

TOPIC OF THE MONTH!

EATING HEALTHY FOR YOUR HEART

Heart disease is the leading cause of death for people of most racial and ethnic groups in the U.S.

Top 3 risk factors

Nearly half of all Americans have 1 of the top 3 risk factors for heart disease: high blood pressure, high cholesterol, smoking

Coronary Heart Disease

About 18.2 million adults aged 20+ have Coronary Heart Disease

Obesity and High Blood Pressure

Obesity and high blood pressure are putting younger people (age 35-64) at higher risk for heart disease earlier in life

Heart Attack

1 in 5 heart attacks is silent, damage is done, but the person is not aware of it

High Blood Pressure

Rates of high blood pressure in African Americans in the U.S. is among the highest in the world

Below are some heart healthy foods that may lower your risk for heart disease

GOOD EATS (HEART HEALTHY)

Vegetables & Fruits: Leafy greens, tomatoes, garlic, avocado and berries are great heart healthy choices

Dairy: Look for fat-free or low-fat options. Dairy alternatives such as almond, soy and oat can also be good options

Whole Grains: Look for products that say 100% whole wheat or whole grain



Proteins: Choose a variety of foods with protein such as fish, poultry, lean meats, beans, peas, lentils, eggs, tofu, unsalted nuts, seeds, and nut butters.

Healthy Fats & Oils: Replace saturated fats with healthier fats like nuts, seeds, avocado, and oils like canola, corn, olive, safflower or sunflower oils instead of butter; choose low-fat or light mayonnaise and oil-based salad dressings.

RECIPE: CHICKEN & SPINACH SKILLET PASTA WITH LEMON & PARMESAN

Ingredients

- 8 ounces whole-wheat penne pasta
- 2 tablespoons extra-virgin olive oil
- 1 pound boneless, skinless chicken breasts or thighs
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 4 garlic cloves, minced
- Juice and zest of 1 lemon
- 10 cups chopped fresh spinach
- 4 tablespoons grated Parmesan cheese, divided

Directions

1. Cook pasta according to package directions. Drain and set aside.
2. Heat oil in a large high-sided skillet over medium-high heat. Add chicken, salt, and pepper; cook, stirring occasionally, until just cooked through, 5-7 minutes. Add garlic and cook, stirring until fragrant, about 1 minute. Stir in lemon juice and zest; bring to a simmer.
3. Remove from heat. Stir in spinach and the cooked pasta. Cover and let stand until the spinach is just wilted. Divide among 4 plates and top each serving with 1 tablespoon Parmesan.

Thresholds Health Literacy Center



Project funded by NIDILRR/ACL, #90DPHF0001

Simple Tools. Healthier Lives.

<https://www.cdc.gov/heartdisease/facts.htm>