



# FEBRUARY

## Heart Healthy Choices

### Eat Heart Healthy Foods and Get Moving!

Eating nutritious foods is one of the simplest ways to protect your heart and support your overall health. A diet rich in fruits, vegetables, whole grains, and lean proteins helps manage blood pressure and cholesterol, reduces the risk of heart disease, and keeps your body energized.

Next time hunger hits, think of your heart and try these heart healthy foods:

- Leafy Greens like spinach, kale, and broccoli
- Fruits like apples, bananas, oranges, and grapes
- Whole grains like oatmeal and brown rice
- Fat free or low fat dairy
- Protein rich foods like fish, eggs, and lean meats

Don't forget to stay active to reduce risks for health complications with your heart and keep your lungs and heart strong!



### Celebrate National Heart Month!

During National Heart Health Month in February, help kids understand how eating better and moving more can contribute to a healthy heart. 5-2-1-0 Healthy Choices Count! partner, the Iowa Heart Foundation, has incredible resources for registered sites like heart kits, heart anatomy tools, and more!

**TIP FOR TEACHERS:** Don't have time to teach about heart health? Incorporate information into other core subjects like Math, Language Arts, and Science.

