

American Heart Month: Be Heart Smart

Did you know every year since 1963, the President of the United States has proclaimed February as "American Heart Month", and it's not just because of Valentine's Day? The President issues the proclamation each year to help raise public awareness of cardiovascular disease, which is the nation's leading cause of death among men and women.

This month, put your heart at the top of your priority list. Here are some things you can do to help:

- Limit your fat intake
- Choose heart-healthy fats over saturated fats and trans fats
- Limit your sugar intake
- Choose more whole grains, fresh produce and low fat dairy products
- Choose lean meat and poultry, and include fish in your diet
- Exercise portion control
- Become physically active for 30 to 60 minutes a day
- Stop smoking
- Limit your alcohol intake.

For additional tips on maintaining a healthy lifestyle, check out the American Heart Association's website at [**www.americanheart.org**](http://www.americanheart.org).