February is American Heart Month. The goal of this annual campaign is to promote awareness of cardiovascular disease, which is the leading cause of death for women in the United States. Let’s learn about the types of fat we should prioritize and the types to limit to support heart health!

The heart is an organ that pumps blood throughout the body, while also controlling heart rate and maintaining blood pressure. Fats are essential for the heart because they can help lower cholesterol, triglycerides, inflammation, and other markers of heart conditions, but not just any fats...

Fats come in various forms, including monounsaturated, polyunsaturated, saturated, and trans. For heart health, monounsaturated and polyunsaturated promote positive outcomes whereas saturated and trans fats should be limited.

In your diet, look to substitute the following to promote heart health:

1. Cook with oil instead of butter.
2. Use olive oil and vinegar rather than cream-based salad dressings.
3. Snack on nuts, seeds, and fruits instead of chips, cookies, and candy.

Polyunsaturated Fats
- Sunflower oil
- Soybean oil
- Nuts and seeds
- Corn oil

Monounsaturated Fats
- Olive oil
- Safflower oil
- Seeds
- Canola oil
- Sesame oil
- Avocado
- Peanut oil
- Almonds and other nuts
- Peanut butter

Listen to Your Heart
By Tori Martinez, MS, RDN, LDN - Campus Registered Dietitian

THIS MONTH’S CHALLENGE

SUPPORT YOUR HEART!
1. Think about what’s on your plate: Focus on foods like whole grains, fruits, vegetables, lean meats, and low-fat dairy.
2. Think about how active you are: Exercise around 2.5 hours weekly. Identify exercise methods your body can handle, and you enjoy.
3. Think about your stress level: Allow yourself time to take a series of deep breaths and reflect on your current stress level throughout the day. It’s important to identify and ease stress when it arises, so it doesn’t take a toll on your body.

Check out these resources to learn more:
- Mindful: Good for you fats
- Live to the Beat
- Cleveland Clinic: Medical info about the heart
- CDC: 7 Strategies to Live a Heart-Healthy Lifestyle
Gingered Carrot Soup

When a friend gives you a winter harvest of their carrots, what better way to use them than this simple and healthy soup? Serve it alongside some blackened chicken and crunchy bread from a local bakery.

Yield- 4 -- Prep Time- 30 minutes -- Cook Time- 2 Hours

Ingredients

- 1 Tsp Fennel Seed
- 3# Carrots, peeled and sliced thin
- 1 Yellow Onion, Julienned
- 3 Cloves Garlic, Minced
- 4 Tbsp Ginger, Minced
- 8oz Dry White Wine
- 2 Tbsp Yellow Curry Paste
- ¼ Cup Orange Juice
- 2 Bay Leaves
- 32oz Chicken Stock
- Heavy Cream, Olive Oil, Scallion (Optional)

Garnish

1. In a large stockpot on medium heat, toast the fennel seed until aromatic. Add 3 tbsp olive oil and add in the carrots and onion. After a few minutes, add the garlic and ginger and continue to mix over medium heat.

2. Once vegetables are softened and just before getting any color on them, deglaze with white wine. Work your spatula over the bottom of the pan to loosen up all the flavorful bits.

3. Once wine is reduced by half, add in the curry paste and stir until melted into the liquid. Add bay leaves and orange juice. Add chicken stock. Allow mixture to return to a simmer.

4. Cover the pot, stirring occasionally, and let cook for 1 hour.

5. Remove the bay leaves. Using a blender or food processor, puree the mixture until smooth. Return the mixture to the pot. Adjust the consistency by adding more stock/water if needed. Taste for seasoning, and add salt, pepper or lemon juice to taste.

6. Ladle the soup into your bowls, drizzle some heavy cream and olive oil over top and finish with some scallions. Enjoy!

Do you have questions or ideas?

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You can also learn more at mindful.sodexo.com

NEXT MONTH: We’ll focus on National Nutrition Month!