

FRST Center Nutrition

BUILT TO RESPOND: HEART HEALTH EDITION



SOUTH DAKOTA
STATE UNIVERSITY

South Dakota First
Responders Support Training



Cardiovascular disease is the **leading** cause of on-duty deaths among firefighters. The good news? Making small changes to prioritize heart health is possible!

Why Awareness is Important

- Almost **half** of firefighter on-duty deaths come from heart disease¹
- Firefighters are **5-6x** more likely to experience fatal heart events during emergency responses¹
- **3** in every **4** firefighters suffer from hypertension²
- Stressful emergency situations **significantly** increase cardiac risk¹

Ways to Support Your Heart

1. Reduce Saturated Fat Intake

- Limit Processed Foods
- Use Avocado or Olive Oil



2. Opt for Lean Protein

- Chicken, Turkey, Fish

3. Swap Out Sugary Drinks

- More Water, Coffee or Tea



4. Eat More Fruits & Vegetables

5. Snack on Nuts & Seeds

6. Limit alcohol



Heart-Healthy Chili

Serving size: 1 cup, serves 6
323 calories ~ 28 g protein ~ 12 g fiber

Ingredients:

- 1 tablespoon oil
- 1 pound 96% lean ground beef
- 1 onion (diced)
- 4 garlic cloves (minced)
- 2 tablespoons paprika
- 1 teaspoon ground chipotle powder
- 2 teaspoons cumin
- 2 cans kidney beans (14.5 ounce cans with juice)
- 1 cup no salt added, canned corn
- 2 cans no salt added tomato sauce (8 ounce cans)
- 2 cans no salt added diced tomatoes (14.5 ounce cans with juice)

For Garnish:

- Low-fat sour cream (optional)
- Shredded, low-fat cheddar cheese (optional)
- Fresh cilantro leaves (garnish)

Directions:

1. Place a large saucepan over medium-high heat. Add the oil followed by the ground beef, onions, and garlic. Cook and break up the ground beef as you go until it is browned, about 7 minutes. Add the paprika, chipotle, and cumin then cook for 2 minutes more.
2. Add the tomato sauce, diced tomatoes with their juices, kidney beans, and canned corn to the pot. Bring to a boil, then reduce to a simmer until you achieve your desired thickness, about 20 minutes.
3. Ladle into bowls, garnish with optional toppings, if desired (shredded cheddar, sour cream). Enjoy!

American Heart Association
<https://recipes.heart.org/en/recipes/hcm-heart-healthy-chili>