



February 2014



Love Your Heart!

From the desk of Lori Harvey RDN, LD



February is American Heart Month ... Love Your Heart!

Heart disease continues to be the leading cause of death in the U.S. Many of these deaths are preventable, and food choices have a big impact on your health, even if you have other risk factors. You can prevent and control high cholesterol, high blood pressure, excess weight, and obesity with lifestyle changes, medications, and healthy eating. Talk to your doctor to find out if you are at high risk for heart disease.

Here are a few tips to get you on your way to a healthier heart:

- ✓ Be physically active in your own way. Start by doing what you can, at least 10 minutes at a time. Regular physical activity can lower blood pressure and helps to manage stress and weight. Always check with your physician before starting a workout program.
- ✓ Eat more fruits and vegetables. Aim to fill half your plate with colorful fruits and vegetables every meal.
- ✓ Eat less salt by preparing foods at home so you can control the amount of salt in your meals. When cooking, replace some, or all, of the salt with herbs and spices. At the store, choose reduced-sodium or no-salt-added canned soups and vegetables.
- ✓ Eat whole grains – such as whole wheat, brown rice, whole oats, whole-grain cornmeal, and barley. Choose products that list these whole-grain products first on the ingredient list. Look for 100% whole-grain products.
- ✓ Regularly eat fatty fish like salmon, lake trout, albacore tuna (in water, if canned), mackerel, and sardines.
- ✓ Eat fewer foods with saturated fats, trans fats, added sugars, and refined grains.
- ✓ Quit Smoking. You can call the Ohio Tobacco Quit Line for support – 1-800-QUIT-NOW.

Visit these sites for further information:

Academy of Nutrition and Dietetics – www.eatright.org/hearthealth
2010 *Dietary Guidelines for Americans* - <http://www.health.gov/dietaryguidelines/2010.asp>
American Heart Association - <http://www.heart.org/>
Centers for Disease Control and Prevention - <http://www.cdc.gov/heartdisease/>
MyPlate - <http://www.choosemyplate.gov/>
National Heart, Lung and Blood Institute - <http://www.nhlbi.nih.gov/index.htm>

Source: adapted from The Academy of Nutrition and Dietetics, www.eatright.org

Dear Mobile Meals Family,

We are happy to deliver healthy and delicious meals to your home and check on your welfare. Many of our clients, especially the elderly, are unable to pay for their meals. Perhaps you can be of assistance.

Your gift of \$3.00 pays for one meal while your gift of \$15.00 pays for meals for a week. However, any gift is welcome. You may mail your contribution to Mobile Meals at 1063 S. Broadway St. Akron, OH 44311 or you may donate on our website by going to www.mobilemealsinc.org.

Thank you!

Phil Marcin

Development Director

Questions? If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email lharvey@mobilemealsinc.org.

GRIEVANCE POLICY

In order to provide clients with the best services possible, we ask you to contact Mobile Meals with complaints, suggestions, or if you are not satisfied with your services. If, after your contact, you are still not satisfied with the response or have further questions, you may forward your concerns to the appropriate monitoring agency. The contact number for the Home Care Ombudsman is 1-800-421-7277.