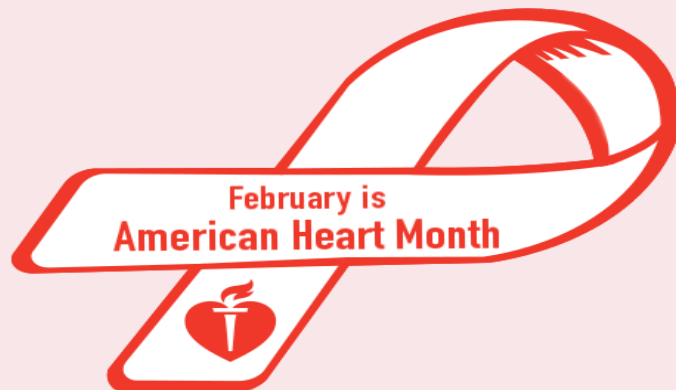


# Staying Heart Healthy



## Did You Know?

- ❖ In the US, heart disease is the leading cause of death for males and females.
- ❖ Coronary heart disease is the most common form of heart disease.
- ❖ Men have a higher risk of heart failure than women do.
- ❖ 1 in 3 deaths is from heart disease and stroke
- ❖ The 3 main risk factors of heart disease are high blood pressure, high LDL cholesterol, and smoking.
- ❖ Heart disease can also be caused by poor diet, lack of exercise, excessive drinking, obesity, and diabetes.
- ❖ Heart disease can be genetic and most people who have heart disease in their family also have one or more other risk factors.

## TIPS FOR BECOMING HEART HEALTHY

Even though heart disease is the leading cause of death for men and women there are ways to prevent this condition. It's important to make healthy decisions and make those small changes that can lead you towards a healthier life!

**Nutrition:** You should be eating a high fiber diet that includes lots of fruits and vegetables. Read all your food labels and make sure you are avoiding foods high in trans-fat and sodium. Try to incorporate more whole grain foods in your diet as well.

**Exercise:** Everyone should be getting at least 30 minutes of exercise 5 days a week. Simple tasks such as carrying in grocery's, cleaning the house, or gardening can be considered as physical activity. Just as long as you are moving around! If 30 minutes is too much for you, start small and work your way up to it.

**Relax:** These days, with our busy schedules, we don't often find time to ourselves. Make an effort to make some time and just take a deep breath. Practice some stress management techniques and stay positive.

**Avoid Bad Habits:** Limit the amount of alcohol you drink and if you smoke, stop! Drink more water instead of sodas or sugary drinks. Stay away from the fried and baked foods as well.

## FUN FACTS ABOUT INGREDIENTS

**Wheat bread:** Whole grains are a great source of dietary fiber. Refined grain products can help improve blood pressure, cholesterol levels, and lower one's risk of heart disease, diabetes, and strokes.

**Cottage cheese:** It's all about moderation with this food item. There are vitamins and minerals that are good for your health and it is also rich in protein.

**Avocado:** This is filled with heart healthy fats (unsaturated) which can help to lower your bad cholesterol levels.

### Snack Time!

Most of the time when we snack we pick up the items that aren't good for us. It's time to make healthy choices and eat in moderation. One of the best snacks you can eat is some fruit! Pack one to take with you and eat it on the go. If it has a peel, even better! You will be getting more fiber added to your diet. Stay away from the high sugar drinks such as soda. Stick with a glass of water or some fat-free milk. Check your nutrition labels and watch the amount of sugar and salt.

## HEALTHY RECIPE

### Breakfast Toast with Cottage Cheese and Avocado



#### Ingredients:

- 4 slices whole wheat bread
- 1 1/3 cups 1% fat cottage cheese
- 1 ripe, fresh avocado
- Chipotle chili powder

#### Directions:

- Top whole wheat toast with cottage cheese and sliced avocado, divided evenly
- Sprinkle with chipotle chili powder to taste

Source: <http://www.heart.org>  
<http://blog.bayada.com/cares/heart-healthy-tips-for-american-heart-month>

*Promoting Good Health and Quality of  
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