



February is American Heart Month

Do you have risk factors for heart disease?

- Do you smoke? Yes No
- Do you have high blood pressure? (140/90 or higher) Yes No
- Do you have high blood cholesterol? Yes No
- Do you have diabetes? Yes No
- Are you overweight (according to a health-care provider)? Yes No
- Are you physically inactive? Yes No
- Do you have a family history of heart disease? For example, did your father or brother have a heart attack before age 55? Did your mother or sister have one before 65? Yes No

If you answered yes to any of these questions, you may be more likely to get heart disease.

Your food choices can make a positive difference in your heart health as well as your overall health.

Try to get at least 30 minutes of physical activity on most days, too.

On the Menu: Heart-healthy Foods!

Consider these ideas* as you plan your menus. Compare Nutrition Facts labels on food products, too.

♥ Breakfast

- Fresh fruit, small glass of 100 percent citrus juice, low-fat or fat-free milk and yogurt, whole-grain bread products and cereals, omelet made with egg whites or egg substitute

♥ Beverages

- Fat-free milk, water with lemon, flavored sparkling water, juice spritzer (half fruit juice and half sparkling water), iced tea, reduced-sodium tomato juice

♥ Breads

- Whole-grain breads and crackers; limit the butter or margarine you add

♥ Entrées

- Skinless poultry, fish, shellfish, extra lean meat, vegetable dishes, or pasta with red sauce or vegetables; limit your use of butter, margarine and salt at the table

♥ Salads

- Romaine lettuce, spinach, other dark greens, other fresh vegetables, chickpeas and kidney beans; choose oil-based instead of creamy dressings

♥ Side Dishes

- Vegetables and grain products, including whole-grain rice or noodles; add salsa or low-fat yogurt instead of sour cream or butter to potatoes

♥ Dessert

- Fresh fruit; fat-free frozen yogurt, sherbet or fruit sorbet

* Source: Adapted from "Your Guide to A Healthy Heart," a publication of the National Heart, Lung and Blood Institute available at www.nhlbi.nih.gov/health/public/heart/other/your_guide/healthyheart.pdf

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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