

NATIONAL HEART MONTH

FEBRUARY



Heart disease is still the #1 killer of both men and women in the United States of America.

The American Heart Association (www.americanheart.org) recommends the 3 simple steps at the left for decreasing your risk of heart disease and lessening its effects.

- A - Avoid Tobacco**
- B - Be More Active**
- C - Choose Good Nutrition**

Eating for Heart Health

- Whole grains & other high-fiber foods
- Fruits & vegetables
- Lean protein & legumes
- Fish (not fried!)
- Fat-free or low-fat dairy items
- Snack on nuts & seeds
- Less than 1,500 mg sodium per day
- Limit saturated fat
- Limit alcohol

Heart health is just as important for kids as it is for parents & grandparents. Healthy habits start early at home and include physical activity and nutritious meals. Be a good role model for your kids and practice heart healthy habits in your own life.

Easy Cooking Change

Decrease salt content of meals by using herbs, spices, hot chilis, lemon juice, or citrus zest for flavor instead of salt.

Find out your heart disease risk by clicking [here](#). It only takes a few minutes and it is free from the American Heart Association.