February is Heart Health Awareness Month!

- **February** is American **Heart Month**, the perfect time to learn about your risk for **heart disease** and the steps you need to take now to help your **heart**.

To help prevent heart disease, you can:

1. Eat **healthy**.
2. Get active.
3. Stay at a **healthy** weight.
4. Stay away from secondhand smoke.
5. Control your cholesterol and blood pressure.
6. Manage stress.

- **National Wear Red Day**®, celebrated each year on the **first Friday in February**, to bring greater attention to heart disease as a leading cause of death for Americans.
- Heart diseases include: Blood vessel disease, such as **coronary artery disease**. Heart rhythm problems (**arrhythmias**) Heart defects you're born with (**congenital heart defects**)
- In the U.S., the average age for a first heart attack in men is **65**. That's why coronary artery disease is labeled a disease of senior citizens. But as many as 4% to 10% of all heart attacks occur before age 45, and most of these strike men.

How can you Be Heart Healthy During February?

1. Be active with family/friends.
2. Snack wisely.
3. Watch your portion sizes.
4. Practice mindful eating.
5. Get plenty of sleep.
6. Control your stress levels.
7. Balance meals with protein.
8. Focus on fiber.
9. Cut back on taste testing.
10. Bring a healthy dish to share.
11. Limit your dessert intake.
12. Limit liquid calories.
13. Use a smaller plate.
14. Modify your recipes.
15. Weigh yourself regularly.
16. Use the buddy system.
17. Avoid processed foods.
18. Plan ahead.
19. Skip seconds.
20. Set limits and stick with it.

Heart Healthy Foods!

1. Salmon
2. Nuts
3. Berries
4. Flaxseed
5. Oatmeal
6. Beans
7. Tofu
8. Carrots
9. Sweet Potatoes
10. Red Bell Peppers
11. Spinach
12. Citrus Fruits
13. Asparagus
14. Tomatoes
15. Dark Chocolate
16. Broccoli
17. Chickpeas
18. Avocados
19. Red Grapes
20. Olive Oil
21. Pomegranate