

KEEP IN TOUCH AND STAY ON TRACK

OCTOBER 2020

Heart Health

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

The Teal Pumpkin Project



The Teal Pumpkin Project encourages people to raise awareness of food allergies and promotes inclusion of all trick-or-treaters. Putting a teal pumpkin on your doorstep means you have non-food treats available, (see examples at the bottom of the page). Below are some easy steps you can take to join the movement!

1. Provide non-food treats for trick-or-treaters.
2. Place a teal pumpkin in front of your home to indicate to passersby that you have non-food treats available.
3. Add your home to the Teal Pumpkin Project map.
4. Spread the word! Share the Teal Pumpkin Project with your friends and family.

For more information, visit:
<https://www.foodallergy.org/our-initiatives/awareness-campaigns/living-teal/teal-pumpkin-project>

Have a Healthy and Happy Halloween!

Halloween doesn't have to be scary for your health. Take some time to learn some tricks to enjoy your treats this month!

- Moderation is key! Moderation means only having a little bit of candy at a time and not too often. A good rule of thumb is to have 1-2 pieces about 3-4 times per week.
- Be aware of your hunger cues with mindful eating. Discuss savoring treats with your kids and how they might feel if they eat too much candy.
- Eat Dinner: Remember to feed your child a well-balanced dinner prior to trick-or-treating. This will help keep kids from overeating treats and will prevent candy from becoming dinner.

To find out more about how to have a healthy Halloween, visit
<https://www.eatright.org/health/lifestyle/holidays/enjoy-a-healthy-and-happy-halloween>

Ideas for non-food treats

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| • Glow sticks, bracelets, or necklaces | • Coins |
| • Pencils, pens, crayons or markers | • Spider rings |
| • Bubbles | • Vampire fangs |
| • Halloween erasers or pencil toppers | • Mini notepads |
| • Mini Slinkies | • Playing cards |
| • Whistles, kazoos, or noisemakers | • Bookmarks |
| • Bouncy balls | • Stickers |
| | • Stencils |
| | • Finger puppets or novelty toys |

RECIPE OF THE MONTH

Sweet Potato Stew

Prep Time: 20 minutes
Cook Time: 20 minutes
Servings: 4



Ingredients

- 2 cans (14-1/2 ounces each) reduced-sodium beef broth
- 3/4 pound lean ground beef (90% lean)
- 2 medium sweet potatoes, peeled and cut into 1/2-inch cubes
- 1 small onion, finely chopped
- 1/2 cup V8 juice
- 1 tablespoon golden raisins
- 1 garlic clove, minced
- 1/2 teaspoon dried thyme
- dash of cayenne pepper

Directions

- In a large saucepan, bring broth to a boil.
- Crumble beef into broth. Cook, covered, for 3 minutes, stirring occasionally.
- Add remaining ingredients; return to a boil.
- Reduce heat; simmer, uncovered, until meat is no longer pink and potatoes are tender, about 15 minutes.

Recipe can be found at: <https://www.tasteofhome.com/recipes/sweet-potato-stew/>

Nutrition Facts: Serving: 1-1/4 cups: 265 calories, 7g fat (3g saturated fat), 58mg cholesterol, 532mg sodium, 29g carbohydrate (13g sugar, 4g fiber), 20g protein

COVID-19 HEART HEALTH UPDATES

- 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>
 - 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=aVVna3NKt2ZKcThWTdYdjZiNHRqUT09>
- 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!