

Heart Health

February 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

It's American Heart Month!

Show your heart some LOVE by choosing healthy foods and getting exercise

- Fiber is an important part of heart health. To increase your dietary fiber intake, include more plant-based sources of protein such as beans and peas, choose whole grains whenever possible and make half your plate fruits and vegetables at each meal.
- Low to moderate amounts of fat, especially unsaturated fat, can keep your heart healthy. Unsaturated fats found in foods such as nuts, olives, avocados and fatty fish may help increase good cholesterol levels.
- Another way to reduce your risk of heart disease is to be active. Kids should get 60 minutes of physical activity per day.

For more information, please visit: <https://www.eatright.org/health/wellness/heart-and-cardiovascular-health/prepare-heart-healthy-foods-for-your-family>

Tips for a healthy Valentine's Day

Valentine's Day brings about thoughts of love, friendship and, of course, candy. This Valentine's Day, consider other non-food gifts for your loved ones and friends.

Non-Food Gift Examples

- Stuffed Animals
- Stickers
- Valentine's day themed pencils/pens and paper
- Playdoh
- Bubbles
- Small games/toys

Recipe of the Month

Roasted Vegetables

Prep Time: 15minutes

Cook Time: 40 minutes

Yield: 12 servings

Nutrition Facts (per serving): 123 calories; protein 2g; carbohydrates 20g; fat 4.7g; sodium 26mg

Ingredients

- 1 small butternut squash, cubed
- 2 red bell peppers, seeded and diced
- 1 sweet potato, peeled and cubed
- 3 Yukon Gold potatoes, cubed
- 1 red onion, quartered
- 1 tablespoon chopped fresh thyme
- 2 tablespoons chopped fresh rosemary
- ¼ cup olive oil
- 2 tablespoons balsamic vinegar
- salt and freshly ground black pepper

Directions

- Preheat oven to 475 degrees F (245 degrees C).
- In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes.
- Separate the red onion quarters into pieces and add them to the mixture.
- In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.
- Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

For more information, visit: <https://www.allrecipes.com/recipe/9377/roasted-vegetables/>

Covid-19 Update

- 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!