Cherish Your Heart!

Give your heart the loving care it needs. Make physical fitness a priority and choose a heart smart diet emphasizing vegetables, fruits, whole grains, low fat dairy, lean protein and healthy oils. Have a heart disease risk assessment and do all you can to lower risk factors. Keep your weight, stress, blood pressure, cholesterol and blood sugar under control and if you smoke, quit today!

10 Food Swaps for Heart Wise Dining

Bake Your Catch

How you cook your fish makes a big difference to your heart. Bake it or grill it instead of frying to cut down on artery-clogging saturated fat. Bake delicate cod, spiced tilapia, or lemony grouper. Throw a firm fish on the grill: snapper, sea bass, or halibut. Compared with fried fish, you'll save about 70 calories and half the saturated fat per serving.

Go Greek (Yogurt), Instead of Mayo

Replace all or some fatty mayo with nonfat Greek yogurt in your tuna or chicken salad, says dietitian and chef Katie Cavuto Boyle. Or spread one tablespoon of this thick, tangy yogurt on a lean turkey sandwich piled high with veggies. You'll swap out fat calories -- and take in a little extra protein and calcium.

Bake With Flaxseeds

Whip up muffins, quick breads, pancakes, cookies and even chocolate cake with flaxseeds instead of eggs. To substitute for one large egg, stir 3 tablespoons of ground flaxseeds plus 1/8 teaspoon of baking powder in 3 tablespoons of water. You'll add fiber and avoid the cholesterol found in egg yolk. Both changes can help in keeping your cholesterol levels under control.
Skim the Cheese in a Casserole

Lasagna and other cheesy bakes often call for ricotta – and your nana’s recipe probably calls for the full fat kind! Switch to low fat and you’ll cut out grams of saturated fat per serving. That’s a big help when you’re trying to stay under 16 grams per day for heart health. Ricotta or cottage cheese is ok, as long as it’s reduced fat. Low fat ground turkey breast is a heart wise switch for fatty ground beef.

Pick Healthier Fruit

Fruit has it all – lots of fiber, not many calories, and it’s good for your weight and blood pressure. Go natural though – skip fruit that’s canned in syrup. Even a cup of peaches in “light” syrup has 33 grams of sugar. That’s like having a bowl full of fresh, juicy peach slices with a mini candy bar on the side.

Cream Cheese? Whip it Good!

Cream cheese can still grace your morning whole wheat bagel. Reach for the whipped type in the dairy case. You can save about half the calories and saturated fat. Compare. One popular brand has 100 calories in two tablespoons. The saturated fat hits 6 grams – that’s a third of your daily limit before lunchtime! The whipped version has half the saturated fat and 60 calories.

Don’t Squeeze That Orange!

Orange juice and breakfast just seem to go together. But if you want a citrus kick, you’re better off getting it from an actual orange. A cup of orange juice fills your glass with about 21 grams of sugar and almost no fiber. A large orange has a little less sugar – about 17 grams – but more than six times the heart healthy fiber.

Gobble Turkey Sausage

Shop smart at the grocery store. Low fat turkey sausage instead of pork or beef sausage will do your heart good. Simmer it with fiber rich beans and veggies. At breakfast, three links of lean turkey sausage adds up to just 1.5 grams of saturated fat. A similar pork sausage has three times as much unhealthy saturated fat.

Chill Out With Fruit

Does ice cream today your list of comfort foods? Cool off instead with ½ cup of juicy, frozen blueberries topped with a creamy dollop of non fat yogurt. This sweet dessert has almost no saturated fat, compared with 14 grams of saturated fat in some premium ice creams studded with rich extras. You slash the calories and sugar too – a bonus if you’re watching your weight.

Make Your Own Oatmeal

Oatmeal is a classic choice to help lower cholesterol, thanks to its soluble fiber. But a packet of instant raisin and spice oatmeal can be loaded with 15 grams (three teaspoons!) of sugar. Make oatmeal with real oats instead. Add a sprinkle of raisins and a dash of cinnamon for only about 9 grams of sugar. It takes longer but it can make a big difference for your weight and your heart.
**HEALTHCARE CONSUMER SMARTS**

Maintain a healthy lifestyle. Healthy living is one area of your life you can control. By exercising regularly, eating a healthy diet, being tobacco free, and getting adequate rest, you may help to ward off preventable chronic conditions such as diabetes, cancer and cardiovascular disease.

**Food Smarts**

Buy fresh produce when it’s in season and freeze it. Fresh produce is always great, but the cost can add up fast. Stick with buying what’s currently in season, and consider stocking up when you find a good deal.

**Safety Smarts**

Be aware, cross with care. Make eye contact with drivers turning right before you step into a crosswalk. Make sure they see you, plan on stopping, and have time to stop. Also, don’t assume that because the car in the lane closest to you has stopped that other cars will stop too.

**Foods From A to Z – “S” Foods (Part 2)**

**Squash** – provides the body with vitamins B and C, fiber, and potassium. Summer squashes are high in water content. Richly colored winter squashes contain more of the beta-carotene that benefits the heart.

**Strawberries** – are a member of the rose family. They have been cultivated since early Roman times. The berries are not only delicious, they also lower bad cholesterol and high blood pressure. Their vitamins, minerals and antioxidants help protect against cancer.

**Sweet Potatoes** – are full of vitamins A and C, calcium and potassium. This root vegetable is considered one of the most complete foods. It’s nutrients boost immunity and protect against inflammation.
**Recipe of the Month**

**Quick Black Bean Chili**

1 cup large onion, chopped  
3 fresh garlic cloves, chopped  
30 ounces canned black beans, unsalted and rinsed  
16 ounces fresh salsa  
1 cup green onion, chopped  
16 ounces frozen corn  
3/4 cup fresh cilantro, chopped

Sauté onion in large non-stick saucepan over medium heat until soft and beginning to brown. Add garlic and continue cooking one minute longer. Add beans, salsa, and green onions. Cover and cook over medium heat, about 10 minutes, stirring occasionally. Add corn and cook, stirring until heated. Add cilantro just before serving so that it stays green.

---

**February Birthdays**

Feb 1 – Elia Barocio  
Feb 4 – Rosalba Garcia  
Feb 7 – Rita Calderon  
Feb 18 – Chris Ortiz  
Feb 20 – Thomasina Castaneda  
Feb 26 – Josie Lozano

---

**February**

**American Heart Month**  
[www.heart.org](http://www.heart.org)

**International Prenatal Infections Prevention Month**  
[www.groupbstrepinternational.org](http://www.groupbstrepinternational.org)

**National Childrens Dental Health Month**  
[www.ada.org](http://www.ada.org)

**National Donor Day – February 14**  
[www.organdonor.gov](http://www.organdonor.gov)

**Run/Walk Events**

**Fresno Valentine Run**  
Feb 12 ~ Woodward Park  

**Chocolate Run Rotary**  
Feb 18 ~ Woodward Park  
[https://runsignup.com/Race/CA/Fresno/RotaryTenChocolateRun](https://runsignup.com/Race/CA/Fresno/RotaryTenChocolateRun)

**Blossom Trail 10k**  
Mar 4 ~ Sanger, CA  
[https://runsignup.com/Race/CA/Sanger/SangerBlossomTrail10kRun](https://runsignup.com/Race/CA/Sanger/SangerBlossomTrail10kRun)

**Mud Factor – Fresno**  
Mar 5 ~ Sanger, CA  
[www.mudfactor.com](http://www.mudfactor.com)

**California Classic Half Marathon**  
April 2 ~ Chuckchansi Park  
[www.halfmarathons.net](http://www.halfmarathons.net)

**Milerton Lake Triathlon**  
April 8 ~ Milerton Lake  
[www.sierracascades.com](http://www.sierracascades.com)

**Shinzen Run/Walk**  
April 30 ~ Woodward Park  