

### Did you know.....

- We use whole grain products whenever possible
- The salt and pepper shakers indicate that a meal contains more than 1000 mg of sodium, which is about ½ of your daily recommended value.
- The nutrition facts can be found online at
- <https://tinyurl.com/EDCSeiorNutrition>

### **Meal Reheating Instructions:**

Home delivered meals should be eaten immediately or refrigerated to avoid spoilage.

For best results

1. Reheat meals in the original packaging
2. Preheat oven to 350 degrees
3. Place meal on a cookie sheet
4. Reheat FROZEN meals 30 minutes  
REFRIGERATED meals 15 minutes  
Or until the internal temperature is at least 165 degrees.

For highest quality meals, we do not recommend microwave reheating.

Valentine's Day is just around the corner, so it makes sense that we want to start thinking about the affairs of the heart, including our actual heart health. I know what you might be thinking, why can't we enjoy our boxes of chocolates or conversation hearts and get on with it? Well, you can, but we should also look for ways to protect this vital organ so that we can look forward to many more Valentine's Days to come.

So, what is good for the heart? The physical heart is a muscle that needs to be cared for with regular cardiovascular exercise like walking, swimming, and running. The goal is 150 minutes per week or 30 minutes per day at least five days a week to help strengthen this vital organ and improve blood flow. As a bonus, it can also help maintain your blood pressure and your girlish or boyish figure. 😊

Reducing the amount of unhealthy fat in your diet also contributes to heart health. Unhealthy fats like saturated fat are solid at room temperature and increase the production of bad cholesterol in our body. Overconsumption can lead to plaque build-up in our arteries and reduce blood flow.

Sounds depressing, right? Well, the good news is cutting out the saturated fat may not be as hard as you think. Simply replacing butter with olive oil in cooking and changing your dairy products to 1% instead of 2% or whole can go a long way. Try cooking methods like baking or grilling instead of deep-frying. My go-to oils at home are sunflower for baking and olive oil for cooking. I try to cut the fat in recipes by replacing half with a crushed fruit like applesauce, pineapple, or even pureed prunes. High fiber helps combat cholesterol as well. Check out last month's article on how to incorporate enough fiber into your diet.

When diet alone cannot do the trick, sometimes adding a supplement might be necessary. The latest heart-healthy trends suggest the top ingredients to look for in a supplement are quality grade bergamot, garlic extract, and niacin.

Choosing a supplement brand that ensures potency and is scientifically based can be tricky, so do your research. Only buy supplements sold from a reputable company, are research-based, and backed by an actual board-certified physician. Before adding a supplement, discuss it with your physician and pharmacist to ensure that it will not interfere with any current health conditions or medications you are taking.

So join Cupid this year and aim for the heart.

