

Wellness for Life



February

Recipe of the Month

Clean Eating Apple Muesli

(Makes 1 serving)

Ingredients:

1/2 cup raw quick oats
1 cup milk (any type, unsweetened)
1 tbsp. chia or flax seeds (I used chia seeds)
1/4 large apple, grated
1/4 tsp. ground cinnamon
Maple syrup to taste

Directions:

Step 1 – Combine all ingredients in a bowl and serve. Eat and Enjoy!

- Calories: 276
- Total Fat: 9 gm (from the chia seeds)
- Saturated Fats: 1 gm
- Trans Fats: 0 gm
- Cholesterol: 0 mg
- Sodium: 184 mg
- Carbohydrates: 43 gm
- Dietary fiber: 10 gm
- Sugars: 6 gm
- Protein: 9 gm
- Estimated Glycemic Load: 17

[www.thegraciouspantry.com/
clean-eating-apple-muesli/](http://www.thegraciouspantry.com/clean-eating-apple-muesli/)

Since February is National Heart month, here are some tips to make sure you stay “Heart Healthy.”

1. **Don't Smoke-** If you are a smoker, this is the most important step to take. Studies have shown that the risk of cardiovascular disease can significantly decrease if you quit smoking.
2. **Lose Weight-** If your Body Mass Index is 30 or higher, your risk for cardiovascular disease increases significantly. As your waste line increases, so does your risk for a heart attack.
3. **Maintain Normal Cholesterol Levels-** Make sure you keep your total cholesterol to 200mg/dl; LDL cholesterol below 130, and HDL cholesterol above 40. Too much cholesterol narrows the passageway in the arteries creating blockages which can lead to a heart attack
4. **Avoid All Trans Fats-** Eating any trans fat increases your risk for cardiovascular disease. Be careful to read the ingredient list. If it states, partially hydrogenated soybean oil, then it has trans fat in it.
5. **Eat more greens, fiber ,and less saturated fat-** The more fiber and produce you eat, the more of a protective affect it has on your heart. You don't need to completely eliminate saturated fat from your diet. Just try to make sure you keep it to a minimum by choosing fish, beans, nuts, or lean meats for your protein.
6. **Get Active-** Not only does committing to regular exercise help clean out your arteries, but it keeps your weight down, and help control diabetes. So, plan your schedule to exercising 3-5x a week for at least 30 minutes.