

Healthy Herald

Eat heart healthy unsaturated fats!



Try these ideas for adding nuts/seeds and avocado into your meals and snacks!

Eat Nuts & Seeds!

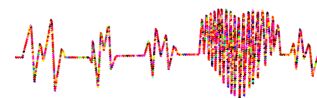
- Toss in cold or hot cereal
- Add to yogurt
- Top a salad
- Eat as a quick snack
- Make trail mix – mix nuts, seeds, dried cereal, pretzels, popcorn, and/or dried fruit

Eat Avocado!

- Mash and spread on toast or a bagel
- Mash with salsa and eat with whole grain crackers
- Slice and add to a sandwich
- Cube and top a salad or soup
- Top with seasoning and eat with a spoon

Get The Facts on Fats

February is American Heart Month! Keep your heart happy and healthy by including healthy dietary fats in your daily intake. Your body needs dietary fats for many reasons, some of which include giving your body energy, protecting your organs, and helping your body absorb some nutrients. Not all fats are equally healthy for your heart though. Saturated fats (found in foods like butter, higher fat dairy and higher fat meats) and trans fats (often found in processed foods) raise bad cholesterol levels in your body, while unsaturated fats (found in nuts, vegetable oils, and avocados) are considered heart healthy fats and can actually help to lower bad cholesterol levels. For optimal health, replace saturated and trans fats you eat with heart healthy fats. For more information on dietary fats and keeping your heart healthy, visit the American Heart Association® at www.heart.org.



FEBRUARY EVENTS

CPR Classes

February 13: Infant CPR, Safety & Care

5:00 PM—7:00 PM
 Monroe County Health Department
 Free to anyone 14 and older
Space is limited; please pre-register

February 27: Adult & Child CPR/AED

5:00 PM—7:00 PM
 Monroe County Health Department
 \$35 cost (includes AHA card and workbook)
Space is limited; please pre-register

Community Events

February 20: Mall Walk & Talk

8:00 AM—10:00 AM
 The Mall of Monroe

February 20: Living With Diabetes— Heart Healthy Habits

6:00 PM—7:30 PM
 Monroe Home Care Shoppe
 Individuals with pre-diabetes, diabetes, and support persons are welcome to attend!

To pre-register for events, call 734-240-7800
 or email LiveWell_BeWell@monroemi.org