

February 2016

# LIVE WELL @ WORK

## New This Issue

- @ Heart Health
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## February is American Heart Month

According to the Centers for Disease Control and Prevention (CDC), uncontrolled high blood pressure is a leading cause of heart disease and stroke. High blood pressure often shows no signs or symptoms and is referred to as the “silent killer,” which is why having your blood pressure checked regularly is important. It is easy to have your blood pressure checked. You can get screened at your doctor’s office and drugstores or even check it yourself at home, using a home blood pressure monitor.

- More than 67 million Americans have high blood pressure.
- People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure.

Visit [www.cdc.gov](http://www.cdc.gov) to find ways to lower your blood pressure.

## Harvest of the Month:



### FUN FACTS!

- A 1/2 cup of sliced kiwis is an excellent source of vitamin C and vitamin K. Vitamin C helps the body heal cuts and wounds.
- A 1/2 cup of beets is a good source of folate, which helps make healthy red blood cells.
- Preparing beets is easy! Simply steam them and slip off the skins. Sprinkle lightly with seasonings, if desired, and enjoy!

## SWAP OUT: Granola SWAP IN: Oatmeal



Although the sweet crunch of granola may be tempting at breakfast, many varieties contain a significant amount of added sugar and fat. This

cereal choice can add unnecessary calories to your overall daily intake. Start your day off right with a warm, nutritious bowl of oatmeal; supplying your body with heart-healthy whole grains and fiber! Plain rolled oats or steel-cut oats are healthy options. There are many delicious add-ins that will liven up the taste while also creating a balanced breakfast. Try adding fresh berries or banana slices, a sprinkle of nuts or seeds, and a splash of milk for a complete breakfast!



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