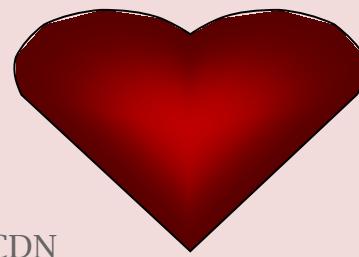


Nutritionally Speaking

With Renata Shiloah M.S., R.D., CDN



February is Heart Healthy Month! A healthy heart is essential to avoid cardiovascular disease including heart disease and stroke. The Month of February is the perfect time to raise awareness on how important it is to follow healthy lifestyle and maintain good eating habits. Here is a list of Heart Healthy Tips:

- ♥ Avoid or reduce foods with saturated fats. As meats are the primary source of saturated fats, having a meat-less day every week can really make a positive impact in your health.
- ♥ Eat whole grains, as they contain dietary fiber which can help reduce total cholesterol and therefore heart disease, and diabetes.
- ♥ All fats are not created equal. Omega 3 fats found in olive oil, avocados, nuts and seeds and fish can lower LDL, aka bad fats.
- ♥ Reduce the amount of added salt in your foods. Instead, season your foods with herbs and spices rich in cancer fighting antioxidants.
- ♥ Fill half of your plate with fruits and vegetables. They're full of vitamins and antioxidants that will help you stay healthy.
- ♥ Exercise for 30 mins a day for at least 4 days a week. Just 15 mins of walking twice a day can help keep your heart healthy.

February 2018



Kale Sweetheart Salad by Nelly Mylonas NDTR

This Heart Healthy Salad is a great addition to a healthy lifestyle.

Cook Time: 1hr 30 min for the beets Prep Time: 15 min Servings: 4

Ingredients:

- 1 Kale bunch or half of 16 oz. pre-cut package
- 2 Medium Beets (oven baked)
- 1 Cup cherry tomatoes
- 2 Cups cooked quinoa (follow package instructions)
- $\frac{1}{2}$ Cup Feta cheese crumbles

Balsamic Vinaigrette

- ♥ $\frac{1}{2}$ cup extra virgin olive oil
- ♥ $\frac{1}{4}$ cup balsamic vinegar
- ♥ $\frac{1}{4}$ teaspoon of salt and pepper
- ♥ Shake well

Directions:

- ♥ Preheat oven to 350°F. Wash and cut beet greens and set aside. Wrap washed beets in aluminum foil and bake for about an hour or until beets are tender. Let them cool for about 15 minutes and cut heart pieces with a heart-shaped cookie cutter.
- ♥ Pre-make the balsamic vinaigrette and set aside in refrigerator. (Recipe above)
- ♥ Wash and cut kale greens in bite size pieces and let drain any remaining water.
- ♥ Wash and cut the cherry tomatoes length wise.
- ♥ Toss all ingredients together. Top with feta cheese and beets.
- ♥ Enjoy!



Dear Renata

Dear Renata: I hear about good fats and bad fats all over the media. What are they and in what foods do I find them? AM

Dear AM:

It's important to remember that not all fats are created equal. Our bodies need good fats and they are an essential part of a healthy diet. Good fats are poly and mono-unsaturated fats found in plants. Good sources of these fats are found in olive oil, grape seed oils, avocados, nuts and seeds. Good fats are essential for lowering LDL aka "bad" cholesterol, and help raise the HDL aka "good" cholesterol. Bad fats are the saturated fats mostly found in animals. Examples of these fats are butter, lard, and the fatty tissue found around its edges and distributed around meats "marbling". Remember that good fats are not the enemy, and even though they are high in calories, they are an important part of a healthy diet.

Dear Renata: I know I should start eating more vegetables, but I don't like salads, they don't appeal to me as much as other foods do. What can I do? NC

Dear NC:

Vegetables are an essential part of a healthy diet. They are rich in vitamins, minerals, and antioxidants that keep us healthy and strong. Vitamins A, C, K, and minerals like Iron, and Potassium are just some of the essentials needed for optimal health. They help keep our eyes healthy, maintain healthy blood production (yes! Our body produces new blood cells every three months!), skin health, heart health, strong bones, and many more! Try several varieties of greens and get creative! Pair them with fruits and flavors you are fond of and before you know it you will find a personal favorite. Let your creativity shine and enjoy great health!

Have a Nutrition Question?
Email: rshiloah@betances.org
Renata Shiloah M.S., R.D., C.D.N

February 2018 Events

♥ Black History Month - February 1st - 28th

- ♥ The Arsenal Gallery - 64th Street and Fifth Avenue inside Central Park, Arsenal Building (Third Floor). Mon-Fri 9am-5pm. Admission is free. 212-360-8163. For the month of February, NYC Parks Ebony Society presents "Identity" an exhibition that showcases works in fiber that explore imagery of the African Diaspora. Exhibition features a variety of media by nine artists which includes mixed media, embroidery, soft sculpture, and quilt.
- ♥ NYC Parks has permanent sculpture collections commemorating African-American persons, places, events, and themes that honor Black History Month. A snapshot of the many monuments you can visit at no cost are:
 - Frederick Douglas memorial at the Frederick Douglas Circle near Central Park, Manhattan.
 - Soul in Flight: A memorial to Arthur Ashe at Flushing Meadows Corona Park, Queens.
 - Swing Low: A memorial to Harriet Tubman in Manhattan
 - Foley Square Historical Medallions, African Burial Ground, Manhattan.

Get inspirations from the many before us that have made a positive imprint in humanity and our future. Let's learn from those that have paved the pathway for us to continue to do their work in perhaps even better ways for the future.

- ♥ National Wear Red Day is Friday February 2nd. The American Heart Association and Go Red for Women celebrate National Wear Red Day on the first Friday of the month of February to raise awareness of heart disease. An unnecessary loss of one woman every 80 seconds can be prevented with lifestyle changes. Let's show our support to bring awareness to this preventable problem. Go Red!
- ♥ Valentines Day is February 14th - after taking a free stroll around the park and discover everything it has to offer, make the day even more special by making a nutritious and delicious salad that can keep your heart healthy and strong. Show love to your self and loved ones by

February 2018

taking care of your heart with regular exercise and heart healthy meals.
To learn more on how to do that, make an appointment with your
Registered Dietitian Nutritionist and start making those changes today.
We only have one heart, so let's take care of it.