

Heart Health
August 2022

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

Back to School!

As the new school year rolls around, we want to encourage our families to maintain their healthy habits! We have some tips below on how to get the whole family involved. We hope everyone has a fantastic start to school!

Heart Healthy Lunch Ideas

Sandwiches on whole grain bread or wraps (August is National Sandwich Month!)

Pasta salad (include some veggies)

Yogurt bowl with fruit and nuts

Chicken salad wraps

PB&J

Lunch Side Item Ideas

Veggies and hummus

Fruit

Carrots and celery

Apples and nut butter

Tips for Back to School

Encourage kids to get involved in packing their lunch.

Pre-plan after-school activities.

Invest in a new planner or lunch box to help keep the family organized.

Keep the kids and family involved in school activities.

Have fun outside in the last few weeks of summer!

Set some new goals for the upcoming school year.

In-Season Fruits and Vegetables

Apples

Avocados

Bananas

Bell peppers

Zucchini

Tomatoes

Mushrooms

Celery

Broccoli

Melons

(<https://healthyfamilyproject.com/whats-in-season-for-august/>)

Recipe of the Month

Avocado Chicken Salad

Ingredients:

2 medium cooked chicken breasts, shredded or chopped (we used rotisserie chicken)

2 ripe avocados pitted and diced

½ cup corn, roasted, canned or frozen

¼ cup red or green onion, minced

2 tablespoons cilantro, minced (or parsley or dill)

2 tablespoons lime juice (or lemon juice)

2 tablespoons olive oil

Salt and pepper to taste

Instructions:

In a large bowl, add the shredded chicken, avocado, onion, corn, peppers, and cilantro. Drizzle with the lime (or lemon) juice and olive oil and season with salt & pepper. Toss gently until all the ingredients are combined.

Nutrition for one serving:

Calories: 259kcal

Carbohydrates: 9g

Protein: 20g

Fat: 17g

Saturated Fat: 3g

Cholesterol: 49mg

Sodium: 48mg

Potassium: 509mg

Fiber: 5g

Sugar: 1g

Find the recipe here: <https://gimmedelicious.com/avocado-chicken-salad/#recipe>

Clinic Updates

Clinic visits are being conducted both virtually (via the following link:

<https://MUSC.doxy.me/hearthealth>) and in person. **Please specify when scheduling if you would like a virtual or in-person appointment.**

Group education sessions are currently on hold due to staffing difficulties. Please read your Heart Health text updates and look for more information on our private Facebook Group page: <https://www.facebook.com/groups/134995866512355/>. The Facebook Group is where we post helpful resources and include important announcements.

Fit Kids group exercise sessions are now offered both in-person and virtually!! Sessions are held in person Monday, Wednesday, and Friday at 5:30 PM and Saturday at 9:30 AM at Quarterman Park. Sessions will continue to be held virtually on Tuesdays and Thursdays at 5:30 PM via Zoom:

<https://zoom.us/j/9875590743?pwd=aVVna3NKT2ZKcThWTdYdjZiNHRqUT09>.

***If your child would like to attend in-person sessions, you will need to reserve your spot by either emailing hhexercise@musc.edu or leaving a message (843-792-4717) with your child's name and the days you want to sign him/her up. We will only take sign-ups for one week in advance and you must have your reservation in by 5:00 PM on Fridays.**

Please continue to read your Heart Health text messages for updates.

If you feel like you may have Covid symptoms or need to see a provider, please utilize the FREE MUSC virtual care: <https://campaigns.muschealth.org/virtual-care/index.html>