



# February

## HEART HEALTHY

### NUTRITION TIPS:

#### CHOOSE:

- ♥ **Unsaturated Fats** which are liquid at room temperature and include olive oil, fish oil, nuts and seeds.
- ♥ **Fiber rich foods** helps to lower blood cholesterol levels and removes toxins released during digestion. Examples include apples, brussels sprouts, oatmeal, whole grain cereal, seeds and nuts.
- ♥ **Potassium** has the power to help control blood pressure. Foods include bananas, melons, sweet potatoes, beans and yogurt

# HEALTHY START, HEALTHY HEART

2019 is in full swing and there's no better time to get smart about your heart! Did you know the heart is the strongest muscle in the body and pumps almost 2,000 gallons of blood each day?? Eating a healthy diet, exercising regularly, and remembering to rest and relax when you need can keep your heart healthy and strong!

#### LIMIT:

- ♥ **Saturated fats** are solid at room temperature and are more likely to clog arteries. Foods such as butter, baked goods and cheeses all contain saturated fats.
- ♥ **Cholesterol** is found in animal products such as meats and full-fat dairy.
- ♥ **Trans fat** are solid at room temperature and mainly found in processed foods.
- ♥ **Salt** can be limited by adding salt-free flavoring such as fresh or dried herbs as well as spices.

### PANTRY MAKEOVER

Instead of...	Try
Mayonnaise	Low-Fat or Non-fat Mayonnaise
Milk based salad dressings	Light Vinaigrettes
Butter or Shortening	Olive, Avocado, or Almond Oil
Salt	Assorted dry herbs, onion powder, garlic powder, and spices
White Rice/Breads/etc.	Brown rice, quinoa, wild rice, 100% whole grain options.
Whole Fat Milk Products	Non-fat or 1% Milk, yogurt, and low fat cheese.

## HEART HEALTHY: SWEET POTATO NACHOS!



#### Ingredients:

- 3 medium sweet potatoes (about 2 pounds), makes about 6 cups of rounds
- 1 Tbsp. olive oil
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 1/2 tsp. paprika
- 1/3 cup black beans (drained, rinsed)
- 1/3 cup reduced-fat, shredded cheddar cheese
- 1/3 cup chopped tomato (1 plum tomato)
- OR
- 1/3 cup no-salt-added, canned, diced tomatoes (drained, rinsed)
- 1/3 cup chopped avocado

#### Directions:

- Preheat the oven to 425°F. Cover the baking pans with foil and coat with nonstick cooking spray.
- Peel and slice the sweet potatoes thinly (about quarter-inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan (might need two pans). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp.
- Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado. Serve.

Information Provided By:  
California WIC Nutrition & Education  
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