

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)  
EMAIL: HEARTHEALTH@MUSC.EDU  
WWW.MUSCKIDS.ORG/HEART/HEALTH

# HEART HEALTH MARCH 2020

## Happy National Nutrition Month!

### Tips on Eating The Rainbow!

- Dip apple slices or strawberries in low-fat yogurt
- Grill pineapple, peaches and banana on low heat until hot and slightly golden
- Try broccoli, spinach, green peppers, or zucchini on pizza
- Add blueberries or blackberries to oatmeal to make a yummy breakfast
- Try crunchy vegetables, like cauliflower, carrots, or bell peppers with low fat dressing

*March 11, 2020 is  
Registered Dietitian  
Nutritionist Day!*

### March Fit Kids Sessions

#### Regular Hours:

Monday - Friday 5:30 - 6:30 PM  
Saturday 9:30 - 10:30 AM  
(All located at Park Circle in  
North Charleston)

Please sign up one week in advance  
email (preferred): [hhexercise@musc.edu](mailto:hhexercise@musc.edu)  
or call (843) 792-4717  
(please leave a message with your child's  
name and the days you wish to bring  
him/her--you will not get a call back)

### Save The Date!



6th Annual  
Building Healthy Communities  
5K Run/Walk & Wellness Expo  
May 10, 2020 - 9:00am  
Hampton Park, Downtown Charleston

## Group Session Schedule:

All group sessions begin at 5:00 PM

### March 5 - Heart Healthy Cooking

Learn how to make quick, easy, and (most importantly) healthy foods– it's not as hard as you might think!

### March 12 - Eating the Rainbow on a Budget

You may know that it is best to choose colorful fruits and vegetables to get the vitamins & minerals you need, but come learn how to do it without breaking the bank!

### March 19 - Let's Get Movin'

Eating right is important for health, but so is exercise. Exercise CAN be fun, and it doesn't have to be painful or hard!

### March 26 - Beverages: What's in Your Cup?

Learn how to be a sugar detective and why it matters.

Group Sessions are Thursdays from 5-6 PM

Location will be changed starting March (TBD), so please read text message updates.

# RECIPE OF THE MONTH

## Sweet Potato Tots



### Cooking Instructions:

- Preheat oven to 450 F.
- Bring water to a boil in a medium size pot. Peel sweet potatoes and cook for approximately 12-15 min. (you want potatoes to be par boiled, soft enough to piece with a fork but still slightly firm). Drain and cool.
- Once potatoes are cool to touch, carefully grate on a box grater. Sprinkle with salt.
- Form into "tots" approx. 1 inch in size.
- Place on lined baking sheet. Drizzle (or spray) tots with olive oil. Cook 30 min., turning tots half way through cooking.
- Sprinkle with fresh rosemary and sea salt. Serve immediately with ketchup or try guacamole! (Condiments not included in nutrition facts.)

### Ingredients:

- 2 medium sweet potatoes
- 1 teaspoon salt
- 1 tablespoon minced fresh rosemary
- olive oil
- sea salt

### Nutrition Facts:

- Serving size: 5 tots
- Calories: 55
- Total Fat: 0.2 g
- Saturated Fat: 0.1 g
- Carbohydrates: 12.8 g
- Protein: 0.9 g