

Heart Disease is the #1 Killer of Women. Know Your Risks.

Newsletter 2
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Keep it Colorful

The American Heart Association recommends eating an overall healthy diet, which includes a variety of fruits and vegetables each day. And studies show that the greater your daily intake of fruits and veggies, the lower your risk of heart disease and stroke.

According to the State Indicator Report on Fruits and Vegetables, 2013 published by the Centers for Disease Control and Prevention, in Connecticut, 32 percent of adults and 35 percent of adolescents eat fruit less than once a day and 21 percent of adults and 35 percent of adolescents eat veggies less than once a day.

The American Heart Association recently introduced its [+color](#) initiative which focuses on the positive health

impact of fruits and vegetables. It is estimated that if Americans ate the five cups of recommended fruits and vegetables every day, approximately 39,900 deaths would be prevented from cardiovascular diseases, stroke and diabetes and \$7.6 billion in medical costs could be saved annually.

Here are a few tips from the American Heart Association to increase those vital foods into your daily life:

Tip #1: Keep it colorful. Challenge yourself to try fruits and vegetables of different colors. Make it a red/green/orange day (apple, lettuce, carrot), or see if you can consume a rainbow of fruits and vegetables during the week.

Tip #2: Try adding them to foods you already love. Frozen peas to mac'n'cheese, veggies on top of pizza and slices of fruit on



top of breakfast cereals or low-fat ice cream.

Tip #3: Add fruits and vegetables to food that is cooked or baked – pasta sauces, casseroles, soups and omelets.

Tip #4: Try roasting veggies like cauliflower, broccoli, Brussels sprouts, onions, carrots or eggplant. Exposure to heat caramelizes them which enhances their natural sweetness and reduces bitterness!

A few suggestions to get fruits and veggies in your kid's diets include vegetable dippers, smoothies, fruit pops and fruit desserts.

Visit heart.org/nutrition for more ways you can improve your diet and lifestyle.

Sneaky Salt

Sodium is often added to canned or frozen vegetables. If you're buying canned or frozen, watch out for added salt and sugar. When shopping for canned vegetables, be sure to compare food labels and choose the product with the least amount of sodium.

When choosing canned fruit, choose fruit packed in fruit juice or light syrup. If shopping for frozen fruit, select 100% fruit with no added sugar. Check the labels of frozen products with sauces as those can be a source of added salt. Limiting sodium can help you reduce the risk for [heart disease](#). Learn more about [sodium](#).

Spotlight in the Community

On November 13, Bethel AME Church in Bridgeport and St. Vincent's Medical Center kicked off their first health lesson titled

"Don't Go Breakin' Your Heart".

This health lesson reviewed the link between salt intake and cardiovascular risk. It provided the push needed to break off the love affair with salt and embrace a healthier relationship.

In addition to the health lesson, blood pressure screenings were provided along with a cooking demonstration and the opportunity to sign up for the check-change-control program.



For information on the 2017 Go Red For Women Luncheon go to
<http://hartfordgoredluncheon.heart.org>

