

## **November 2021**

### **Heart Health**

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

### **Happy Thanksgiving!**

Heart Health wishes you a happy Thanksgiving! Enjoy your time with family and friends, and remember to stay on track with your goals!

### **November is Sweet Potato Awareness Month!**

Sweet potatoes are great for us! Here are some reasons why:

- High in Vitamin C and Vitamin A. Vitamin C can help heal cuts and wounds, and Vitamin A can promote good vision, cell growth, and a healthy immune system.
- Rich in antioxidants that can help protect your body from free radicals.
- Contain fiber and antioxidants that promote the growth of good gut bacteria and contribute to a healthy gut.
- Rich in beta-carotene and anthocyanins, which are antioxidants that may help prevent vision loss and improve eye health.

Sweet potatoes can be stored for up to a week on the counter or up to a month in dry, dark, and cool areas. Try a sweet potato today!

For more information check out:

[https://www.healthline.com/nutrition/sweet-potato-benefits#TOC\\_TITLE\\_HDR\\_7](https://www.healthline.com/nutrition/sweet-potato-benefits#TOC_TITLE_HDR_7) and

<https://food.unl.edu/article/sweet-potatoes#nutrition>

### **Tips for a Healthy Thanksgiving!**

1. Make fitness a new family tradition! Taking a walk or playing a family game of football are good ways to get your heart rate up day!
2. Eat a nutritious breakfast that includes some vegetables or fruit, healthy fats, protein and fiber so that you are not starving when it comes to dinner time! "Saving up" calories can lead to overeating.
3. Keep an eye on your portion sizes and skip a second plate.
4. Savor your food between each bite and put your fork down while you're chewing.
5. Focus on family and friends rather than the food.

Information retrieved from <https://www.medicalwesthospital.org/9-tips-for-a-healthy-thanksgiving.php>

## Recipe of the Month

### Roasted Butternut Squash

Prep Time: 10 mins

Cook time: 30 mins

Total time: 40 mins

Yields 6 servings

Nutrition Facts Per Serving: 89 calories, 12g carbohydrates, 3g fiber, 2g sugar, 1g protein, 5g fat, 200mg sodium

### Ingredients

- 1.5 lbs butternut squash peeled, seeded, and cut into 1-inch cubes
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt (or 1/2 teaspoon fine salt)
- 1 teaspoon garlic powder
- 2 teaspoons chili powder

### Instructions

1. Preheat your oven to 425 degrees F. Line a rimmed baking sheet with parchment paper.
2. Place the butternut squash cubes in a large bowl. Add the olive oil and use your hands to mix it into the squash cubes.
3. Add the salt, garlic powder and chili powder. Mix well.
4. Arrange the coated butternut squash cubes in a single layer on the prepared baking sheet. Roast 15 minutes. Gently stir, then continue roasting until tender, 10-15 more minutes.
5. Serve immediately. Keep leftovers in an airtight container in the fridge for 3-4 days. Gently reheat them in the microwave before serving.

Recipe retrieved from <https://healthyrecipesblogs.com/roasted-butternut-squash/>

### Clinic Updates

- 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.**
- Group education sessions are currently on hold due to staffing difficulties. Please read your Heart Health text updates and look for more information 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 now offered both in person and virtually!!** Sessions are held in person Monday, Wednesday, and Friday at 5:30 PM and Saturday at 9:30 AM in Park Circle. Sessions will continue to be held virtually on Tuesdays and Thursdays at 5:30 PM via Zoom: <https://zoom.us/j/9875590743?pwd=aVVna3NKT2ZKcThtWTdYdjZiNHRqUT0>

**9. If your child would like to attend in person sessions, you will need to reserve your spot by either emailing [hhexercise@musc.edu](mailto:hhexercise@musc.edu) or leaving a message (843-792-4717) with your child's name and the days you want to sign him/her up.** We will only take sign-ups for one week in advance and you must have your reservation in by 5:00 PM on Fridays.

- Please continue to read your Heart Health text messages for updates.
- If you feel like you may have Covid symptoms or need to see a provider, please utilize the FREE MUSC virtual care: <https://campaigns.muschealth.org/virtual-care/index.html>