

FEBRUARY IS NOT JUST FOR ROMANTIC HEARTS: HOW TO LOWER YOUR RISK OF HEART DISEASE PLUS A RECIPE FOR ROASTED RED PEPPER HUMMUS.

February is Heart Month! Since 1964, the month February has been dedicated to raising awareness to the fact that cardiovascular disease is the leading cause of death and disability in the United States of America. Most of us know someone who has been affected by heart disease and stroke. On average someone dies every 38 seconds with heart disease. Small changes to our diet and lifestyle can improve your heart health and lower your risk of heart disease. The American Heart Association has developed a Healthy for Good campaign highlighting four lifestyle pillars...Eat Smart, Add Color, Move More and Be Well.

- **Eat Smart:** Provide nutrient dense food to fuel the body
- **Add Color:** Include fruits and vegetables at every meal
- **Move More:** Get at least 150 minutes of exercise each week and find ways to build opportunities into your life to be active
- **Be Well:** Getting enough sleep, practicing mindfulness, managing stress, keeping mind and body fit, connecting socially

Go to <https://healthyforgood.heart.org/> for more information on the Health for Good campaign.

Heart disease was the 2nd leading cause of death in South Carolina in 2016. I love the new messaging from the American Heart Association about heart disease and the things we need to do to decrease our risks. These simple guidelines make preventing and/or managing heart disease more doable and not so overwhelming. Even small changes we make can make a difference that will impact our health! So you don't have to spit it out if it tastes good....all the time! (LOL)

Roasted Pepper Hummus

Ingredients:

2 tbsp. sesame seeds, dry-roasted	2 tbsp. lime juice
1 15 ounce can no salt added chickpeas, rinsed and drained	1 medium clove garlic, minced
½ c diced roasted red bell pepper, drained	¼ tsp salt
¼ c water	1/8 tsp pepper

Preparation:

In a food processor or blender, process the sesame seeds for 30 seconds
Add the remaining ingredients. Process until smooth, Serve at room temperature or refrigerate in an airtight container to serve chilled

Nutrition information:

69 calories, 1.5 gr fat, 0 mg cholesterol, 94 mg sodium 11 gr carbohydrate, 3 gr protein

Recipe from the American Heart Association Cookbook

