

KEEP IN TOUCH AND STAY ON TRACK!

# MARCH 2021

## HEART HEALTH

### MARCH IS NATIONAL NUTRITION MONTH

*Tips and Information from the Academy of Nutrition and Dietetics*

Every March, National Nutrition Month is celebrated in an effort to raise awareness of the importance of healthy food choices and physical activity.

Here are some tips and tricks to keep on track this month:

- Eat Breakfast-- Kick start your day and your metabolism.
- Be active-- Good for the body and the mind!
- Watch your portion size--Make sure that half of your plate is filled with veggies and fruit.
- Drink more water-- Hydration is good!
- Explore New Foods-- You don't know until you try! Be festive and try a new green (or any color) vegetable!



### 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](http://www.musckids.org/heart/health)

Be festive... GO GREEN!



# Kale Chips

## INGREDIENTS

- 1 bunch curly kale (about 5 cups)
- 1 Tablespoon olive oil
- 1/2 teaspoon sea salt



## INSTRUCTIONS:

- Preheat oven to 350°F.
- Wash and dry kale, de-stem and roughly chop into bite-size pieces.
- Make sure kale is very dry, add to a large bowl and toss with olive oil and sea salt.
- Spread kale out on a large baking sheet, making sure not to overlap pieces.
- Bake for 15-20 minutes, until kale is crisp.

**\*\*Best served immediately, but if needed you can store them in a sealed container for 1-2 days**

## NUTRITION FACTS:

Serving Size: 1 batch  
Calories: 184  
Sugar: 2g  
Fat: 14g  
Carbohydrates: 7g  
Fiber: 3g

## Find it online:

<https://www.eatingbirdfood.com/easy-baked-kale-chips/>

## 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!