

Love your HEART, IT WILL LOVE YOU BACK!

By Kendra Gutschow, RDN, LD, Resident of Twin Creeks

resident business spotlight

February is not only the month of love, but it's also American Heart Month! Did you know that heart disease is the number-one killer of women, causing more deaths than all forms of cancer combined? The good news is that it's largely preventable through diet and lifestyle.



Show your heart some love by making simple nutrition choices that can make a big difference! Instead of worrying about what foods to avoid, focus on healthy options to add. Fill your plate with non-starchy vegetables, like zucchini, spinach, green

beans, peppers, and broccoli. When it comes to fats, flavor salads and grains with olive oil or avocado most of the time. Choose fish with healthy fat, like salmon, or lean chicken breast for protein, and keep portion sizes to 3 ounces (picture a deck of cards). If you love red meat, make it a treat a few times a month. Keep sodium in check by sticking with fresh fruits and vegetables and flavoring foods with salsa, flavored vinegar or fresh herbs.

Other lifestyle choices to keep your heart strong include: exercising often, managing stress, quitting smoking, maintaining a healthy weight and drinking alcohol in moderation. As with everything else, taking on one small change at a time is the best strategy. Your heart will feel the love, trust me!

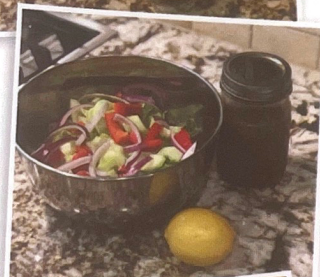


Greek Vinaigrette

Making your own salad dressing is a great way to avoid excess sodium, added sugar and preservatives. Try this one on a salad or to marinate chicken, fish or vegetables!

- 1 cup olive oil
- ½ cup red wine vinegar
- Juice of 1 lemon
- 2 garlic cloves, minced
- 1 tsp. salt
- 1 tsp. dry oregano

Measure and combine ingredients in a mason jar. Shake well to combine. Store leftover dressing in the refrigerator and bring to room temperature before using, to allow olive oil to become liquid.



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