

NOVEMBER 2020

Heart Health

Spotlight on Four Fall Favorites:



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

PUMPKINS

Pumpkins are full of
vitamin A, dietary fiber
and potassium.



OATS

Oats are loaded with dietary fiber,
and they also support heart health.



BRUSSELS SPROUTS

A one-cup serving of cooked
Brussels sprouts provides 4
grams of dietary fiber and is a
good source of iron.



APPLES

Apples provide
vitamin C and dietary
fiber.

For more information, visit: <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/4-fall-foods-for-your-family>.

RECIPE OF THE MONTH



CLASSIC VANILLA OVERNIGHT OATS

Prep Time: 2 minutes
Servings: 1 large or 2 small containers

INGREDIENTS

- 1/3 cup plain Greek yogurt
- 1/2 cup (heaping) rolled oats
- 2/3 cup unsweetened almond milk
- 1 tbsp chia seeds or ground flax meal
- 1/2 tsp vanilla extract
- pinch of salt
- 0-2 tbsp honey or maple syrup

INSTRUCTIONS

- Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a jar with a tight-fitting lid.
- Close and refrigerate for at least 4 hours, but preferably overnight before eating.



Recipe can be found at: <https://wholefully.com/8-classic-overnight-oats-recipes-you-should-try/>

Nutrition Facts: Serving size- 1 small container: calories 177, total fat 5.8g, saturated fat 1.1g, trans fat 0g, cholesterol 4mg, sodium 152mg, carbohydrates 25.9g, fiber 4.9g, sugar 7.8g, protein 8.4g

Covid-19 Update

- Because of the recommendations for gatherings and social distancing by public health officials, **all clinic visits, Thursday group sessions and Fit Kids sessions are now virtual:**
 - Clinic visits are now conducted virtually via the following link: <https://MUSC.doxy.me/hearthealth>. We will begin conducting in person clinic visits at the end of this month. Please specify when scheduling if you would like a virtual or in person appointment.
 - Group education sessions are at 4:00pm on Thursdays via Webex: <https://musc.webex.com/meet/catjan>
 - Fit Kids group exercise sessions are at 5:30pm on Mondays and Wednesdays and 10:00am on Saturdays us via Zoom: <https://zoom.us/j/9875590743?pwd=aVVna3NKT2ZKcThtWTdYdjZiNHRqUT09>
- Please sign up for our private Facebook Group page, where we will be posting helpful resources and making important announcements: <https://www.facebook.com/groups/134995866512355/>. Also, 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!