



NUTRITION CORNER



From the desk of the OFA Registered Dietitian: *Juanita Bryant, RDN, CDE*

February is American Heart Month

HEALTHY DIET HEALTHY WEIGHT HEALTHY HEART

A well-balanced healthy diet can help you maintain heart health.

Ways you can create a healthy meal plan:

- Control your portion size- try using smaller plates and bowls, even measuring cups can help
- Consume more fruits and vegetables- they are low in calories and high in fiber
- Choose whole grains – a good source of fiber
- Limit unhealthy saturated and trans fats - reducing intake is crucial to improve blood cholesterol and lower your risk of coronary artery disease (CAD)
- Choose lower protein options such as: lean meats, poultry, fish, low fat dairy products and eggs. Meatless options include legumes, beans and lentils.
- Reduce sodium intake in the food you consume - the goal is to consume less than 2400 milligrams per day (look at the food labels)
- Plan ahead! Create a weekly menu so you have meals planned to avoid fast foods when on the road
- Treats! Don't forget to give yourself a treat once in a while, not all the time but on occasion will keep you on the right path

EXERCISE is also important!

Stay active, join the gym, grab your friend and take a walk.



Join us at OFA'S
"Community Cafés"

For reservations and more information please call:
Gateway Community Industries @ 331-2180

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