



HealthiestWeight

Morning Announcement
September 29, 2015

Food for Thought
World Heart Day
Heart-Healthy Foods

World Heart Day is observed every year on September 29th as a reminder that we can all make heart-healthy choices in our everyday lives to prevent and reduce cardiovascular disease, the world's number one cause of death. A heart-healthy diet is one way to avoid heart disease, and just a few adjustments in what we eat each day can make a big difference.

Eating at least 5 fruits and vegetables a day, whether fresh, frozen or canned in their own juice is a heart-healthy practice. Every meal of the day can be comprised of fruits and vegetables including snacks, and even dessert, which could be a ripe, fresh fruit of the season. Preparing healthy lunches ahead of time for school or work containing raw vegetables and fresh fruit is a preplanned choice which averts picking up a fast food lunch high in fat and salt.

Choosing 100 percent whole-grain foods increases the amount of fiber eaten, and provides nutrients that help fight high blood pressure. High-fiber foods such as brown rice, barley, wholegrain pasta and breads which contain at least 3 grams of fiber are good foods for maintaining heart health. Oatmeal and other high-fiber cereals are better breakfast choices than muffins, frozen waffles or doughnuts.

Heart-healthy eating habits also means limiting foods that contain unhealthy saturated and trans fats such as fatty cuts of meat, deep fried foods, baked goods like cookies and pastries and processed snack foods. Low-fat dairy and leaner cuts of meat are better for the heart. Healthy fats such as polyunsaturated and monounsaturated fats which help lower cholesterol and strengthen the cardiovascular system can be found in olive oil, fish such as salmon, avocados, nuts and seeds.

Healthy eating is a significant measure in the prevention of heart disease, but other healthy lifestyles such as avoiding tobacco and getting at least an hour of physical activity a day also play an important part in the healthy maintenance of the heart, the most important organ in our body.

Remember: Make 5-2-1-0 your goal every day.

- 5** - Fruits and vegetables a day
- 2** - Only 2 hours or less of screen time a day (TV, computers, video games)
- 1** - One hour of physical activity a day
- 0** - Sugar-sweetened drinks (drink more water and non-fat milk)

This message is from the school nurses at the Florida Department of Health in Okeechobee County.

References:

1. www.mayoclinic.org
2. www.webmd.com/food