

HEART HEALTH

Keep in touch and stay on track!!



IMPORTANT
INFORMATION:
SCHEDULING
(843) 876-0444
MAIN OFFICE
(843) 792-4717
HEARTHEALTH
@MUSC.EDU

Dear Heart Health Families,

It is difficult to make this announcement, but I want to inform you that I will be accepting a new position in August, and, unfortunately, will no longer be one of your Heart Health dietitians. I have been with Heart Health for 3 wonderful years, and am very grateful for everything I have learned. Thank you all for allowing me to be a part of your journey and for sharing your family with me. I feel so lucky to have gotten to know you! I will miss witnessing your progress and accomplishments, but I know you are in great hands with Ms. Janet!

THANK
YOU



- Ms. Keely

Unfortunately, during the transition period between Ms. Keely & her replacement, follow-up appointments might be spaced out a bit further than the usual 2-4 weeks. Here are some things you can do to stay on track in-between your clinic visits:

- **Attend group sessions on Thursdays** at Miller Motte Technical College 5:00-6:00pm
- **Sign up for Fitness Sessions** by emailing hhexercise@musc.edu

We appreciate you being patient and flexible!

Please call or email us with any concerns.

Recipe of the month:

Broccoli Pesto Pasta



Ingredients (serves 2):

- Steamer bag of broccoli (8 oz.)
- ¾ cup dry (or 1 cup cooked) whole wheat medium shells or other small pasta
- ¼ cup grated Parmesan cheese
- ½ cup (packed) fresh basil leaves
- 2 tablespoons olive oil
- 2 teaspoons fresh lemon juice
- Salt and pepper to taste

Nutrition Facts (per ½ cup serving):

Calories	409	Carbohydrates	47g
Total Fat	18g	Fiber	9g
Sat Fat	3g	Protein	15g

Directions:

- 1) Steam broccoli according to package directions.
- 2) Add pasta to pot of boiling water and cook. Drain pasta, reserving 1 cup pasta cooking liquid, and return to pot.
- 3) While pasta cooks, transfer broccoli (save a handful of florets out) to a food processor or blender and add Parmesan, basil, oil, and lemon juice. Season with salt and pepper, then process until smooth.
- 4) Toss pasta with broccoli pesto, adding more pasta cooking liquid as needed to coat evenly. Toss in saved broccoli florets and season with salt and pepper.

Group Sessions:

All Group Sessions begin at 5:00 pm.

August 1: Stoplight Foods

Practice categorizing Green, Yellow & Red Light foods—a quick & easy way to plan healthy meals and snacks.

August 8: What to do when school's back in

School starting means the beginning of a whole new schedule. Learn how to seamlessly transition to your new routine and stay on track with your healthy habits and activities while school is back in session.

August 15: Smart Substitutions

Making your favorite recipes with lower calorie, lower fat substitutions can help you stick to your healthy habits.

August 22: Healthy Snacking

Do we need to snack? What are healthy snacks options? Come have all your questions answered.

*** August 29: NO GROUP SESSION ***

Group Sessions are Thursdays from 5-6pm at Miller Matte Technical College (8085) Rivers Ave. in North Charleston in Room 401



August FitKids Sessions:

Regular Hours:

Monday-Friday 5:30-6:30 pm

Saturday 9:30-10:30 am

(All located in Park Circle in North Charleston)

Please sign up one week in advance by email: hhexercise@musc.edu or call: (843) 792-4717 (Please leave a message!)