

EAT BETTER FOR LESS

Start Showing Your Heart Some Love

Our hearts work so hard to keep us alive. According to the American Heart Association, the average heart:

- Pumps 2,000 gallons of blood a day
- Beats 2.5 billion times over 70 years.

While we're busy showing others how much we care this month, let's make time to do the same for our body's hardest working muscle. Here are some tips on getting started.



Reduce sodium

Excess sodium can raise your blood pressure and cause your heart to work harder. Reduce sodium by eating fewer processed foods like snack foods, canned goods with added salt, deli meats, and sauces.

Enjoy more heart-healthy foods

By including meals based on MyPlate and focusing on heart-healthy foods, you provide your body the fuel it needs. Aim for fruits, vegetables, whole grains, and low-fat protein and dairy.



Move More

Being active not only helps to keep your heart pumping. It also strengthens muscles, improves balance, sharpens thinking, and lowers stress.



Oatmeal is known as heart-friendly because of its high fiber content.

Overnight Oatmeal

Ingredients

- 1 cup uncooked old fashioned rolled oats
- 1 cup low-fat yogurt
- 1/2 cup nonfat or 1% milk
- 1/2 cup berries, fresh or frozen
- 1/2 cup chopped apple (about 1/3 a medium apple)

Directions

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours. For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small containers with lids. Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.

Resources: https://newsroom.heart.org/file?fid=59a7145e2cfac2546cae1995_eatgathergo.org/recipe/overnight-oatmeal/



@PurdueNEP

Purdue University is an Equal Opportunity/Equal Access University. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and USDA's Expanded Food and Nutrition Education Program (EFNEP). If you are in need of accommodations to attend any of our programs or need an interpreter or translator, please contact Nutrition Education Program at fnp@purdue.edu.

