

From the desk of Stephanie Boulay, RD

# February is Heart Health Month!



## Do You Know the Warning Signs of a Heart Attack?

- \* Pain in the jaw, neck, arms shoulders or back
- \* Chest pressure, squeezing or pain
- \* Shortness of breath
- \* Nausea, sweating or feeling faint
- \* Know the symptoms and call 911!



## Here Are Some Tips for a Healthy Heart this Season

1. Know your numbers! Talk with your doctor to know if you are at risk for a heart attack or stroke.
2. Go nuts for nuts! Foods high in Omega-3s and plant sterols such as walnuts, peanuts, and pistachios have been shown to decrease inflammation and lower LDL cholesterol.
3. Eat a diet rich in fruits, vegetables and whole grains.
4. Eat fish twice a week.
5. Get at least 30 minutes of exercise per day.

### Did you know...

- That a good belly laugh can send an increase of blood flow of 20% throughout your entire body? No wonder why laughter is the best medicine!

### Heart Healthy Shopping List

- Tomatoes, spinach, cabbage
- Apples, bananas, peaches
- Frozen broccoli
- Frozen berries (no sugar added)
- Margarine without trans fat
- Olive or canola oil
- Skim or 1% milk
- 100% whole-wheat bread
- Seafood (fish and shellfish)
- Skinless chicken and turkey breast
- Beans, lentils and peas
- Almonds and walnuts