**Eat for your Heart**

Changing your diet is one of the best things you can do for your heart. Here are a few simple steps:

**Eat less at every meal.** Use a smaller plate. Eat slower and enjoy every bite.

**Eat more fruits and vegetables.** Fill half of your plate with fruits & veggies. Keep them on hand for quick grab-and-go snacks.

**Choose whole grains.** Eat whole grain cereal, brown rice and whole grain breads and pasta.

**Eat fewer animal products.** Switch to fat-free or low-fat dairy products. Use olive oil instead of butter or shortening. Enjoy fish, beans or tofu instead of red meat.

**Be smart when eating out.** Order a smaller meal or an appetizer. Ask for sauces & salad dressings on the side. Eat fast food less often.

**Get your Omega-3s.** Fish are a good source. Other sources include walnuts, flax seed, canola oil and soy beans.

**Eat less sodium. Add more potassium.** Choose fresh over processed foods. Read labels. Look for foods with less sodium. Flavor foods with herbs and spices. Eat potassium-rich foods such as potatoes, tomato sauces, bananas, fish and fat-free dairy.

**Choose healthier snacks.** Avoid snacks with “hydrogenated” or “partially hydrogenated” oil. Snack on fruit, veggies & unsalted nuts.

Source: Journeyworks Publishing brochure

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**Vegetable Quesadillas**

Makes 4 Servings

**Ingredients:**
Non-stick cooking spray
1/2 cup each—chopped green pepper, frozen corn (thawed), sliced green onion, chopped tomato
2 tablespoons chopped fresh cilantro
4 (6inch) flour tortillas
1/2 cup shredded reduced-fat Cheddar or Monterey Jack cheese

**Preparation:**
1. Spray medium skillet with nonstick cooking spray. Saute' bell pepper and corn until softened, about 5 minutes.
2. Add green onion and tomato; cook for several minutes until heated through; stir in cilantro.
3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned. Serve hot.

**Nutrition Facts:**
Calories 134, Carbohydrate 20g, Dietary Fiber 2g, Protein 7g, Total Fat 3g, Cholesterol 3mg, Sodium 302 mg

Source: www.CaChampionsForChange.net

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Reduce It!

When you use less of some things, it’s good for the environment. For instance, a shorter shower means you use less water and less fuel.

Here’s a list of other things you can reduce:

- Turn off lights you’re not using. Better yet, switch to compact fluorescent light bulbs. They last longer and use less energy.
- Turn off the water when you’re brushing your teeth.
- When you can, walk instead of driving the car. You’ll use less gas — and get some exercise!
- Unplug the charger for your phone when you’re not using it.
- Put your computer to "sleep" instead of leaving it on with the screensaver running.

Source: www.kidshealth.org

Lollipop Butterfly Craft

Make a crafty homemade valentine for someone you love.

Materials:
- Red and pink construction paper
- Scissors
- 2 googly eyes
- Lollipop
- Black marker

Directions:
- Fold a piece of red construction paper in half.
- Draw a heart so that the bottom point is slightly over the fold.
- Cut out the heart, leaving the bottom point as the hinge connecting the two hearts.
- Unfold, and tape a lollipop to the crease as the butterfly body.
- Glue two googly eyes onto the lollipop.
- Cut a narrow strip with a “V” at the top for the antennas and glue to the back of the red hearts (wings).
- Cut two more smaller hearts from the pink paper and glue onto the red hearts in the center.
- Use a marker to write your special valentines day note.

http://www.allkidsnetwork.com/crafts/valentines-day/lollipop-butterfly.asp

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Take Care of Your Heart

It is never too early to start thinking about taking care of your heart. The American Heart Association developed this simple, seven step list to help you live a long, productive healthy life.

1. Get Active
   Take 10-minute exercise breaks throughout the day.

2. Control Cholesterol
   Limit cholesterol, trans fat and saturated fat in your diet.

3. Eat Better
   Try to eat fish at least twice a week and keep a food journal.

4. Manage Blood Pressure
   Have it checked regularly and take medications as needed.

5. Lose Weight
   Even a modest 10 pound weight loss can make a difference.

6. Reduce Blood Sugar
   A good first step is to reduce consumption of simple sugars that are found in soda, candy and sugary desserts.

7. Stop Smoking
   You can do it! Take it one day at a time and get help from classes and support groups.

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