

CHARDON FOOD SERVICE NEWSLETTER

Monthly Newsletter Student and Staff Wellness

AMERICAN HEART MONTH

WHY DO WE OBSERVE AMERICAN HEART MONTH EVERY FEBRUARY? WELL, EVERY YEAR MORE THAN 600,000 AMERICANS DIE FROM HEART DISEASE. THE NUMBER ONE CAUSE OF DEATH FOR MOST GROUPS, HEART DISEASE AFFECTS ALL AGES, GENDERS, AND ETHNICITIES. RISK FACTORS INCLUDE HIGH CHOLESTEROL, HIGH BLOOD PRESSURE, SMOKING, DIABETES, AND EXCESSIVE ALCOHOL USE. DO YOU KNOW HOW TO KEEP YOUR HEART HEALTHY? YOU CAN TAKE AN ACTIVE ROLE IN REDUCING YOUR RISK FOR HEART DISEASE BY EATING A HEALTHY DIET, ENGAGING IN PHYSICAL ACTIVITY, AND MANAGING YOUR CHOLESTEROL AND BLOOD PRESSURE. THIS IS A GREAT CHANCE TO START SOME HEART-HEALTHY HABITS!

The Nation Goes Red in February
The first Friday each February, American Heart Month, the nation comes together, igniting a wave of red from coast to coast.

From landmarks to news anchors, neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.



Cardiovascular diseases claim more lives than all forms of cancer combined. American Heart Month is an excellent time to teach your family and friends that cardiovascular disease can often be prevented by making healthy choices and properly managing their existing health conditions.

Sharing this information is important because about 80% of cardiovascular disease can be prevented by taking control and following everyday healthy living steps that include:

- not smoking
- physical activity
- good nutrition
- maintaining healthy weight
- controlling blood pressure,
- cholesterol and blood glucose levels

THE FOLLOWING FOODS ARE THE FOUNDATION OF A HEART-HEALTHY EATING PLAN.

VEGETABLES SUCH AS LEAFY GREENS (SPINACH, COLLARD GREENS, KALE, CABBAGE), BROCCOLI, AND CARROTS

FRUITS SUCH AS APPLES, BANANAS, ORANGES, PEARS, GRAPES, AND PRUNES

WHOLE GRAINS SUCH AS PLAIN OATMEAL, BROWN RICE, AND WHOLE-GRAIN BREAD OR TORTILLAS

FAT-FREE OR LOW-FAT DAIRY FOODS SUCH AS MILK, CHEESE, OR YOGURT

**PROTEIN-RICH FOODS:
FISH HIGH IN OMEGA-3 FATTY ACIDS (SALMON, TUNA, AND TROUT)**

LEAN MEATS SUCH AS 95% LEAN GROUND BEEF OR PORK TENDERLOIN OR SKINLESS CHICKEN OR TURKEY EGGS

NUTS, SEEDS, AND SOY PRODUCTS (TOFU)

LEGUMES SUCH AS KIDNEY BEANS, LENTILS, CHICKPEAS, BLACK-EYED PEAS, AND LIMA BEANS

**OILS AND FOODS HIGH IN MONOUNSATURATED AND POLYUNSATURATED FATS:
CANOLA, CORN, OLIVE, SAFFLOWER, SESAME, SUNFLOWER, AND SOYBEAN OILS (NOT COCONUT OR PALM OIL)**

**NUTS SUCH AS WALNUTS, ALMONDS, AND PINE NUTS
NUT AND SEED BUTTER SALMON AND TROUT SEEDS (SESAME, SUNFLOWER, PUMPKIN, OR FLAX)
AVOCADOS TOFU**



Josephine Culliton, MS