



Heart Healthy February



Tips to help reduce your risk of developing heart disease

According to the American Heart Association (AHA), Heart disease is the # 1 cause of death in the United States. Making good food choices can help prevent or control high blood pressure and high blood cholesterol levels, two risk factors for heart disease.

Tips from the dietitians:

- **Limit saturated fat and avoid trans-fat:** Saturated and trans-fats can raise blood pressure and cholesterol levels which increases your risk for heart disease.
 - Choose low-fat dairy products
 - Eat skinless chicken and fish more often than red meats
 - When eating meat, trim off visible fat and choose lean cuts like 'sirloin' or 'round'
 - Keep serving sizes of meats and poultry to a deck of cards size
 - Use liquid oils instead of butter in cooking
 - Limit baked goods like cookies, pastry and cake and opt for fruit for dessert most days
- **Limit sodium:** A diet lower in sodium intake helps keep your blood pressure in a healthy range. Most of the sodium in our diets comes from packaged and processed foods such as canned soups, cold cuts and cured meats, frozen convenience meals and snack foods including crackers.
 - Use fresh fish, poultry and lean meats instead of items from the deli or packaged foods like hot dogs or sausage
 - Choose plain frozen vegetables or fresh ones over canned items
 - Focus on home prepared foods using fresh ingredients, herbs and spices rather than buying frozen convenience or canned foods
 - Read labels, aiming, limiting items that are more than 300 mg of sodium per serving
- **Choose fiber-rich foods:** Fiber rich foods make you feel fuller for longer and thus help maintain a healthy weight. Soluble fiber is a type of fiber that can help to lower blood cholesterol levels.
 - Try a piece of fruit or a slice of whole wheat toast with peanut butter as a daily heart healthy snack
 - Add more barley, nuts, beans, peas, berries, apples and oats to your diet to increase soluble fiber
- **Aim for at least 150 minutes of moderate physical activity weekly:** Staying active helps to maintain weight and keeps your heart healthy!
 - Even if you don't have a lot of time, aim for walking in at least 10 minute increments
 - Get off the bus one stop early and walk the rest of the way
 - Replace a coffee break with a 10 minute walk to get moving
- **Nuts:** Walnuts, almonds, hazelnuts, peanuts, pecans, and pistachios are high in omega-3 fatty acids, the same heart healthy fat found in oily fish. Keep in mind that while nuts contain heart healthy fats, serving sizes are small!
 - Stick to ¼ cup of nuts or 2 tablespoons of nut butter per day for a filling snack
 - Try spreading nut butter on a piece of fruit or add nuts to low-fat yogurt for a nice crunch



Heart Healthy February

Tips to help reduce your risk of developing heart disease

Balsamic Roast Chicken

(Serves 8)

This is a heart healthy and hearty chicken recipe that will help to keep you going throughout this winter. It is full of flavor, but low in saturated fat and sodium!

Ingredients:

- 1 whole chicken, about 4 pounds
- 1 tbsp fresh rosemary or 1 tsp dried
- 1 garlic clove
- 1 tbsp olive oil
- 1/8 tsp freshly ground black pepper
- 8 sprigs fresh rosemary
- 1/2 cup balsamic vinegar
- 1 tsp brown sugar



Directions:

1. Preheat oven to 350 F.
2. In a small bowl, mince together the rosemary and garlic. Loosen the chicken skin from the flesh, and rub the flesh with olive oil and then the herb mixture. Sprinkle with black pepper. Put 2 rosemary sprigs into the cavity of the chicken. Truss the chicken.
3. Place the chicken into a roasting pan and roast for 20 to 25 minutes per pound, about 1 hour and 20 minutes. Whole chicken should cook to a minimum internal temperature of 165 F. Baste frequently with pan juices. When browned and juices run clear, transfer the chicken to a serving platter.
4. In a small saucepan, combine the balsamic vinegar and brown sugar. Heat until warmed and brown sugar dissolves, but don't boil.
5. Carve the chicken and remove the skin. Top the pieces with the vinegar mixture. Garnish with the remaining rosemary sprigs and serve immediately.

Nutritional analysis per serving

Serving size: 1/8 chicken

Total carbohydrate	4 g	Cholesterol	198 mg
Dietary fiber	0 g	Protein	51 g
Sodium	257 mg	Monounsaturated fat	8 g
Saturated fat	5 g	Calories	364
Total fat	16 g	Added sugars	trace
Trans fat	0 g		

Recipe can be found at:

<https://www.mayoclinic.org/healthy-lifestyle/recipes/balsamic-roast-chicken/rcp-20049638>

For more heart information, visit www.heart.org.