



# Nutrition Newsletter



Provided by Virginia Tech Dining Services



Volume 1, Issue 4

February 2015

## February is Heart Health Month!

February is heart health month. Living a healthy lifestyle through diet and exercise can help keep your heart healthy. By making simple life changes you can reduce your risk of heart disease or possibly reverse damage that has already occurred. Eating a nutritious diet of a variety of foods is key— eat foods from all food groups. Focus on whole grains, fresh fruits & vegetables, lean meats, low fat dairy while limiting saturated & trans fats, sodium and added sugars. It's important to control your weight as well— it's simple; calories in must equal calories out. To ensure weight maintenance eat a balance diet as described above with portion control and get adequate exercise. Eating a healthy balanced diet can help prevent cardiovascular issues such as high cholesterol and high

blood pressure. If you already have a cardiovascular condition, it can often be reversed with the proper diet and exercise. Other tips to achieve a heart healthy diet include limiting processed foods and reading nutrition facts labels when shopping. Shopping mostly on the perimeter of the grocery store can help you stick to foods like fresh fruits, vegeta-

bles, low fat dairy & lean meats as well as help you avoid the processed foods that are often found in the middle aisles of the store. Cooking at home as opposed to eating out can also help you eat a healthier diet. Cook as much from scratch as possible using healthy ingredients. If you are going to eat out be sure to analyze the menu & look for the nutrition information.



### Special points of interest:

- *Eat a diet rich in fresh fruits & vegetables, whole grains, low fat dairy, and lean meats.*
- *Avoid saturated & trans fats, cholesterol, added sugars and sodium*
- *Get regular physical activity and shop on the perimeters of the grocery store to avoid processed foods.*

## Heart Healthy Ideas in the Dining Centers

The Dining Centers offer a variety of healthy foods that live up to a heart healthy diet. Try some of these healthy options that focus on fruits & vegetables, whole grains & lean meats while limiting sodium, fat, & sugar.

Fish contains the “heart-healthy” omega-3 fatty acids— try the catch of the day at Chop Shop in West End Market or Fire Grill at Turner.

The white bean chicken chili at D2 is a heart healthy option with 129 calories, 2.6 g fat and 395.8 mg sodium per serving.

Grab a fresh salad loaded with veggies and top with garbanzo beans or plain tuna for add protein and healthy fats at Owens Garden Salad bar.

Check out some of the Yes to Go item across campus such as the hummus bowls, fresh fruit cups

and the pecan chicken salad cup for a healthy snack or meal on the go.

Look for whole grain pasta and bread options throughout the dining centers .

Pair your meals with low calorie low fat beverage options such as skim milk or water.

Grab a fresh piece of fruit at DX, West End Market, D2 or Owens on your way out the door

for a later snack.

There are a variety of healthy options on campus that can fit into a heart healthy diet.

Check out the dining services webpage for full Nutrition and Ingredient information on all the items served in the dining centers at [www.dining.vt.edu](http://www.dining.vt.edu)

Information obtained from the American Heart Association and Images from google images.