



February is Heart Month



Heart disease affects all ages, genders and ethnicities.

Heart disease is the number one cause of death for most groups,¹ with more than 600,000 Americans dying from heart disease annually. To stay strong and help keep our hearts healthy our bodies need a balance of healthy foods and physical activity. Let's all try to be more heart smart and:

Get Active

The American Heart Association recommends kids and teens (ages 6-17) get at least 60 minutes of moderate to vigorous physical activity every day.²

Eat Mindfully

Listen to your body – if you're hungry, make a healthy choice. When you're full, stop eating. Notice when you're eating out of habit, stress or boredom instead of real hunger.

Eat Healthy, Move More

Create an "Eat Healthy, Move More" chart

with your kids to help track your healthy foods and exercise³:

- Each week, fill in the date.
- Fill in the tip you want to try for the week.
- At the end of the week, write down how you did with the tip.
- Put this chart on the refrigerator so your family can see what you're doing to eat healthy and move more.

Use the **Eat Healthy, Move More Chart** on the next page or make your own chart as a family project!



DASH – Your Way to Better Health

Dietary Approaches to Stop Hypertension (DASH)

is a flexible and balanced eating plan that helps create a heart- healthy eating style for life. It doesn't require any special foods and provides daily and weekly nutritional goals. The DASH eating plan supports overall heart health and helps lower high blood pressure and LDL "bad" cholesterol with suggestions like:

- Eating vegetables, fruits, and whole grains
- Eating foods rich in potassium, calcium, magnesium, fiber, and protein
- Choosing low-or reduced-sodium, or no-salt-added versions of foods
- Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm
- Limiting sugar-sweetened beverages and sweets



Find more information about DASH along with recipes, tools, and resources at: <https://www.nhlbi.nih.gov/education/dash-eating-plan>

Get Kids Cooking

Most kids enjoy helping in the kitchen.

While they help you cook, you can talk to them about healthy foods. A good way to get them to try new healthy foods is to let them be creative⁴. Set out three or four healthy foods, and let your kids make a new snack or sandwich from them.

Start with:

- A new kind of bread (whole grain or rye)
- Whole grain or graham crackers
- Mini rice or popcorn cakes or small bagels
- Small pieces of whole-wheat pita bread



Spreads could include:

- Fat-free or low-fat cream cheese or cheese spread
- Fat-free or low-fat peanut butter
- Bean dip
- Jelly with no sugar added

Toppings could include:

- Slices of apple or banana
- Raisins or other dried fruit
- Strawberries
- Slices of cucumber or squash
- Cherry tomatoes

As you help your kids make the new snack or sandwich talk about why it is healthy. Point out each food group in the snack or sandwich. Explain that eating a mix of foods is good for you. Ask why the snack or sandwich tastes good. Is it sweet, juicy, chewy, or crunchy?



Sources:

- 1-<https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8>
- 2-<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-children>
- 3-<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-eat-healthy-chart.pdf>
- 4-<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/healthy-cooking.htm>

We Can! Tips To Eat Well and Move More Tracking Sheet

Each week, fill in the date. Fill in the tips you want to try for the week. At the end of the week, write down how you did with the tips. Put this chart on the refrigerator so your family can see what you're doing to eat healthy and move more.

Print more Eat Healthy, Move More charts on the We Can! Web site at:
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tracking-sheet.pdf>

Week	Eating Well Tip	Moving More Tip	Notes
Week 1 (___ / ___)			
Week 2 (___ / ___)			
Week 3 (___ / ___)			
Week 4 (___ / ___)			
Week 5 (___ / ___)			
Week 6 (___ / ___)			

