

FEBRUARY

Even though February is the shortest month of the year, it's filled with all sorts of holidays and observances—Groundhog Day, Valentine's Day, Presidents' Day, and more. And of course February is **American Heart Month**. What a great time to make small changes that can lead to a lifetime of heart health. Read on!

Did You Know?

- ✓ Heart disease is the leading cause of death for men and women—about one death every 39 seconds.
- ✓ On average, someone in the United States suffers a stroke every 40 seconds, and a stroke-related death occurs about every four minutes.
- ✓ Sixty-four percent of women who die suddenly of coronary heart disease had no prior symptoms.

Take a simple online assessment to learn more about your own cardiovascular health.

Make Healthier Choices with the Heart-Check Mark



Foods certified by the American Heart Association can be part of an overall healthier eating pattern.

- Foods bearing our Heart-Check mark have been certified to meet our nutrition requirements.

Visit <https://healthyforgood.heart.org/eat-smart> to learn more.

How can you help raise awareness of heart disease, especially in women? Wear red on **National Wear Red Day**, Friday, February 1, 2019.

Overnight No-Cook Banana Oatmeal

Serves 4

Ingredients

- 2½ cup skim milk
- 1 tbsp. honey
- 1 tsp. vanilla extract
- 3½ cups rolled oats (not instant or quick-cooking)
- 2 bananas, halved lengthwise and sliced
- ¼ cup chopped, unsalted pecans or walnuts

Directions

1. In a large, re-sealable container or bowl, add milk, honey, and extract. Stir to combine, adding oats and stirring to combine. Seal or cover; place in the refrigerator and let it sit overnight.
2. The next day, peel each banana. Halve each one lengthwise and slice. Divide sliced bananas and nuts over each oatmeal portion. Serve.

Cook's Tip: Baking raw, dry oats for 1 hour at 250°F can help make sure foods are safe and prevent food-borne illnesses.

Cook's Tip: Play around with the combination of oats to milk ratio. Like an oatmeal with a thicker consistency? Use more oats. Prefer it liquidy? Go higher on the milk.

Keep it Healthy: Add a variety of goodies into the oatmeal when preparing it the night before like dried fruit, unsweetened coconut, pumpkin seeds, flax seeds, chia seeds, etc. Chopped fresh fruit, like bananas, go brown if added the night before; it's best to top with fresh fruit right before eating.

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Nutrition Analysis (per serving)

Calories	443
Total Fat	9.7 g
Saturated Fat	1.4 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.2 g
Monounsaturated Fat	4.2 g
Cholesterol	3 mg
Sodium	68 mg
Carbohydrates	74 g
Fiber	10 g
Sugars	21 g
Protein	18 g

Dietary Exchanges: 1 fat-free milk, 1 fruit, 3 starch