



what's your fooditude

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FUEL YOUR BODY AND YOUR MIND WITH A HEALTHY FOODITUDE!

Food that Fuels Your Heart!

Food is a necessary part of maintaining a healthy heart. Not only can food taste good, but choosing heart healthy options can make us feel great as well! However, there is not just one food group that is best for the heart; there are a variety of foods from each group.

First, it is important to consume whole grains. This type of food contains high amounts of fiber, as well as B vitamins, magnesium, and iron. Fiber has been shown to reduce the risk of cardiovascular disease and decrease LDL cholesterol. Fruits and vegetables are also an excellent choice for our hearts. These are both high in fiber and potassium, as well as low in sodium; potassium and fiber may lower blood pressure, and decrease the risk for both heart attack and stroke. Including a variety of whole fruits and vegetables in your diet allows for an increased intake of heart-healthy nutrients. When fresh produce is not available, choose frozen or canned vegetables and fruits in water without added sugars, saturated and trans fat, or salt. Seasonal and local produce can be both cheaper, environmentally friendly, better tasting, as well as have a higher nutritional value. Choose lean, low-fat protein sources; this could include low-fat yogurt, lean ground turkey, and low sodium beans. Healthy fats and oils are also a necessary part of a heart healthy diet. Items such as fatty fish (salmon and mackerel), and walnuts that contain omega-3 fatty acids have been proven to reduce blood pressure and raise HDL cholesterol.

By including these foods in your diet, you can be sure that you are doing the best to keep your heart healthy!



SUCH A SWEETIE!

These orange-fleshed potatoes are known to be a great source of beta-carotene. They also deliver good sources of vitamin A, vitamin C, and are full of manganese, calcium, potassium, iron, vitamin B6 and fiber.

fooditude recipe corner...

FLAVOR UP WITH A FANCY GRILLED CHEESE! FOR A LITTLE EXTRA ZING ADD SOME SRIRACHA OR CRUSHED RED PEPPER.

FAJITA GRILLED CHEESE

INGREDIENTS

- 1 tablespoon olive oil
- 1/4 cup sliced green bell peppers
- 1/4 cup sliced red bell peppers
- 1/4 cup sliced yellow bell peppers
- 1/4 cup sliced red onions
- sliced pepper jack cheese
- sliced crusty baguette or other hearty bread
- butter

DIRECTIONS

Heat skillet over medium heat. Drizzle with olive oil and add bell peppers and onion. Sauté until tender and set aside. Slice bread and butter on one side. Assemble sandwich with cooked peppers, pepper jack cheese and bread. Cook sandwiches in skillet over medium heat until golden brown, flipping once before serving.

**SHARE YOUR MASTERPIECE!
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