

S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

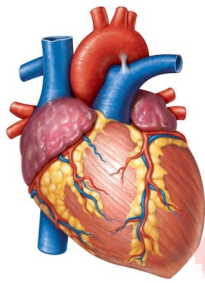
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Nutrition for Your Heart

February is full of hearts and love. It is the perfect month to remember ways we can keep our hearts healthy in a literal sense. Although we may be “young” and unbothered by our heart’s health now, we will wish we took notice to tips like these later in life when our heart is rundown and tired. Let’s learn how to take care of our hearts NOW not only for ourselves but also for the people that love us!



Your heart is a complex organ with a BIG job.

It’s main role in our body is to pump blood containing oxygen, via muscle contraction, to other systems and areas of the body.

If this organ fails to do its job completely or even has decreased function other systems within the body began to die from lack of oxygenated blood. The way you treat your heart now will be reflected in your heart health later in life!

This is why we need to treat this organ with care sooner than later!



Heart Healthy Nutrition

- * **Pick up fruits & vegetables first!** Developing the skills to crave fruit when you want something sweet and the habit of including a vegetable into every meal will give you invaluable antioxidants, vitamins, and minerals for heart health. Finding foods high in nitrates and vast in color are also found to be supportive for heart health.¹

Kale, spinach, & bokchoy¹



Blueberries, bananas, & oranges¹



- * **Add in some whole grains!** They contain fiber which help maintain your cholesterol levels.¹ Many of your favorite carbohydrates probably also come in a whole grain option. Look for:

Whole grain labeled breads, bagels, tortillas OR Brown rice, quinoa, and oats¹



- * **Reevaluate your fat sources!** All saturated fat is not necessarily bad. Recent research has determined that some sources of saturated fat such as yogurt and dairy have seen to be protective against heart disease.² However, large amounts of red meat have been linked to increased risk.¹ Choose more plant proteins and leaner meats like chicken, turkey, or fish. It is also important to minimize seed oils and use avocado oil and olive oil, and rather than canola oil, grapeseed oil, and soybean oils.³

Fish, turkey & beans



Olive & avocado oil



Heart Healthy Habits

- * **Pass up processed foods!** Focusing on implementation of more whole foods in the diet instead of processed “snacks” can be a great way to integrate foods with health benefits while also watching things like sodium, sugar, and unsuspecting fat.
- * **Prioritize exercise & activity!** This does not have to be an hour long trip to the downtown gym. Instead prioritizing exercise can also look like going for a 30 minute walk down the street everyday, taking your dog for a hike, or even a basement workout that gets the heart rate up!
- * **Regulate your stress!** Stress can get the better of all of us. But, practicing ways to decompress when you find stress creeping up can be important in managing heart health. This can be counting through deep breaths or going for a brisk walk. Ultimately, however you find the most relief is going to be the most beneficial for your heart!



This Valentine’s Day instead of chocolate fondu for dessert perhaps give...

dark chocolate hummus

...a taste! It provides a creamy like texture with added fiber and a hint of sweetness. It pairs perfectly with pretzels, strawberries, or any other kind of fruit! You can find it pre-made at your local grocery store OR make it yourself with this recipe! Perhaps even add less maple syrup to manage the sugar content!



Learn to love your heart for the rest of your Valentine’s Days! You will be thankful you did!

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