

# FOOD BYTES

February  
2025

Take care of your heart during  
**National Heart Month**

Heart disease is very common and remains the leading cause of death for both men and women in the United States. Nearly half of adults have high blood pressure, putting them at risk for heart disease and stroke.

Recipe for a  
healthy heart\*:

1. Eat Better
2. Get Active
3. Lose Weight
4. Manage Blood Pressure
5. Control Cholesterol
6. Reduce Blood Glucose (sugar)
7. Stop Smoking

Know your  
numbers!

Eat Better:

- ♥ Fill your plate with fruits & veggies
- ♥ Swap out salt with herbs & spices
- ♥ Bake instead of fry
- ♥ Choose lean proteins and low-fat dairy
- ♥ Give nuts & beans a try
- ♥ Limit sugar-sweetened beverages & sweets
- ♥ Eat heart-healthy fish

Get  
Active:

30 minutes a day

- ♥ Start with 5 minutes & work your way to 30
- ♥ Break it into three 10-minute walks

walk

Lose  
weight:

- ♥ Just 5-10% weight loss can have important health benefits

Best Salmon Bake:

Ingredients:

- 1 lb. salmon fillet, halved
- 1 small tomato, chopped
- 5 green onions, chopped
- ¼ tsp salt
- ¼ tsp pepper

Methods:

- Pre-heat oven to 350 degrees
- Place salmon on lightly oiled sheet pan
- Top salmon with tomatoes, onion, salt & pepper
- Cook for 20 minutes or until the thickest part of the fish reaches 145 degrees

Prep time: 15 min  
Cook time: 20 min  
Serves: 2

<https://www.allrecipes.com/recipe/71387/best-salmon-bake/>

\*Source: American Heart Association