

## **February is Healthy Heart Month**

**Eating a Healthy Diet for Your Heart** is one of the best ways to reduce your risk for heart disease. Consider things you can do to eat heart healthy!

**Eat more fruits and vegetables** – Choose those rich in color, fill half your plate with vegetables, and include a piece of fruit with each meal.

**Include more fiber-rich whole grains** - Try whole-wheat or whole-grain versions of rice, pasta, crackers, and bread.

**Enjoy two fish meals a week** – Oily fish are good sources of heart healthy Omega-3 fats. The best choices are salmon, albacore tuna, mackerel, and trout.

**Choose heart healthy fats** – Choose more unsaturated vegetable oils such as canola and olive, use soft tub or liquid margarine, and include nuts in moderation.

**Try a meatless meal each week** – Dried beans are a great meat substitute and good source of fiber.

**Be a label reader** – Choose foods with less than 5% of the daily value from saturated fat more often. Look for 0 trans-fat and limit foods that contain “partially hydrogenated” oils in the ingredient list. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

***Extra tips for Valentine’s Day*** – Try making a delicious smoothie made with fresh or frozen fruit and low-fat yogurt or make fruit kabobs with strawberries, pineapple, apples, and other fruits. Drizzle a small amount of melted dark chocolate on top.