

# Nutrition News February 2020



## **It's National Heart Month!**

### **National Wear Red Day February 7th**

February is National Heart Month and now is a great time to make some changes to lower your risk of heart disease, as it is the leading cause of death in the United States. Did you know about 1 in 5 heart attacks are silent and the person is not aware of it?

Here are some healthy heart tips:

#### **Limit Saturated and Trans Fat**

- Include plant food sources of protein: Soybeans, pinto beans, lentils, and nuts.
- Limit trans fats often found in cakes, cookies, crackers, pastries, and French fries. Check packaging.
- Use healthy cooking methods: Bake, broil, roast, stew.
- Use small amounts of oils such as canola and olive in recipes and for sautéing.
- Make Salad Dressings with olive or flaxseed oil.

#### **Eat Foods Containing Omega-3 Fatty Acids**

- Try adding walnuts to cereal, salads, or muffins. Eat fatty fish each week such as salmon, lake trout, albacore tuna, mackerel, and sardines.
- Select egg varieties high in Omega-3 Fatty Acids.

#### **Reduce Salt (Sodium):**

- Season food with herbs, spices, garlic, onions, peppers and lemon or lime juice to add flavor.

## **What's In Season?**

Avocados, Beets, Brussels Sprouts, Collards, Kale, Pears, Potatoes, Pumpkin, Grapefruit, Kiwi, Mandarin Oranges, Pomegranate, Swiss Chard, Tangerines, Turnips.

## **Winter Fruit Salad**

**Servings: 6**

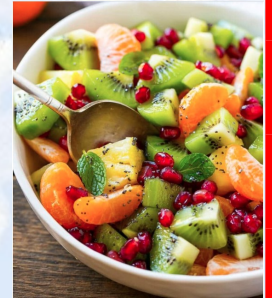
### **Ingredients:**

- 3 C. Pineapple, cubed
- 1 C. Kiwis, peeled & quartered
- 2 C. Mandarin Oranges
- 1/2 C. Pomegranate Arils
- 3 Tbsp. Lemon or Lime Juice
- 3 Tbsp. Honey
- 1 Tbsp. Poppy Seeds

**Optional garnish: Fresh Mint Leaves**

### **Directions:**

1. Place the Pineapple, kiwi, mandarin oranges, and pomegranate arils in a large bowl.
2. In a small bowl whisk together the lemon juice, honey, and poppy seeds.
3. Pour the poppy seed dressing over the fruit and toss gently to coat.
4. Garnish with mint leaves.



<https://www.dinneratthezoo.com/winter-fruit-salad/>

## **Kiwi Fun Facts**

Kiwi is a heart healthy fruit, and similar to grapes, they grow on a vine. Kiwi offers the greatest amount of vitamins and fiber per gram of fruit. It can be eaten by cutting in half and scooping out the fruit with a spoon.



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