

HEART HEALTH

KEEP IN TOUCH AND STAY ON TRACK



November
2019



Important Information

Scheduling: (843) 876 0444

Main office: (843) 792 4717

Email: HeartHealth@musc.edu

Tips to remember throughout the month

- **Snack Smart**

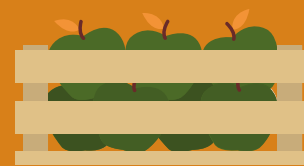
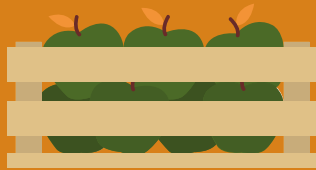
Harvard Health published a list of seven ways to snack smarter, which includes choosing whole-grain foods to increase satiety or have a high-low combination which includes healthy fats such as avocado or peanut butter to pair with something light (apple slices or whole-wheat toast).

- **Don't skip breakfast**

When you skip breakfast you are less likely to make healthy decisions throughout your day. Try adding colorful fruits to your breakfast option.

- **Pay attention to when you're full**

Remember to remove distractions when eating a meal or snack. Following Thanksgiving Day, if there are leftovers, remember that you can still enjoy them the next day.



Recipe of the month

Ingredients:

- 2 lbs of medium carrots
- 3 tablespoons of olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon pepper
- 1/4 teaspoon chili powder
- 1/4 teaspoon paprika
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground cinnamon
- A dash of ground cloves
- A dash cayenne pepper

• Directions

1. Preheat Oven to 400 degrees
2. In a large bowl, toss carrots with oil, then sprinkle on the seasonings
3. Roast carrots in baking pan coated in non-stick cooking spray for 25-35 minutes until lightly brown

Oven Roasted Spiced Carrots



October Fit Kid Sessions

Regular Hours:

Monday-Friday 5:30-6:30 pm

Saturday 9:30-10:30 am

(located at Park Circle in North Charleston)

****Thursday, November 28th is cancelled--please be active with your family on this holiday****

Please sign up one week in advance by email

hhexercise@musc.edu or call (843) 792 4717

(please leave a message!)

Group Sessions

Thursdays at 5:00

Miller Motte Technical College

8085 Rivers Ave., North Charleston

November 7th: Food and Your Body

Your body needs food to function properly because food provides nutrients. Find out what those nutrients are and how they keep your body functioning properly.

November 14th: Thanksgiving Do's and Don't's with Special Guest Speaker

Healthy tips for Holiday eating to help you stay on track with your goals.

November 21st: All about Fats

Knowing about fats is very important when you are trying to keep your body healthy. Learn all you need to know!

November 28th: No Group, Happy Thanksgiving !