

“WHEN PROJECT”

Weekly Health Education Program

1 Corinthians 10:31

February is Heart Healthy Month



A good heart-healthy diet is the **Mediterranean diet**. It is rich in fruits, vegetables, whole grains, and heart-healthy fats. The **Mediterranean Diet – (Heart healthy diet)** is both delicious and nutritious. If followed properly, it may help manage your weight, protect your heart, and prevent diabetes.

Rich in fruits, vegetables, whole grains, and heart-healthy fats, the **Mediterranean diet** is both delicious and nutritious. It may help manage your weight, protect your heart, and prevent diabetes.

Focus on vegetables, fruits, nuts, seeds, legumes, potatoes, whole grains, herbs, spices, fish, seafood, and extra virgin olive oil.

Low to moderate consumption of poultry, eggs, cheese, yogurt, red wine

Limit or avoid red meat, sugar-sweetened beverages, added sugars, processed meat, refined grains, other highly processed foods, beers, and liquors.

Here is a list of foods you may consume. You may not like all of them but try to incorporate the ones you do into your daily diet.

Vegetables: tomatoes, broccoli, kale, spinach, onions, cauliflower, carrots, Brussels sprouts, cucumbers, potatoes, sweet potatoes, turnips

Fruits: apples, bananas, oranges, pears, strawberries, grapes, dates, figs, melons, peaches

Nuts, seeds, and nut butters: almonds, walnuts, macadamia nuts, hazelnuts, cashews, sunflower seeds, pumpkin seeds, almond butter, peanut butter.

Legumes: beans, peas, lentils, pulses, peanuts, chickpeas

Whole grains: oats, brown rice, rye, barley, corn, buckwheat, whole wheat bread and pasta

Fish and seafood: salmon, sardines, trout, tuna, mackerel, shrimp, oysters, clams, crab, mussels.

Poultry: chicken, duck, turkey

Eggs: chicken, quail, and duck eggs

Dairy: cheese, yogurt, milk

Herbs and spices: garlic, basil, mint, rosemary, sage, nutmeg, cinnamon, pepper

Healthy fats: extra virgin olive oil, olives, avocados, and avocado oil

Try some meal planning and look up “**Mediterranean diet**” recipes or create some of your own. Try it in the month of February, it will make a significant difference to your health. Also, for the month of February -

1. No fast food, no fried foods
2. No chips, candy, soda, or cookies
3. No shopping at convenience stores or gas stations, get your gas and go
4. Prep your meals
5. Increase your water intake
6. Exercise 30 minutes a day 3X's a week (brisk walking)

When you see the increase in energy, and the money you save within 1 month. It should motivate you to continue to incorporate healthy lifestyle changes.

“EAT TO LIVE, NOT LIVE TO EAT”