



February is Heart Month

There are many ways to help keep your heart healthy, from eating better, to exercising to reducing stress and quitting smoking. And why is this important? Because heart disease is the number one killer of Americans. Many of the conditions that lead to heart disease can be prevented with diet changes. So this month we are going to focus on changing eating habits to improve our heart health, from reducing sodium, to eating a limited amount of healthy fats and decreasing unhealthy fats, to maintaining a healthy weight.

Sodium:

Reducing sodium intake can lead to improved blood pressure levels, which in turn can help prevent heart disease. Here is a printable PDF that might be great to post at your facility for National Heart Month. These are all questions that I have been asked over the years. Since these are real-life questions that I've been asked, I bet your consumers would benefit from this knowledge also!

http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_469427.pdf

Cholesterol:

The American Heart Association tells us that high cholesterol is one of the major risk factors leading to heart disease, heart attack and stroke. This 'Fats 101' tip sheet tells us how to improve cholesterol levels with the foods we eat because fats affect cholesterol levels in our bodies. (You may need to copy and paste this link into your web browser)

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Fats-101_UCM_304494_Article.jsp#.VpPQ1K1li9I

Healthy Weight:

In January 2016 the 2015-2020 Dietary Guidelines for Americans were released. This is an evidence based, very informative document researched and written by the U.S. Health and Human Services and the U.S. Department of Agriculture. The executive summary can be accessed at:

<http://health.gov/dietaryguidelines/2015/guidelines/executive-summary/>. Please share with your participants! The summary provides excellent healthy eating information for folks of all ages.

