



### *Prevention of Heart Disease Starts in Childhood*

*February is a great time of year to discuss the importance of promoting heart health. Diet and exercise habits started in childhood can start a lifetime of heart health. Here are some guidelines to promote a healthy heart:*



*Feed your child mostly fruits and vegetables with whole grains, lean protein and low fat dairy.*



*Do not eat fast food too often. Make healthy choices like grilled chicken.*



*Avoid sugary drinks.*



*Try to get about 60 minutes of physical exercise per day.*



*Limit screen time.*



*Do not expose your children to cigarette smoke. Ban smoking in your house and car.*



*Try a new heart healthy recipe.*



### *Heart Healthy Chocolate Brownies*

*Nonstick cooking spray*

*18.3 oz pkg favorite brownie mix*

*½ C water*

*½ C unsweetened applesauce*

*2 large egg whites*

- 1. Preheat oven to 350° F*
- 2. Coat 13 x 9 in pan with cooking spray*
- 3. Combine remainder of ingredients*
- 4. Spread into prepared pan*
- 5. Bake for 30 minutes*



*Happy Valentine's Day from Mrs. Smith*