

## February is American Heart Health Month

It's no secret February is all about hearts – but not just the candy kind. It's also American Heart Month, a time the nation turns its attention to keeping families and communities free from heart disease, the #1 killer of Americans. The federally designated event reinforces the importance of heart health and the need for more research, with a reminder to get families, friends, and communities involved. It's a tradition that's over half a century strong. The first proclamation was issued by President Lyndon B. Johnson in February 1964, nine years after he had a heart attack. Since then, the president has annually declared February American Heart Month.



### Cardiovascular disease, heart disease, coronary heart disease. What's the difference?

♥ Cardiovascular disease: “The big umbrella” Cardiovascular disease is a term used to describe all types of diseases that affect the heart (cardio) and blood vessels (vascular).

♥ Heart Disease: A type of cardiovascular disease. Heart disease is a term that is used to describe a variety of conditions that affect the function and structure of the heart.

♥ Coronary heart disease: A type of heart disease. It is often used interchangeably with heart disease. Coronary heart disease occurs when plaque builds up in your arteries which can lead to a heart attack.



### Ways to Protect Yourself From Heart Disease

- Ask your doctor about your blood pressure and cholesterol
- Reduce sodium in your diet
- Increase fiber with fruits, vegetables, and whole grains
- Be physically active
- Maintain a healthy weight
- Don't smoke
- Manage stress
- Keep your diabetes under control

### Diet & Heart Health

Eating a healthy diet is an important way to maintain heart health. Foods that raise HDL “good cholesterol” include:

- Olive oil
- Beans and legumes
- High fiber fruits: apples and pears
- Fatty fish: salmon, mackerel, rainbow trout
- Whole grains: bran, cereals, brown rice, wild rice
- Nuts: almonds, Brazil nuts, walnuts
- Avocado
- Flax seed



# Spring Clean



## Step 1: Eliminate from your diet

Start small. Try cutting out 3 types of processed foods from your diet. Examples include: potato chips, soft drinks, or cookies.

## Step 2: Add fruits & vegetables

Browse the produce isle and purchase a fruit or vegetable you've never tried before! Also, try adding a vegetable to your breakfast.

## Step 3: Only shop the perimeter

Try staying out of the inner isles at the grocery store. This is where you will find most of the processed food. The outer isles contain fresh produce.

## Step 4: Read the labels

Be mindful of the serving size and nutrition facts in the foods you are eating.

## Step 5: Cook at home more often

Stay in and cook more fresh meals. Eating out can cause you to feel bloated and less energized.

## Step 6: Check your portion sizes

Monitor your portion sizes so you aren't overeating. Using a smaller plate may help encourage smaller portion sizes.

## Step 7: Drink more water

Try drinking more water throughout the day. Add lemon or orange for additional flavor.

## Step 8: Think small

Be patient and take one step at a time. Every little change helps!

## Stepping Up Your Nutrition

Malnutrition can cause muscle loss, dizziness and increase your risk of falls. 50% of older adults are at risk. Learn more about preventing malnutrition and keeping your strength to prevent future falls. Join us for a 2-hour virtual workshop to learn:

- How nutrition affects falls
- Why muscle matters
- How to get enough protein and fluid
- What you can do to eat better & improve your health

**Monday, March 14: 1:30-3:30 p.m.**

**Online via Zoom; Cost: FREE**

**Facilitator:** Shannon Gabriel, RDN, CD  
Registered Dietitian Nutritionist & Healthy Aging  
Coordinator at Area Agency on Aging of Dane County

### To Register Contact:

Shannon at 608-261-5678 or  
Gabriel.Shannon@countyofdane.com



## Free Nutrition Counseling

Personal nutrition counseling is offered to adults age 60+ looking for information on ways to improve their overall health. Any nutrition-related questions or concerns can be discussed. Common topics include (but are not limited to): prediabetes and diabetic diets, food interactions with medication, severe weight loss, heart healthy diet, difficulties chewing or swallowing, poor appetite, constipation, acid reflux, cooking for 1 or 2, and basic older adult nutrition. To learn more about this *free* community resource or to schedule an appointment, contact Shannon (*below*).

### Nutrition News

For more information on this publication,  
contact Shannon Gabriel, RDN, CD:

(608) 261-5678

Gabriel.Shannon@countyofdane.com

2865 N Sherman Ave Madison, WI 53704