

It's American Heart Month!

Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication. So, what is one lifestyle change you can make this month to reduce your risk?

TRY EATING MINDFULLY!



If you want to put healthier eating habits on the menu, mindfulness may be a simple and effective place to start! It's not about dieting or restrictions – it's about taking a moment to take it in.



Try these easy ways to incorporate mindful eating into your day so that you can eat smart at every meal!

Ponder: Check in with yourself about your hunger before you eat – you may actually be thirsty, bored, or stressed.

Appraise: Pause a moment to take it in. How does it smell? Do you really want it? If the answer is “yes”, take the best-looking bite first!

Slow: Slow down so your brain can keep up with your stomach. Put your fork down between bites and focus on the flavor.

Savor: Enjoy your food. Actually chew your food well. Take a moment to savor the satisfaction of each bite – the taste, texture, everything!

Stop: Stop when you're full – there's no need to join the clean plate club if it means overeating.

Try one or more of these tactics to help you eat more mindfully.

For more ways to be Healthy for Good, visit heart.org/healthyforgood.

Nutrition Fact Check: Seed Oils

The most well-known seed oils are canola, soybean, safflower, corn, cottonseed, grapeseed, rice bran, and peanut oils. Seed oils provide saturated, monounsaturated (MUFAs) and polyunsaturated fats (PUFAs). Current research supports using seed oils as part of a balanced diet, particularly as alternatives to saturated fats. While some concerns remain about inflammation or oxidative effects, most studies don't find these effects when seed oils are consumed in typical dietary amounts. Registered Dietitians continue to recommend seed oils over animal fats due to their potential to lower cardiovascular risk. As with any fat, seed oils are best used in moderation alongside a diet that emphasizes whole, minimally processed foods.

Seed Oils Continued...

Healthy ways to use seed oils:

- Substitute for some of the solid fat in baked goods, such as whole-grain muffins
- Season a cast-iron skillet
- Oil grill grates to keep food from sticking
- Roast vegetables in the oven to get a toasted flavor
- Stir-fry meat and vegetables
- Pop popcorn on the stove
- Make salad dressings—the fat in oils increases the absorption of fat-soluble vitamins A, E, and K that are in leafy greens
- More recipes featuring healthy fats are available on eatright.org

For more evidence-based information on nutrition topics that are in the news, visit: eatrightPRO.org/NutritionFactCheck.



APPLE SWEET POTATO BAKE

Ingredients:

- 3 cups sliced, peeled, cooked, and cooled sweet potatoes
- 3 cups sliced and peeled tart apples (about 2 large)
- 3/4 cup packed brown sugar
- 3/4 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 1/4 teaspoon salt
- Dash black pepper
- 1 tablespoon butter



Yield: 8 servings Prep: 15 min Cook: 30 min

Directions:

In a greased 1-1/2-qt. baking dish, layer half of the sweet potatoes and apples. In a small bowl, combine the brown sugar, nutmeg, allspice, salt, and pepper; sprinkle half over apples. Dot with half of the butter. Repeat layers.

Cover and bake at 350° for 15 minutes. Baste with pan juices. Bake, uncovered, 15 minutes longer or until apples are tender.