

Celebrate February by keeping your heart strong!

# February 2016



1 Check your food labels for trans fat. They hurt your heart.	2 Fish has healthy oils that keep your heart healthy.	3 Love your heart with a family walk.	4 Go low fat or nonfat milk products and keep your heart happy.	5 Small healthy changes add up to a healthy heart.	6 Vegetables have special nutrients that your heart loves.
7 Teach your child how to find their heart rate.	8 Look for cereals with 5 grams or more of fiber!	9 Beans are great for your heart.	10 1 cup of berries has super nutrients for your heart.	11 Pick a favorite activity and have some fun.	12 Have kids help in the kitchen.
13 Eat breakfast every morning for good brain power.	14 <b>Happy Valentine's Day.</b> Give someone a special hug.	15 <b>Sweet Potato Month.</b> Bake one for dinner.	16 Try leaving the peel on an apple for more fiber.	17 Beans are a great source of fiber and protein!	18 Evaluate your goals and keep track of your progress.
19 Try a new fruit or vegetable each week.	20 <b>Dental Health Month:</b> make sure to give your teeth foods high in calcium.	21/28 Try some whole wheat pancakes for breakfast.	22/29 Drink 8 glasses of water a day.	23 Try baked french fries instead of deep fried.	24 Substitute dark chocolate for light chocolate for a special treat.
25 Promote healthy habits as a family.	26 Have kids plan a healthy meal for the family.	27 Your heart is a muscle, it needs exercise every day.			