



HEALTH & WELLNESS

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American Heart Month

February is American Heart Month and a time to challenge yourself to be the best you that you can be. Heart disease is the **#1 cause of death in the United States** and accounts for 1 in 3 deaths each year. That is an average of 1 death every 40 seconds! It is important to include heart healthy choices into your diet and make decisions that can add years to your life!

FIGHTING WITH FATS

It is important to choose healthy fats in your diet and limit the unhealthy fats.

Healthy fats come mostly from plant-based sources while unhealthy fats are found in animal sources and man made foods.



Heart Healthy Tortilla Scramble

Ingredients:

- ♦ 1 tsp. canola oil
 - ♦ 6 whole eggs
 - ♦ 4 medium green onions, chopped
 - ♦ 4 6-inch corn tortillas
 - ♦ 1/4 cup picante sauce (low sodium)
 - ♦ 1 medium tomato, diced (about 1 cup)
 - ♦ 1/2 cup sharp Cheddar cheese
 - ♦ 1/4 cup snipped fresh cilantro
 - ♦ 1 medium lime, quartered (garnish)
1. In a medium, nonstick skillet, heat 1 tsp. oil over medium heat.
 2. Cook the eggs and green onions for 1 minute stirring constantly. Remove from heat.
 3. Warm tortillas using the package directions.
 4. Spoon the egg mixture over each tortilla. Top each tortilla with picante sauce, tomato, cheese, and cilantro. Squeeze lime over the scramble and serve. Serves 4.

HAVE A HEALTHY VALENTINE'S DAY

- ♥ **Cook a meal at home:** This can help you control what and how much you eat
- ♥ **Take it slow:** If you do end up with a large box of chocolates pace yourself — eat a few then save them in the freezer and enjoy in moderation over the next few weeks. 1 oz. of dark chocolate is heart healthy, ex. 1 dove chocolate
- ♥ **Treat yourself with things other than food:** Buy a new outfit, schedule a relaxing massage, or even run yourself a bubble bath
- ♥ **Take a walk:** A great way to spend some quality time with the ones you love on Valentine's Day and a great way to get in some physical activity



HEART HEALTHY EATING TIPS

- ♥ **Portion Size:** Use a small plate or bowl and wait about 20 min before going back for seconds. Portions in restaurants are often twice the size of what you need — eat half of your meal and take the rest home for later.
- ♥ **Limit Unhealthy Fats:** Limiting unhealthy fats can improve your cholesterol levels and lower the risk of stroke and heart attacks — limit fats that are solid at room temperature, also known as saturated fats (ex: butter, margarine, shortening).
- ♥ **Include Whole Grains:** Whole grain breads, tortillas, crackers, and cereals are a good source of fiber and help lower blood pressure and keep the heart healthy.



- ♥ **Add Fruits and Vegetables:** Low in calories and rich in fiber, vitamins, and minerals and can help lower your risk of cardiovascular disease — keep washed and prepared in refrigerator for an easy snack.



- ♥ **Mindful Seasoning:** A great way to reduce the salt in your diet is to replace the salt you use for seasoning with other herbs and spices — try rosemary, garlic, Mrs. Dash, allspice, or cayenne pepper.

Heart Disease Isn't Just in Men

Heart disease causes **1 in 3 deaths of women** each year and **80%** of heart disease can be prevented.

What should you do to keep yourself safe?

1. **Recognize Your Risk Factors:** Family History, Overweight or Obesity, Diabetes, Smoking, High Blood Pressure and Cholesterol, Age, and Ethnicity
2. **Take Action:** Manage Blood Pressure, Control Blood Sugars and Cholesterol Levels, Get Active, Eat Better, Lose Weight, and Stop Smoking
3. Schedule a **Well Woman Visit** with your doctor to discuss your heart health

For more information visit: www.goredforwomen.org

