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Improve Your Heart Health

The heart is a major organ responsible for distributing oxygen and nutrients - key elements needed for survival - to every cell in our body. Not a minute goes by when our heart is not working for us. Every minute of every day, the heart is pumping blood. Even at rest, the heart pumps 5-6 liters of blood per minute!

Heart disease is the leading cause of death in 1 out of 4 Americans, and nearly half of American adults have at least one of three key risk factors - high blood pressure, high cholesterol, smoking - for heart disease. The good news is that you can take steps now to help lower your risk of developing heart disease and related issues.

Tips to prevent heart disease

Get tested - speak with your health care provider about your risk for heart disease. Smoking, high blood pressure, and high cholesterol are all risk factors for developing heart disease.

Make healthy choices - keep your entire body healthy by eating a balanced diet, get plenty of physical activity, maintain a lean body weight, avoid smoking and secondhand smoke.

Manage Stress - mental health can positively or negatively impact the heart. Managing stress is good for your health and well-being and can lower your risk of heart disease. Use these tips to help manage your stress:

- Make time for friends and family
- Get enough sleep
- Practice relaxation techniques
- Find a stimulating hobby

ZOLL



HEALTHY HEARTS!
HEALTHY YOU!

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Source: https://www.cdc.gov/heartdisease/risk_factors.htm. Accessed 11/29/2021
<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/stress-and-heart-health>

"This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program."

Healthy Bites

Salmon Burgers and Sweet Potato Oven Fries

Serves: 4

Ingredients:

For the Sweet Potato Oven Fries:

- 4 large sweet potatoes (yams)
- 1 1/2 tablespoons canola oil

For the Salmon Burgers:

- 1 can 14.75-ounce pink or red salmon
- 2 green onions, chopped
- 1/2 cup chopped red bell pepper
- 8 crackers, unsalted tops (saltine-like), crushed
- 2 teaspoons lemon juice
- 2 egg whites from 2 eggs, whisked
- 2 tablespoons plain low-fat yogurt
- 1/4 teaspoon ground black pepper
- cooking spray
- 4 whole-wheat buns
- 8 leaves Bibb lettuce
- 2 medium tomatoes (sliced)
- 1 tablespoon lemon pepper seasoning blend



Directions:

1. Place oven rack in the center, and heat oven to 425°F.
2. Wash and scrub sweet potatoes, and slice them into wedges, length-wise.
3. In a large bowl, toss potato wedges with canola oil and seasoning.
4. Spread on a cookie sheet. Roast in the oven, turning occasionally, until tender and golden brown, about 30-40 minutes.
5. While sweet potatoes are roasting, prepare salmon burgers. Drain salmon; place in a medium mixing bowl and flake.
6. Fold in green onions, red pepper, crushed crackers, lemon juice, egg whites, and yogurt.
7. Shape into 4 patties.
8. Coat a large nonstick skillet lightly with cooking spray; heat.
9. Cook salmon burgers until golden brown, turn and continue cooking until other side is golden brown
10. Serve burgers with sliced tomatoes, lettuce, and sweet potato ovenfries.

Source: USDA MyPlate <https://www.myplate.gov/recipes/myplate-cnpp/salmon-burgers-and-sweet-potato-oven-fries>. Accessed 11/18/2021.