

National Heart Month

February is not only a time to celebrate those we love, but it is also National Heart Month developed by The American Heart Association (AHA). So before you purchase boxes upon boxes of chocolate hearts this holiday, take time to do something healthy for your heart and the hearts of your loved ones.

- Serve **whole-grain/high-fiber breads** and cereals rather than refined grain products. Look for “whole grain” as the first ingredient on the food label and make at least half your grain servings whole grain.
- Serve a variety of **fruits and vegetables** every day. Each meal should contain at least 1 fruit or vegetable.
- Regularly serve **fish** as an entrée, but avoid fried fish.
- Be physically active for at least 60 minutes a day.
- Children and adults should consume 14 grams of **fiber** per 1,000 calories. Read the nutrition facts label to determine how much fiber is in the food you’re choosing.
- **Don’t smoke** tobacco and discourage cigarette use with your family. Smoking is the no. 1 preventable cause of heart disease.
- Help reduce your child’s **risk of obesity** by eating healthy and exercising yourself!