

February is Heart Health Month



Good nutrition has always been important in the prevention of heart disease. The American Heart Association recently updated their guidelines, with this basic dietary advice that can help reduce risk of coronary heart disease in healthy adults and children over two years of age.

Key recommendations for children age 2 and older:

1. Balance healthy eating with physical activity to maintain normal growth. Eat a variety of foods from all 5 food groups at regular times (3 meals & snack) daily.
2. Eat vegetables (2 1/2 cups) and fruits (2 cups) daily; limit juice to no more than 4 ounces daily. (An orange provides 6 times as much fiber than 4 ounces of orange juice.)
3. Eat whole grain bread and cereals rather than refined grain products.
4. Use skim or low fat milk and dairy products. Children need at least 3 servings daily. Reduce intake of sugar-sweetened beverages.
5. Use canola, olive or peanut oils and soft margarine in tubs instead of butter or stick margarine.
6. Eat more fish, baked or broiled - at least 2 fish meals a week.
7. Reduce salt intake, including salt from processed foods.
8. Encourage 60 minutes of moderate to vigorous activity daily.



To find heart healthy recipes try the
American Heart Association Kid's Cookbook.

This information is provided by Lakeview Hospital and Stillwater Medical Group
in coordination with Stillwater Area Schools Community Education.

Source: <http://images.alibris.com/isbn/9780812919301.gif>, <http://www.fns.usda.gov/TN/Resources/EnjoyMoving-flyer.pdf>

Enjoy Moving

Be physically active every day

Children and teens should be physically active for at least 60 minutes on most, preferably all, days of the week.

Do Plenty

Moving Whenever You Can

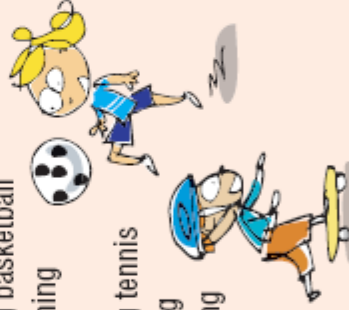
- Walking the dog
- Sweeping
- Taking the stairs instead of the elevator
- Playing outside
- Vacuuming
- Dusting
- Riding a bike
- Throwing a ball



Do More

Making Your Heart Work Harder

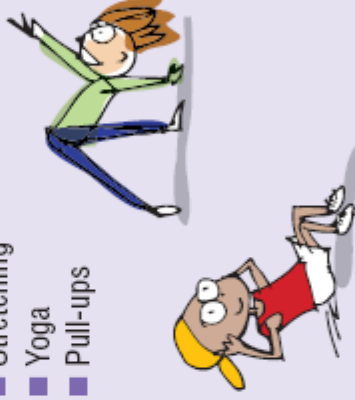
- Playing baseball or softball
- Playing soccer
- Jumping rope
- Skateboarding
- Gardening/Yard work
- Running/Jogging
- Playing basketball
- Swimming
- Hiking
- Playing tennis
- Dancing
- Skipping



Do Enough

Stretching and Building Your Muscles

- Sit-ups
- Push-ups
- Martial arts
- Lifting free weights or strength training
- Stretching
- Yoga
- Pull-ups



Do Less

Sitting Around

- Playing on the computer
- Watching television
- Playing electronic games
- Talking on the phone
- Sitting still for hours



Find your balance between eating and physical activity.

Eating smart choices from every food group and being physically active work together for a healthier you! For more information go to: MyPyramid.gov and teammnutrition.usda.gov.

