

February is American Heart Health Month!



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SNAP - Supplemental Nutrition Assistance Program

Choose Healthy Hab- its to Prevent Heart Disease

- Keep a healthy weight
- Get regular physical activity
- Don't smoke

Take control of medical conditions

- Check your cholesterol
- Control blood pressure
- Manage your diabetes
- Talk to your doctor

<https://www.cdc.gov>

What is Heart Disease?

- The term “heart disease” refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.
- Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.
- High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease.
- Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including diabetes, physical inactivity, and excessive alcohol use.



<https://www.cdc.gov/>

Pick up Some of These Heart Healthy Items at the Grocery Store

- Beans, peas, lentils
- Tofu
- Fresh/frozen/canned vegetables (low sodium and no sugar added)
- Salmon/tuna
- Whole grain bread, cereal, pasta and brown rice

<https://www.eatright.org/>

Move Your Body

- Children (6yrs and older) and teens should get 60 minutes or more of physical activity including aerobic as well as bone strengthening.
- Adults should get at least 2 hours and 30 minutes per weeks of physical activity, including muscle strengthening.
- Being physically active helps to lower blood pressure, manage stress and control weight.

<https://www.eatright.org/>

Ingredients

- 8 ounces uncooked penne pasta
- 2 Tbsp olive oil
- 2 cloves of garlic, minced
- 1 16-oz pkg of frozen broccoli
- 1 15-oz can garbanzo beans
- 1 medium-sized red bell pepper
- Salt and pepper

Quick Penne Pasta With Veggies

1. Cook the pasta in boiling salted water according to the package directions.
1. Heat the oil in a large skillet over low heat.
2. Add the garlic and sauté 5 minutes, allowing the flavors to fully release into the oil.
3. Add the broccoli, beans, pepper, 3 tablespoons water, and salt.
4. Cover and adjust heat to medium. Steam, stirring occasionally, 5 to 7 minutes, or until the broccoli is hot and the pepper is crisp tender.

Toss the pasta with the vegetables. Top with the Parmesan cheese and fresh pepper

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Recipe/photo: <https://www.eatright.org>

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