Happy New Year! For many folks, the change to a new calendar means it’s time to plan a resolution or two. Remember, be realistic, tell others about your resolution (and ask them to help hold you accountable), and keep a record of your progress. Oh, and don’t forget to celebrate your successes, too! Those simple steps—plus the tips in this month’s newsletter—will help you succeed.

Did You Know?
More than 80% of heart disease can be prevented by simple lifestyle changes. Learn how you can manage blood pressure, control cholesterol, reduce blood sugar, get active, eat better, lose weight, or stop smoking. Visit heart.org/healthyliving to learn more.

Almond Snack Mix
Serves 4; ½ cup per serving

Ingredients
- ½ cup whole unsalted almonds
- ¾ cup multigrain or whole-grain cereal squares
- ½ cup low-fat granola cereal without raisins
- ¼ cup dried apricot halves, cut into strips, or golden raisins
- ¼ cup sweetened dried cranberries

Directions
1. Preheat the oven to 350°F. Spread the almonds in a single layer on an ungreased baking sheet. Bake for 5 to 10 minutes, or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely.
2. Meanwhile, in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.

Cook’s Tip: If all the snack mix isn’t likely to be eaten on the day you make it, we recommend using the golden raisins. The moisture of the dried apricots may cause the cereal to lose its crispness over time. Be sure the almonds are completely cooled when you add them to the mix; otherwise, they will make it soggy.

Nutrition Analysis (per serving)

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Calories</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrates</th>
<th>Fiber</th>
<th>Sugars</th>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0.0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>1.5 g</td>
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<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
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<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

Dietary Exchanges: 1 starch, 1 fruit, 1 fat

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Even though February is the shortest month of the year, it’s filled with all sorts of holidays and observances—Groundhog Day, Valentine’s Day, Presidents’ Day, and more. And of course February is American Heart Month. What a great time to make small changes that can lead to a lifetime of heart health. Read on!

Did You Know?
✓ Heart disease is the leading cause of death for men and women—about one death every 39 seconds.
✓ On average, someone in the United States suffers a stroke every 40 seconds, and a stroke-related death occurs about every four minutes.
✓ Sixty-four percent of women who die suddenly of coronary heart disease had no prior symptoms.

Take a simple online assessment to learn more about your own cardiovascular health. Go to tools.bigbeelabs.com/aha/tools/mlc/.

FEBRUARY

Make One Change for the Better
Too much sodium in the body can lead to high blood pressure. So now’s the time to reduce your sodium intake. To cut back, choose packaged foods that are low in sodium; drain and rinse canned beans and vegetables; and cook without adding salt.


Egg, Avocado, and Black Bean Breakfast Burrito
Serves 4; 1 burrito per serving

Ingredients
Cooking spray
1¾ cups liquid egg whites
1 15.5-ounce can no-salt-added black beans, rinsed and drained
4 6-inch whole-wheat tortillas (lowest sodium available)

2 medium avocados, sliced
¼ cup hot sauce or salsa (lowest sodium available) (optional)

Directions
1. Lightly spray a large skillet with cooking spray. Heat over medium heat. Pour the egg whites into the skillet, stirring constantly with a rubber spatula to scramble. Cook until the egg whites are almost set. Add the beans, stirring gently until combined and heated through.
2. Microwave the tortillas on 100% power (high) for 45 seconds. (This makes them pliable and easier to roll.) Transfer to a work surface.
3. Spread the egg white mixture in the center of each tortilla. Top with the avocados and hot sauce.
4. For each burrito, fold two sides of the tortilla toward the center. Starting from the unfolded side closest to you, roll the burrito toward the remaining unfolded side to enclose the filling. Transfer with the seam side down to plates.

Cook’s Tip: For a quick grab-and-go breakfast, make the burritos the night before and wrap them in parchment paper. When you’re ready to eat the burritos, microwave them on 100 percent power (high) for 2 to 3 minutes.

Nutrition Analysis (per serving)
Calories 289
Total Fat 15.0 g
Saturated Fat 2.0 g
Trans Fat 0.0 g
Polyunsaturated Fat 2.0 g
Monounsaturated Fat 10.0 g
Cholesterol 0 mg
Sodium 218 mg
Carbohydrates 34 g
Fiber 10 g
Sugars 2 g
Protein 12 g
Dietary Exchanges: 2 starch, 1 vegetable, 1 lean meat, 2 fat

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Spring is just around the corner, and the pressure is on. There’s still so much to cover as the school year winds down! Keeping your energy up is a necessity. March is National Nutrition Month, so read on to find suggestions on how to fuel up in a healthy way.

**Make One Change for the Better**

This month, try a **new fruit and a new vegetable**. Not only are they high in vitamins, minerals, and fiber, they’re low in calories. They may even help you control weight and blood pressure, too.

---

### Banana Split Berry Yogurt Parfaits

**Serves 4**

#### Ingredients
- 2 6-ounce containers fat-free pineapple yogurt
- 1 cup sliced strawberries or 1 cup mixed berries
- 1 large banana (about 1 cup sliced)
- ¼ cup low-fat granola (4 tablespoons)
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon confectioners’ sugar
- 2 teaspoons hot water

#### Directions
1. To assemble the parfaits, in each of four small dishes, layer as follows: about ¹⁄₃ cup yogurt, ¼ cup sliced strawberries, and ¼ cup sliced bananas. Sprinkle 1 tablespoon granola over each parfait.
2. In a small cup, stir together the cocoa powder, confectioners’ sugar, and hot water until smooth. Drizzle 1 teaspoon over each parfait.

#### Nutrition Analysis (per serving)

<table>
<thead>
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<th></th>
<th>Calories</th>
<th>Cholesterol</th>
<th>Sodium</th>
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<tr>
<td><strong>Trans Fat</strong></td>
<td>0.0 g</td>
<td></td>
<td>2 g</td>
</tr>
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<td>25 g</td>
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<td>0.3 g</td>
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<td>6 g</td>
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<tr>
<td><strong>Dietary Exchanges</strong></td>
<td>1 low-fat milk, 1 other carbohydrate</td>
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<td></td>
</tr>
</tbody>
</table>

Recipe copyright © 2016 American Heart Association. Join the movement to be Healthy For Good™ and get easy recipes, hacks and tips you can use every day.
Walking 101

Walking is low-risk and easy to start. It can help keep you fit and reduce your risk of serious diseases, like heart disease, stroke, diabetes and more.

A regular walking program can also:
- Improve your cholesterol profile
- Lower blood pressure
- Increase your energy and stamina
- Boost “couch potato” bone strength
- Prevent weight gain

The American Heart Association recommends that adults get 150 minutes or more of moderate intensity physical activity or 75 minutes of vigorous activity each week. Even short 10 minute activity sessions can be added up over the week to reach this goal. If you would benefit from lowering your blood pressure or cholesterol, aim for 40 minute sessions of moderate to vigorous activity 3 to 4 times a week. You could do this by walking 2 miles briskly (about 4 miles per hour). If that’s too fast, choose a more comfortable pace.

Make One Change for the Better

Thirsty? While it’s important to stay hydrated, sugary drinks are not the way to go. Challenge yourself to cut out sugar-sweetened drinks. Better options include flat and sparkling water, unsweetened tea, and skim milk.

Whole Wheat Pancakes with Strawberries

Serves 6

Ingredients
- ⅔ cup whole-wheat flour
- ¼ cup oats
- 1 teaspoon baking powder
- ⅓ cup fat-free milk
- 1 large egg (lightly beaten)
- 2 teaspoons canola or corn oil
- Cooking spray
- 3 cups hulled sliced strawberries

Directions
1. In a large bowl, combine flour, oats, and baking powder; mix well. In a medium bowl combine milk, egg, and oil; blend well.
2. Add dry ingredients all at once; stir just until dry ingredients are moistened.
3. Coat skillet with spray and heat to medium high. For each pancake, spoon ¼ cup of batter into skillet.
4. Flip when batter bubbles and edges begin to set. Remove from heat and top with the strawberries.

Nutrition Analysis (per serving)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Calories</th>
<th>Cholesterol</th>
<th>Sodium</th>
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<tr>
<td>Monounsaturated Fat</td>
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Dietary Exchanges: 1 starch, 1 vegetable, ½ fruit, ½ fat

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The year may be winding down, but chances are good you are in high gear. Testing, report cards, and year-end paperwork are on the horizon. You’re probably going a mile a minute!

May is American Stroke Month. Did you know that about every four minutes, someone dies of stroke? Of those deaths, 40% occur in males and 60% occur in females. While the statistics are scary, stroke is both preventable and treatable. This month, learn more about how you can take care of your heart and brain health. Read on!

**Did You Know?**

Some stroke risk factors are hereditary, while others are a result of lifestyle. Learn more about stroke risk factors and prevention at strokeassociation.org.

---

**Mediterranean Salad**

Serves 4

**Ingredients**

- 1 head lettuce (green leaf, red leaf, or romaine), cut into thin strips
- 1 chopped cucumber (peeled if desired)
- ½ cup chopped tomatoes
- 1 15.5-oz. can no-salt-added chickpeas (garbanzo beans), rinsed and drained
- ½ red onion (finely sliced)
- ½ cup crumbled fat-free feta cheese or ½ cup shredded or grated Parmesan cheese
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons red wine or cider vinegar
- ½ teaspoon garlic powder
- ½ teaspoon black pepper

**Directions**

1. In a large bowl toss together the lettuce, cucumber, tomatoes, chickpeas, onion, and feta cheese.
2. In a small bowl, whisk together the oil, vinegar, garlic powder, and pepper.
3. Pour the dressing over the salad, tossing to coat.

**Nutrition Analysis** (per serving)

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Calories</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrates</th>
<th>Sugars</th>
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<td></td>
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<td></td>
</tr>
<tr>
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</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0.5 g</td>
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<tr>
<td>Monounsaturated Fat</td>
<td>3.5 g</td>
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</table>

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FRUITS & VEGETABLES

Try for 4-5 servings of each per day.*

What counts as a serving?

**FRUITS**

**One Medium Fruit**

**FRESH, FROZEN OR CANNED FRUIT**

**DRIED FRUIT**

**FRUIT JUICE**

**VEGETABLES**

**RAW LEAFY VEGETABLE**

**FRESH, FROZEN OR CANNED VEGETABLE**

**VEGETABLE JUICE**

*Recommended daily goal based on 2,000 calorie/day eating pattern.
**Fruit and vegetable juices can be part of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables, but watch for calories and added sugars or sodium. Choose 100 percent juice (or 100 percent juice and water) instead of sweetened juice or juice drinks.

HEART.ORG/ADDCOLOR

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As you wrap up the school year, you may be humming a happy tune. Did you know that one specific tune could help save a life? It’s true. The beat of the late '70s hit “Stayin’ Alive” is a perfect match for CPR, during which the chest should be pressed upon at a rate of 100 to 120 compressions per minute. Take time during National CPR and AED Awareness Week (June 4–10) to learn more about Hands-Only CPR and how to use this disco beat. It’s all at cpr.heart.org.

**Make One Change for the Better**

CPR can double or even triple a victim's chance of survival. Why? Chest compressions push oxygen through the body to keep vital organs alive. Hands-only CPR buys time until EMS arrives.

**Zucchini Noodle Greek Salad**

Serves 6

**Ingredients**
- 5 cups grated zucchini (from 2 medium to large zucchini)
- 2 medium cucumbers, peeled and chopped into bite-size pieces (about 4 cups)
- 3 medium tomatoes, chopped into bite-size pieces (about 4 cups)
- ¼ small red onion (thinly sliced)
- ¼ cup pitted black olives, such as kalamata, finely chopped
- 2¼ tablespoons red wine vinegar
- 2 tablespoons canola, corn or safflower oil
- ½ teaspoon dried oregano, crumbled
- ¼ tsp black pepper (freshly ground preferred)
- 2 tablespoons fat-free feta cheese crumbles

**Directions**
1. In a large bowl, stir together the zucchini, cucumbers, tomatoes, onion, and olives.
2. In a small bowl, using a fork, whisk together the vinegar, oil, oregano, and pepper. Pour the dressing over the salad, tossing to coat (use a spatula or tongs).
3. Just before serving, sprinkle the feta cheese on each salad.

**Nutrition Analysis (per serving)**
- Calories: 90
- Total Fat: 6.0 g
- Saturated Fat: 0.7 g
- Trans Fat: 0.0 g
- Polyunsaturated Fat: 1.5 g
- Monounsaturated Fat: 3.5 g
- Cholesterol: 1 mg
- Sodium: 90 mg
- Carbohydrates: 8 g
- Fiber: 3 g
- Sugars: 5 g
- Protein: 3 g

Dietary Exchanges: 1 fat, 2 vegetable
School may be out, but that doesn’t mean you should take a vacation from healthy activities. With the temperatures about to spike in many regions, it may take up to 14 days for your body to adjust to exercising in the heat. Avoid vigorous outdoor physical activity when temperatures are the hottest and drink plenty of water (even if you don’t feel thirsty). Read on for more tips to make the most of your summer.

**Make One Change for the Better**

Mindfulness doesn’t always mean stillness – practicing yoga can add calm reflection into your life while challenging your body.

- Yoga is an ancient practice that combines specific postures and movements with mental focus, breathing and meditation or relaxation.
- Adding yoga to your routine has immediate as well as long-term benefits that contribute to whole body health.
- Practicing yoga can give your added strength and flexibility.

---

**Tuscan-Style Grilled Chicken Kabobs**

Serves 2; 1 kebab and ½ cup rice per serving

**Ingredients**

- **Marinade**
  - 1 teaspoon grated lemon zest
  - 2 tablespoons fresh lemon juice
  - 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary, crushed
  - 2 teaspoons olive oil
  - 2 medium garlic cloves, minced
  - 1 teaspoon dried oregano, crumbled
  - ¼ teaspoon crushed red pepper flakes
  - 1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into 16 cubes
  - 16 whole button or brown (cremini) mushrooms, stems trimmed
  - 1 medium green bell pepper, cut into 16 squares
  - 16 cherry tomatoes
  - 1 cup fat-free, low-sodium chicken broth
  - ¼ cup dry-packed sun-dried tomatoes, cut into quarters
  - ½ cup uncooked instant brown rice

**Directions**

1. In a medium glass bowl, stir together the marinade ingredients. Add the chicken, stirring to coat. Cover and refrigerate for at least 15 minutes or up to 8 hours, turning several times if marinating for more than 30 minutes.
2. Soak eight 8-inch wooden skewers for at least 10 minutes in cold water to keep them from charring, or use metal skewers. Preheat the grill on medium high.
3. Drain the chicken, discarding the marinade. Alternately thread the chicken, mushrooms, bell pepper, and tomatoes onto the skewers. Transfer the skewers to a platter. Lightly spray with cooking spray.
4. In a medium saucepan, bring the broth and sun-dried tomatoes to a boil over high heat. Stir in the rice. Reduce the heat and simmer, covered, for about 10 minutes. Remove from the heat. Let stand for 5 minutes. Fluff with a fork.
5. Meanwhile, grill the kebabs for 2 to 3 minutes on each side (8 to 12 minutes total), or until the chicken is no longer pink in the center and the vegetables are tender. Serve with the rice.

---

**Nutrition Analysis (per serving)**

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<td>Polyunsaturated Fat</td>
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<tr>
<td>Protein</td>
<td>29 g</td>
</tr>
</tbody>
</table>

Dietary Exchanges: ½ starch, 2 vegetable, 3 lean meat

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Welcome back! It’s a new back-to-school season, and that means schedules to make, classroom routines to establish, and activities to organize. While you’re making plans for an amazing year with your students, don’t forget to schedule in time for you. Your students are counting on you to be a healthy, enthusiastic leader this year.

6 Simple Steps for Your Whole Family to be Heart Healthy
1. Identify free times for activity.
2. Make time to plan a weekly menu, go shopping and prep your meals.
3. Simplify your family’s schedule.
4. Take baby steps, not giant leaps.
5. Ask everyone in the family to do their part.
6. Live by example.

Did You Know?
Physical activity doesn’t just build strong muscles—it strengthens your bones and can reduce symptoms of depression. Talk about a one-two punch!
For every two hours spent exercising, you can gain one hour of life expectancy. Get moving!
Find out more at heart.org/physicalactivity.

Lemon-Garlic Salmon Foil Pack
Serves 4

Ingredients
1 pound new potatoes, halved and cut into ¼-inch slices
2 teaspoons minced garlic
1 pound green beans, trimmed
2 tablespoons canola or corn oil
¼ teaspoon salt
¼ teaspoon pepper
4 6-ounce skinless salmon fillets, rinsed and patted dry
2 teaspoons garlic powder
1 to 2 medium lemons, cut into slices

Directions
1. Preheat the oven to 400°F. Cut 4 sheets of aluminum foil about 30 inches long. Fold the foil in half widthwise (into almost a square) so it’s extra-sturdy.
2. Place the potatoes in a microwaveable container with a lid. Stir in the garlic. Microwave for 90 seconds to 3 minutes on 100% power (high), depending on the power of your microwave. Transfer the potato mixture to a large bowl. Stir in the green beans, oil, salt, and pepper until combined.
3. Transfer an equal amount of the potato mixture onto the center of each foil square. Arrange the green beans on the foil so they’re facing the same direction. Place the fish fillet in the same direction as the green beans to make it easier to create the foil packet. Sprinkle the garlic powder over the fish. Top with the lemon slices.
4. Fold in the sides and top edges of the foil. Seal securely to create a packet. Transfer each packet to a large baking sheet. Bake for 20 minutes, or until the fish is the desired doneness.
5. Remove from the oven. Transfer the packets to plates. Open them carefully to avoid steam burns.

Cook's Tip: If you can't find new potatoes, peel and thinly slice Russet potatoes. Microwave them until almost tender before adding to the foil packet. Because Russet potatoes are so much larger and denser than new potatoes, they need a longer cooking time. Also, if the green beans are extra-long, halve them so they fit neatly into the foil packet.

Nutrition Analysis (per serving)
Calories 394
Total Fat 15.0 g
Saturated Fat 2.0 g
Trans Fat 0.0 g
Polyunsaturated Fat 3.5 g
Monounsaturated Fat 7.0 g
Cholesterol 80 mg
Sodium 286 mg
Carbohydrates 23 g
Fiber 5 g
Sugars 4 g
Protein 40 g

Dietary Exchanges: 5 lean meat, 1 starch, 2 vegetable

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SEPTEMBER

The meet and greets are over. You and your students are getting to know one another, and you’re starting your yearlong learning journey together. Nothing is more important than for your students to stay healthy and feel good so they will be ready to learn all that the exciting year ahead holds.

September is National Childhood Obesity Awareness Month. Nearly 1 in 3 kids or teens in the U.S. are overweight or obese. Read on to find ideas to keep both you and your students acting in healthy ways this year.

Help Kids Stay Active

Children and teens should participate in at least 60 minutes of moderate-intensity physical activity most days of the week, and every day if possible. You can set a great example! Start adding physical activity to your own daily routine and encourage your child to join you. Some examples include:

- Brisk Walking
- Swimming
- Playing soccer
- Jumping rope
- Playing tag
- Dancing

Did You Know?

Obesity in America costs $190 billion a year in weight-related medical bills.

Learn more about heart-healthy grocery shopping at [heart.org/nutrition](http://heart.org/nutrition).

Seared Beef Sirloin and Grilled Peaches

Serves 4

Ingredients

- 1-pound top sirloin steak (about 1½ inches thick), all visible fat discarded
- 4 medium peaches, halved, pits discarded
- 1 tablespoon canola or corn oil
- ¼ teaspoon salt
- ¼ teaspoon pepper (freshly ground preferred)
- 2 cups arugula or spring mix greens
- 1 tablespoon balsamic vinegar
- 3 tablespoons sliced basil leaves
- 2 tablespoons fat-free feta cheese

Directions

1. Preheat the grill on medium high.
2. Put the beef and peaches on a large platter. Using a basting brush, brush the oil over the beef and peaches. Sprinkle the salt and pepper over the beef. Drizzle the honey over the peaches.
3. Grill the beef for 8 to 10 minutes on each side for medium-rare doneness.
4. Place the peaches on the grill with the cut side down. Grill the peaches for 3 to 4 minutes on each side, or until fork-tender.
5. Let the beef stand for 10 minutes before slicing it.
6. Arrange the arugula on a large platter. Top with the grilled peach halves. Drizzle the peaches with the vinegar. Sprinkle with the basil and feta cheese. Serve with the beef.

Add Color Swap: You can substitute plums for the peaches by using two plums for each peach.

Nutrition Analysis (per serving)

- Calories: 2707
- Total Fat: 9.0 g
- Saturated Fat: 2.5 g
- Trans Fat: 0.0 g
- Polyunsaturated Fat: 1.5 g
- Monounsaturated Fat: 4.5 g
- Cholesterol: 62 mg
- Sodium: 279 mg
- Carbohydrates: 20 g
- Fiber: 2 g
- Sugars: 18 g
- Protein: 28 g
- Dietary Exchanges: 1 fruit, 3 lean meat, ½ other carbohydrate

Add Color Swap: You can substitute plums for the peaches by using two plums for each peach.

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It’s the first official month of fall. You and your students have settled into a routine, and you’ve started introducing so many important facts and concepts. No doubt your school calendar is filling fast with events and holidays.

Here’s an October observance you may not have heard of: **World Stroke Day on October 29.** Its purpose is to raise awareness of the prevention and treatment of stroke. Every 40 seconds, someone in the United States has a stroke. Every four minutes, someone dies of stroke. Read on to learn the critical warning signs of stroke.

**Make One Change for the Better**

Here’s a change that’s a real yawner: **Get quality sleep.** Really! Lack of sleep is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke. Shoot for a good 7-8 hours of sleep each night.

**Did You Know?**

**Stroke is largely treatable.** Responding quickly when a stroke occurs can mean the difference between recovery and disability. Recognize the signs. **Call 911 immediately.**

- **F** • Face Drooping
- **A** • Arm Weakness
- **S** • Speech Difficulty
- **T** • Time to Call 911

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**Creamy Spinach Feta Dip**

Serves 6

**Ingredients**
- 10 ounces frozen, chopped spinach
- ½ cup fat-free plain yogurt
- ½ cup low-fat sour cream
- ½ cup crumbled fat-free feta cheese
- ½ cup chopped fresh parsley or dillweed or 2 teaspoons dried parsley or dillweed
- 1 teaspoon bottled minced garlic
- ½ teaspoon pepper
- 6 6-inch whole-grain pitas (lowest sodium available), quartered

**Directions**

1. Prepare the spinach using the package directions. Drain well in a colander. Use the back of a fork to press all the liquid out of the spinach.
2. In a large bowl, stir together the spinach with the yogurt, sour cream, feta cheese, parsley, garlic, and pepper until combined. Cover and refrigerate for 1 hour to chill. Serve with the pita quarters.

**Nutrition Analysis (per serving)**

- Calories: 64
- Total Fat: 2.5 g
- Saturated Fat: 1.5 g
- Trans Fat: 0.0 g
- Polyunsaturated Fat: 0.0 g
- Monounsaturated Fat: 0.5 g
- Cholesterol: 8 mg
- Sodium: 207 mg
- Carbohydrates: 6 g
- Fiber: 2 g
- Sugars: 2 g
- Protein: 6 g

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Now that you’re a few months into the school year, you may be thinking about mixing things up a bit in your classroom. Maybe a new seating arrangement? A class incentive? How about some healthy new eating habits, too? National Eating Healthy Day (November 7) is the perfect day to start. Read on to find simple ideas you can try right away.

Did You Know?
✓ Deeply colored fruits and vegetables—like spinach, carrots, peaches and berries—tend to be higher in vitamins and minerals than others, such as potatoes and corn.
✓ The extra calories in sugary drinks can not only pack on the pounds, but they usually don’t provide important nutrients.
✓ Reduce sodium by cutting back on the salty six: breads and rolls; cold cuts and cured meats; pizza; poultry; soup; and sandwiches.

Take the Healthy Eating Quiz at heart.org/nutrition.

Make One Change for the Better

Try these simple switches for ingredients in your favorite recipes:

- 1 cup of whole milk ➔ 1 cup fat-free or low-fat milk plus one tablespoon of liquid vegetable oil
- 1 tablespoon of butter ➔ 1 tablespoon soft margarine or ¼ tablespoon liquid vegetable oil
- a whole egg ➔ 2 egg whites or ¼ cup cholesterol-free egg substitute

Tailgate Chili

Serves 4

Ingredients

Cooking Spray
1 pound extra-lean ground beef
(or ground skinless chicken or turkey breast)
1 medium onion, chopped
1 medium green bell pepper, chopped
1 medium fresh jalapeño, seeds and ribs discarded, chopped (optional, only if you like spicy chili)
1 tablespoon chili powder

1 tablespoon ground cumin
4 medium garlic cloves, minced, or 2 teaspoons bottled minced garlic
½ teaspoon ground coriander
15.5 ounce canned, no-salt-added pinto or kidney beans, rinsed, drained
14.5 ounce canned, no-salt-added diced tomatoes, undrained
¾ cup salsa (lowest sodium available)

Directions

1. Lightly spray a large saucepan with cooking spray. Cook the beef and onion over medium-high heat for 5 to 7 minutes, stirring constantly to turn and break up the beef. Transfer the beef mixture to a colander. Drain well. Return to the pan.
2. Stir in the bell pepper, jalapeño, chili powder, cumin, garlic, and coriander. Cook for 5 minutes, stirring occasionally.
3. Stir in the remaining ingredients. Bring to a boil. Reduce the heat and simmer, covered, for 20 minutes.

Cook’s Tip: Serve the chili topped with low-fat grated cheese, a dollop of fat-free sour cream, slices of avocado, chopped fresh cilantro, or chopped green onions.

Nutrition Analysis (per serving)

Calories 394
Total Fat 15.0 g
Saturated Fat 2.0 g
Trans Fat 0.0 g
Polyunsaturated Fat 3.5 g
Monounsaturated Fat 7.0 g
Cholesterol 80 mg
Sodium 286 mg
Carbohydrates 23 g
Fiber 5 g
Sugars 4 g
Protein 40 g
Dietary Exchanges: 5 lean meat, 1 starch, 2 vegetable

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It’s the most wonderful time of the year…and possibly the busiest too. Midyear testing, holiday programs, family events, and much more can zap your energy and your willpower. The next thing you know, you’re stress-eating sweets in the teachers’ lounge. Yikes!

Is there a way to have a happy, heart-healthy holiday season? You bet, and it’s easier than it sounds. Read on!

Research has shown that walking at least 30 minutes a day can help you:

• Reduce your risk of coronary heart disease and stroke
• Improve your blood pressure, blood sugar levels and blood lipid profile
• Maintain your body weight and lower the risk of obesity
• Enhance your mental well-being
• Reduce your risk of osteoporosis
• Reduce your risk of breast and colon cancer
• Reduce your risk on of non-insulin dependent (type 2) diabetes

Did You Know?

Start your “hearty” holiday celebrations with tips like this:

✓ Before you head out to a holiday party, eat a healthy snack so you don’t fill up on calorie-filled goodies.

✓ Planning to enjoy a cocktail? Avoid the sugary ones and opt for red wine or one with a club soda base.

✓ Control stress by planning ahead. Review your to-do lists and obligations a few days in advance. You’ll know if you’re overcommitted and need to scratch something off your list.

Learn more at heart.org/healthyliving.

Chicken Tortilla Soup

Serves 4; 1½ cups per serving
Slow cooker size/shape: 3- to 4½-quart round or oval
Slow cooking time: 6 to 8 hours on low, OR 3 to 4 hours on high

Ingredients

1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into ½-inch cubes
2 cups frozen whole-kernel corn, thawed
2 cups fat-free, no-salt-added chicken broth
1 14.5-ounce can no-salt-added diced tomatoes, undrained
⅛ cup finely chopped onion
1 teaspoon sugar
1 teaspoon ancho powder
2 medium garlic cloves, minced
¼ teaspoon salt
2 6-inch corn tortillas, cut into ¾-inch-wide strips, and 1 6-inch corn tortilla, torn into pieces, divided use
2 to 4 tablespoons snipped fresh cilantro
¼ cup finely chopped avocado
¼ medium red bell pepper, cut into matchstick-size strips

Directions

In the slow cooker, stir together the chicken, corn, broth, tomatoes with liquid, onion, sugar, ancho powder, garlic, and salt. Cook, covered, on low for 6 to 8 hours or on high for 3 to 4 hours. Meanwhile, preheat the oven to 350°F. Arrange the tortilla strips in a single layer on a baking sheet. Bake for 8 to 10 minutes, or until crisp. Transfer the baking sheet to a cooling rack. Let the strips stand for about 15 minutes, or until cool. Transfer to an airtight container and set aside. When the soup is ready, transfer 1 cup to a food processor or blender. Stir in the tortilla pieces. Let the mixture stand for 1 minute so the tortilla pieces soften. Process until smooth. Stir the mixture into the soup. Stir in the cilantro. Ladle the soup into bowls. Sprinkle with the avocado, bell pepper, and reserved baked tortilla strips.

Cook’s Tip: Adding the processed soup and tortilla mixture to the rest of the soup gives the finished product more body and distributes the tortilla flavor.

Nutrition Analysis (per serving)

Calories 292
Total Fat 5.5 g
Saturated Fat 1.0 g
Trans Fat 0.0 g
Polyunsaturated Fat 1.0 g
Monounsaturated Fat 2.0 g
Cholesterol 73 mg
Sodium 350 mg
Carbohydrates 33 g
Fiber 5 g
Sugars 8 g
Protein 30 g
Dietary Exchanges: 1½ starch, 2 vegetable, 3 lean meat

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