

nutrition NEWSLETTER

F E B R U A R Y 2 0 2 1

5 Simple Steps to Improve Your Heart Health

1) Increase Fiber in the Diet with Whole Grains.

Consume at least half of all grains as whole grains. Dietary fiber from whole grains may help improve blood cholesterol levels and lower risk of heart disease and stroke.

2) Limit Sodium Intake.

Think fresh – most of the sodium we eat is found in processed foods. The American Heart Association recommends no more than 2,300 mgs/day. Check the label— 5% daily value (DV) or less= low sodium & 20% DV or more=high sodium.

3) Boost your Potassium Intake.

Foods that are rich in potassium are important in managing high blood pressure. Potassium is found in fruits and vegetables, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans and bananas.

4) Limit Saturated Fat

Saturated fat and trans-fat are sources of solid fats which raise “bad” cholesterol levels in the blood. Saturated fats occur naturally in many foods, the majority come mainly from animal sources, including meat and dairy, but can also be found in many processed packaged foods!

5) Include Heart Healthy Fats and Oils.

Oils are fats that contain a high percentage of monounsaturated and polyunsaturated fats and are liquid at room temperature. These Unsaturated fats may help to improve blood cholesterol. Found mainly in fish, avocados, olives, walnuts, nuts and liquid vegetable oils such as soybean, canola, safflower, corn, olive and sunflower oil.

- **Get your Omega-3's.**

Omega-3 fatty acids decrease risk of arrhythmias, triglyceride levels and slow growth rate of atherosclerotic plaque, and lower blood pressure (slightly). Fatty fish are high in omega-3's (salmon, mackerel, herring, lake trout, sardines, albacore tuna). The American Heart Association recommends eating fish (mainly fatty fish) at least 2x/week.





Chocolate Hummus

Celebrate American Heart Month with this creamy, rich and chocolatey hummus.

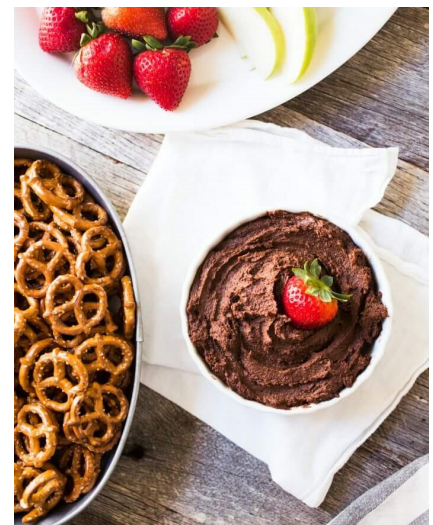
This makes the perfect healthy indulgence to enjoy as a snack or dessert.

Ingredients:

- 2 cups chickpeas (garbanzo beans)
- 4 tbsp cocoa powder, unsweetened
- 2 tbsp peanut butter, all natural (or other nut butter of choice)
- 1/4 cup maple syrup, pure
- 1 tsp vanilla extract

Instructions:

1. Add all ingredients into the cup of a large food processor, and puree until smooth.
2. Serve with fresh fruit, pita chips/bread, crackers or pretzels.



FOR MORE INFORMATION, PLEASE CONTACT:

Lexi Cournoyer RDN, LDN

Regional Campus Dietitian

Alexa.cournoyer@sodexo.com

