February is American Heart Month. This month keep your heart pumping strong with these easy to do heart healthy tips:

- Add some fiber to your breakfast. Foods high in fiber are associated with a lower risk of heart disease. Try some oatmeal with fruit and to start your heart on the right beat.

- Eat your fruit with the peel on! This also provides extra fiber to your diet. Try some apples, pears or peaches for a sweet treat that your heart will love!

- Include some berries in your smoothie - they give your heart a healthy punch!

- Say no to trans and saturated fats! Read food labels to choose foods lower in these fats, and your heart will thank you.

- Change your grains (bread, crackers, pasta and tortillas) to 100% whole grains and give your heart fiber power!

- Add some beans to your dinner - they are good for your heart because of the fiber they contain.

- Add a handful of nuts in your salad, low fat yogurt, or as a little snack. Nuts are packed with heart-healthy fats, protein, and disease-fighting vitamins and minerals that will help your heart think smart.

- Your heart is a muscle and loves a good workout. It needs exercise every day to be strong. Improve the health of your heart, lungs and circulatory system by doing activities that increase your heart rate and breathing for an extended period of time. Start with as little as 5 minutes at a time and work your way up to 30 minutes most days of the week. Check with your health care provider prior to starting.
Peanut Butter Pita Pockets

2 apples, pears, bananas, peaches, or mangoes
2 medium whole wheat pita pockets
¼ cup chunky peanut butter

1. Wash and slice fruit.
2. Cut pitas in half to make 4 pockets.
3. Warm each pita half in the microwave for about 10 seconds to make them more flexible.
4. Carefully open each pocket and spread about 1 tablespoon of peanut butter on the inside walls of each pita half. You may need to warm the peanut butter in the microwave for a few seconds, especially if it has been in the refrigerator.
5. Fill each pocket with sliced fruit.
6. Serve at room temperature.

Tips:

- Try different fruit combinations, such as peaches, bananas, or berries.
- Place prepared pockets in individual bags for a grab-and-go breakfast, snack or lunch.

Sources: www.nourishinteractive.com
http://www.extension.iastate.edu/foodsavings/recipes/peanut-butter-pita-pockets retrieved 1/31/17

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Kali Gardiner, RD, LD, ESI Coordinator  Shelly Johnson, MS, ESI Administrator
E-mail: kalig@uidaho.edu  Email: sjohnson@uidaho.edu
Phone: 208-446-1680  Website: www.eatsmartidaho.org

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