

# HEART HEALTH

KEEP IN TOUCH AND STAY ON TRACK

# JUNE

2020

## 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

## SHOPPING FOR IN-SEASON PRODUCE

As the weather warms up, many fresh vegetables and fruits are coming into season. But what exactly does this mean? In-season produce is vegetables/fruit that are purchased and consumed around the time that they were harvested.

There are a variety of benefits to purchasing and consuming in-season produce! Fresh, in-season produce will be more flavorful, have a higher amount of nutrients, and is typically cheaper. Now is a great time to try new fresh vegetables and fruits with each meal!

### June Produce

- Blackberries
- Blueberries
- Raspberries
- Watermelon
- Peaches
- Plums
- Strawberries
- Cherries
- Nectarines
- Broccoli
- Cabbage
- Corn
- Cucumbers
- Green Beans
- Summer Squash
- Zucchini
- Tomatoes
- Peas

*For more information about seasonal produce each month of the year, visit:*

<https://www.seasonalfoodguide.org/south-carolina>

# RECIPE OF THE MONTH

## TRIPLE BERRY OATMEAL CUPS

### Ingredients:

- 3 cups of old fashioned oatmeal
- 1 tsp of baking powder
- 1 cup of skim milk
- 2 large eggs
- 1/2 cup honey
- 1 tsp vanilla extract
- 1/2 cup blueberries
- 1/2 cup raspberries
- 1/2 cup blackberries

### Directions:

- 1 Preheat oven to 350 F
2. Mix together dry ingredients in one bowl (old fashioned oats, baking powder)
3. Mix together wet ingredients in a separate bowl (skim milk, eggs, honey, vanilla extract)
4. Mix wet and dry ingredients together
5. Fold in berries
6. Spray muffin tin with nonstick cooking spray
7. Spoon mixture into muffin tins and bake for 25 minutes

**Nutrition Facts:** *Serving Size= 1 muffin*

**Calories: 143 | Fat: 2g | Sugar: 14g | Sodium: 62mg | Carbohydrates: 28g | Protein: 4g**



# CORONAVIRUS (COVID-19) HEART HEALTH UPDATE

The Coronavirus (COVID-19) pandemic has impacted all of us in many unpredictable ways. Because of the recommendations for gatherings and social distancing by public health officials, **Thursday group sessions and Fit Kids sessions are cancelled until further notice.** Clinic visits are now converted to virtual visits (you will have the choice of video or phone). We also will be conducting virtual educational sessions at 4:00 on Mondays and Thursdays via Webex (<https://musc.webex.com/meet/catjan>). Please sign up for our Facebook Group page, where we will be posting helpful resources and making important announcements:

<https://www.facebook.com/groups/134995866512355/>

**Please 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!

## Save the Date!

### New Date!

6th Annual

Building Healthy Communities

5K Run/Walk & Wellness Expo

**September 13, 2020 - 9:00am**

Hampton Park, Downtown Charleston

\*All Heart Health participants can sign up for FREE using the code: HeartHealth

\*must be accompanied by at least one paid adult registration

Special discounts for groups of 4 or more (see registration website) and veterans (use code: MILVET)

Sign up today!

[www.runsignup.com/Race/SC/Charleston/BuildingHealthyCommunities5K](http://www.runsignup.com/Race/SC/Charleston/BuildingHealthyCommunities5K)

