



EAT SMART FOR YOUR HEART

February 2026

Why Should We Prioritize Heart Health?

Prioritizing heart health is important because heart disease is a leading cause of death in the United States. What we eat directly affects blood pressure, cholesterol levels, and inflammation. Choosing foods high in fiber, such as fruits, vegetables, and whole grains, and including healthy fats from fish, nuts, and olive oil can support a healthy heart. Limiting sodium, added sugars, and saturated fats can help reduce the risk of heart disease over time.

February is National Heart Awareness Month

Let's raise awareness about cardiovascular disease



Build a Heart Healthy Plate

$\frac{1}{2}$ plate: Fruits & vegetables (fiber, antioxidants, potassium)



$\frac{1}{4}$ plate: Whole grains (brown rice, oats, whole wheat)

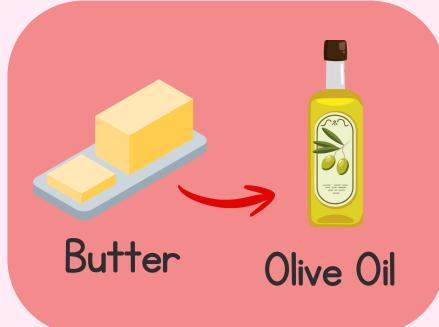
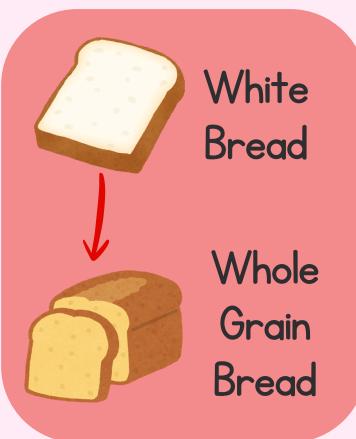


$\frac{1}{4}$ plate: Lean protein (fish, beans, lentils, poultry)



Add: Healthy fats (olive oil, nuts, seeds, avocado)

Simple Swaps



Strawberry Yogurt Bark

Ingredients

- 1 ½ cups Greek yogurt
- 2 tablespoons honey or maple syrup
- 1 teaspoon vanilla extract
- 1 cup sliced fresh strawberries
- ½ cup dark chocolate chips

Directions

- 1) Combine the Greek yogurt with the honey and vanilla extract in a mixing bowl and stir till thoroughly mixed.
- 2) Spread the yogurt mixture out on a parchment-lined rimmed sheet pan
- 3) Sprinkle with the chopped strawberries.
- 4) Melt the dark chocolate in the microwave (in a microwave-safe bowl) in 30-second increments until it is melted and drizzly.
- 5) Drizzle the chocolate over the yogurt and strawberries
- 6) Freeze for 2 hours. Cut or break apart the yogurt bark into pieces. Enjoy immediately or store in the freezer in a freezer-safe container for up to 1 month.



Terps With Taste

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