

Laura Apfelbeck, FoodWise Coordinator
 920-683-4170 * laura.apfelbeck@wisc.edu



Planning to eat healthier in 2025?
Look for the “American Heart Association Certified” symbol

Some of What it Takes to be Heart-Check Certified:

- Less than 6.5g total fat
- Less than 1g saturated fat
- No partially hydrogenated oils
- 20mg less of cholesterol
- Limited sodium



Warm Up With a Bowl of Soup!

Turkey Roast and Rice Soup

This Turkey Roast and Rice Soup is the perfect way to use leftover turkey. Have leftover chicken? Use that instead! Add any frozen vegetables or fresh greens to switch up the flavors!

Makes: 8 Servings

Ingredients

- 5 oz thawed turkey roast, chopped (about 1 cup)
- 4 celery stalks, chopped
- 4 carrots, peeled and sliced
- 1 onion, chopped
- 1 chicken bouillon cube, low sodium
- 1 tsp black pepper
- 4 cups water
- 1 Tbs margarine
- 1 cup uncooked brown rice
- 1 can (15oz) green beans, low sodium, drained

Instructions

In a large pot over high heat, add the turkey roast, celery, carrots, onion, bouillon cube, black pepper, and 4 cups of water. Bring to a boil, reduce the heat, and cook over low heat for 30 minutes. Cook rice according to package directions. Add cooked rice and green beans into the soup and stir. Cook for 5 more minutes.



Nutrition Information
 Serving Size: 1 Cup

Calories: 160
 Total Fat: 3g
 Saturated Fat: 0.5g
 Protein: 8g
 Sodium: 130mg
 Carbohydrates: 25g
 Added Sugar: 0g
 Fiber: 4g



StrongBodies is a strength training program designed to improve health, increase strength, and support active aging. In partnership with PBS Wisconsin, you can participate in StrongBodies through live video. StrongBodies is now available in English, Spanish, and Hmong through links on the Kewaunee Extension web page, under the FoodWise: Nutrition Education tab.

Have a group interested in in-person StrongBodies classes? Contact Laura at 920-323-4620 or laura.apfelbeck@wisc.edu



HeartCorps Member Sue Koeppe offers these FREE services in Kewaunee County

- Blood pressure screenings
- Hands only CPR/AED training for individuals and groups
- StrongBodies exercise classes

Contact her at sue.koeppe.HeartCorps@heart.org or call 920-323-9356

American Heart Association
10 ways to improve your heart health

- 1 Balance calories eaten with physical activity.
- 2 Reach for a variety of fruits and vegetables.
- 3 Choose whole grains.
- 4 Include healthy protein sources, mostly plants and seafood.
- 5 Use liquid non-tropical plant oils.
- 6 Choose minimally processed foods.
- 7 Subtract added sugars.
- 8 Cut down on salt.
- 9 Limit alcohol.
- 10 Do all this wherever you eat!

Need more food for thought? Go to www.heart.org/eatsmart