables.

Aim for eight to 10 small servings a day. Fruits and vegetables provide fiber, as well as vitamins, minerals and thousands of micronutrients called phytochemicals. As we age, our ability to extract these nutrients from food diminishes—and that's another reason why inflammation increases.



Enjoy healthy fats and oils from seafood, nuts, seeds, olives and avocados.

Two servings a day will help keep you lean and sharp, whether you're enjoying a serving of salmon, a spoonful of peanut butter, some chips and guacamole, or toasty bread dipped in extra-virgin olive oil.



Focus on fortified dairy.

Worry more about getting enough calcium-rich dairy than about whether it's low-fat or not. One study found that those who ate three servings of whole-fat dairy had lower risks of heart disease and stroke than those who ate one serving. Dairy also delivers muscle-building protein.



Don't drink your calories (or chemicals).

In particular, don't think you're doing yourself a favor by drinking diet sodas: They've been linked to an increased risk of heart disease, dementia and stroke. Keep it simple with filtered water, sparkling water, tea and/or coffee (it's fine to add a little milk).

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5 Amazing Facts About the Human Heart

1 The blood vessels in your heart are the most likely to clog. The reasons: Blood flows in two directions in many arteries, creating turbulence that can damage artery walls—which makes it easier for plaque to set in. And coronary arteries have lots of branches and bends, which are prime real estate for atherosclerosis.

2 Nearly half of all heart attacks have no symptoms, according to a 2016 Wake Forest University study. No-symptom attacks were more common in men but deadlier in women.

3 The best food for your heart? It might be bananas. In a 2020 analysis of studies involving more than 4 million people, bananas were associated with 24 percent lower risk for coronary heart disease. But all produce helps; people who munched the most fruit and vegetables had 11 percent less cardiovascular disease than those who ate the least.

4 Spare parts for your heart may come from outer space. In 2020, NASA blasted cardiac stem cells into space for an Emory University study seeking to find out whether they would become beating heart-muscle cells faster in zero-gravity conditions. The stem cells became heart cells in just three weeks. Researchers hope to use them for heart failure repairs, a therapy that could require up to 150 million cells per treatment.

5 A great sport for your heart? Grab a racket. A study that tracked 80,306 adults for nine years found that tennis and badminton cut risk for fatal cardiovascular disease by 59 percent. Swimming and aerobics lowered the odds by 41 and 36 percent, respectively. Distance running was less effective; some research suggests it could have a negative impact.



If you need help paying your heating bills, or have a heating emergency...

LIHEAP may be able to help.

The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it.

Income Guidelines:

Household Size - 1, Maximum Annual Income = \$20,385.00

Household Size - 2, Maximum Annual Income = \$27,465.00

Apply online at www.compass.state.pa.us, or call toll free 1-866-857-7095

Forms available at the Stewartstown Senior Center

NEW PROGRAM OPENED JANUARY 4, 2022 WATER ASSISTANCE PROGRAM (LIHWAP)

Help is available for Pennsylvanians who need help with water bills or who may lose water service. The Low-Income Household Water Assistance Program is a new, temporary assistance program created by the American Rescue Plan act. LIHWAP can help households that are in emergency situations maintain essential water access.

Crisis situations include:

Past-due water bills

Termination of water service or

Threat of termination of water service in the next 60 days

To qualify, applicants must meet income requirements and have a crisis situation with water service. Learn more about LIHWAP and find out if your water service is participating at www.dhs.pa.gov/waterhelp.

Apply for LIHWAP and other public assistance programs online at any time through www.compass.state.pa.us

Household size	Income Limit
1	\$19,320
2	\$26,130

WARNING FROM A POLICE OFFICER



I would like to take this opportunity to alert my friends on Facebook and anyone else to please be aware of some of the Facebook posts you comment on especially now while the world seems to be at a standstill. These posts ask questions such as, “What was your favorite teacher’s name? Who was your 1st grade teacher? Who was your childhood best friend? What was your first car?” etc. Do these questions sound familiar? They should. These are the same questions you are asked as security questions when setting up bank accounts and credit card accounts. When answering these questions and posting them, you are giving out answers to your security questions that you may be using without realizing it. Hackers are setting these up a “get to know each other better” game on Facebook. Be careful when you answering on Facebook, you could be giving out information without knowing it.

Thanks and stay safe.