



## EAT MORE COLORS THIS FEBRUARY!

February is Heart Health Month, a great time to get more colors (and nutrients) into our meals. The different colors in fruits and vegetables contain specific nutrients that support cardiovascular function and help reduce the risk of heart disease. The more variety of color in your diet, the more variety of nutrients!

According to a 2024 report from the American Heart Association, heart disease has been the leading cause of death in the United States for 100 years. On average, someone dies from cardiovascular disease every 34 seconds. In many cases, this can be prevented! Here are some tips on how to be more Heart Smart this February and all year long:

- Start your day with some delicious oatmeal to help control blood pressure.
- Incorporate fish into your diet each week. Fish like salmon and mackerel, provide heart healthy fats to help reduce stroke risk.
- When it comes to snacking, try some almonds or walnuts to help reach healthy blood cholesterol levels.



## LET'S GO RED FOR HEART HEALTH

Heart Disease is the leading cause of death in women in the United States. To raise awareness, the American Heart Association created Wear Red Day. This year, on February 7th, everyone is encouraged to wear red to show support. On this day, we encourage our guests to eat red too! Fruits, vegetables, and grains in shades of red, pink, and purple provide antioxidants, vitamins and minerals that have heart health benefits.

The specific phytonutrients that come with these hues have been linked to reducing inflammation (which occurs with heart disease) and helping to decrease the risk of blood clots. Keep your heart happy by incorporating these foods into your diet: apples, beets, blackberries, blueberries, cherries, cranberries, eggplant, elderberries, figs, grapes, lavender, plums, prunes, purple cabbage, raisins, raspberries, red onions, red peppers, strawberries, tomatoes and watermelon.

## CHEF'S TIP

Have a Happy and Healthier Valentine's Day!

What better way to celebrate Heart Health month than to treat those we care about the most to a heart-healthy Valentine's meal? You don't have to be a Top Chef to pull these off, and indulgence doesn't have to come with guilt! These recipes highlight nutrient dense foods like beets, lentils and low-fat yogurt, so you can treat yourself and your loved ones while being mindful of your wellness goals. Choose one item or go all out and serve the entire menu – either way, have fun and enjoy!

- **Mocktail:** Cherry Lime Rose Mocktail
- **Salad:** Roasted Beet and Orange Salad with Fennel Onion Slaw
- **Entrée:** Shrimp with Wine, Lentils and Tomatoes
- **Dessert:** Strawberry Basil Yogurt Panna Cotta

For these recipes and more visit [weeatlivedowell.com](http://weeatlivedowell.com) or scan the QR code below!



**FIND YOUR  
NEXT FAVORITE  
RECIPE!**