



HEART HEALTH **APRIL 2021**

Keep in touch and stay on track

IMPORTANT INFORMATION

Scheduling (843)-876-0444

Heart Health Team

(843)-792-4717

Be sure to leave a message!

hearthealth@musc.edu

www.musckids.org/heart/health

Earth day!

On April 22nd we celebrate our beautiful mother Earth. There are plenty of healthy and awesome ways to celebrate our planet on its special day and every day. For one, try honoring the Earth by eating more of the wonderful plant foods that it is able to grow for us. Also, try spending more time playing and exercising outdoors.

HELLO SPRING!

As we welcome spring, we welcome all of the delicious foods it brings along with it. When a fruit or vegetable is in season it means that it is available at its highest quality and at its cheapest price. Some veggies and fruit that are in season in South Carolina for the month of April include;

- asparagus
- broccoli
- cabbage
- greens
- herbs
- strawberries

Take advantage and incorporate some of these foods into your diet this month!



To keep up with what in season in South Carolina visit
<https://www.pickyourown.org/SC harvestcalendar.htm>

Recipe of the Month

Healthy Strawberry Muffins



Nutrition facts
(per serving)

Calories: 147

total fat: 4.7 grams

total sugars: 9.5 grams

total protein 3.7 grams

Makes 12 muffins

1 muffin = 1 serving

Prep time: 10 minutes

cook time 18 minutes

Ingredients

- 1 1/2 Cups Whole Wheat Flour
- 1/2 Cup Rolled Oats
- 1 Teaspoon Baking Powder
- 1/2 Teaspoon Baking Soda
- 1/3 Cup Maple Syrup (or Honey)
- 3 Tablespoons Canola or other neutral oil
- 1 Egg
- 1 Teaspoon Vanilla Extract
- 1 Cup Milk
- 1 Cup Diced Fresh Strawberries

Instructions

- Preheat oven to 400 degrees F and grease a muffin tin with non-stick spray.
- Mix together all ingredients in a large bowl just enough to combine. Do not over mix.
- Evenly divide the batter between the muffin tins using about 1/4 cup per cup.
- Bake 18-20 minutes or until a cake tester inserted into the center comes out cleanly.
- Remove from oven and let cool for 1-2 minutes and remove to cool on a wire rack. use knife around edges to help remove from pan

COVID-19 update

<https://www.yummytoddlerfood.com/recipes/breakfast/strawberry-muffins/>

- Clinic visits are being conducted both virtually (via the following link: <https://MUSC.doxy.me/hearthealth>), and in person. **Please specify when scheduling if you would like a virtual or in person appointment.**
- Because of the recommendations for gatherings and social distancing by public health officials, **all Thursday group sessions and Fit Kids sessions are virtual:**
 - Group education sessions are at 4:00pm on Thursdays via Microsoft Teams. Please read your Heart Health text updates and look for the link on our private Facebook Group page <https://www.facebook.com/groups/134995866512355/>. The Facebook Group is where we post helpful resources and include important announcements.
 - Fit Kids group exercise sessions are at 5:30pm on Mondays and Wednesdays and 10:00am on Saturdays us via Zoom: <https://zoom.us/j/9875590743?pwd=aVVna3NKT2ZKcThtWTdYdjZiNHRqUT09>
- Please continue to read your Heart Health text messages for updates.
- For information on Coronavirus, please refer to the CDC website. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- If you feel like you may have symptoms or need to see a provider, please utilize the FREE MUSC virtual care: <https://campaigns.muschealth.org/virtual-care/index.html>

Stay safe and healthy and we will see you all soon!