



GOOD NUTRITION IS AT THE HEART OF THE MATTER...

This February is American Heart Month. Celebrate by incorporating heart healthy changes into your daily meals. A heart healthy diet and lifestyle will help fight cardiovascular disease by preventing or lowering high cholesterol and high blood pressure and may reduce your risk for heart attacks and strokes.

Eat More Fiber

- ♥ Fiber helps to reduce total blood cholesterol and lowers LDL (“bad”) cholesterol. Fiber also makes you feel more satisfied after a meal, therefore reducing the urge to overeat and may prevent unwanted weight gain.
- ♥ Fiber-rich foods include:
 - ♥ **Whole fruits and vegetables** such as apples with skin, citrus fruits, strawberries, cabbage, beets, carrots, turnips, and cauliflower
 - ♥ **Whole grains** such as oats, barley, whole wheat, whole rye, brown rice, wild rice, popcorn, and barley.
- ♥ Try to get 25 grams of fiber each day.
- ♥ Aim for 8-10 servings total of fruits and veggies per day.
- ♥ Incorporate 6-8 servings of grains (at least 50% should be whole grains.)

Choose Healthy Fats





- ♥ Healthy fats lower total blood cholesterol and LDL (“bad”) cholesterol levels. They include:
 - ♥ **Monounsaturated fats** from olive oil, peanut oil, canola oil, avocados, nuts and seeds
 - ♥ **Polyunsaturated fats** from soybean oil, safflower oil, nuts, and seeds. They also include sources of omega-3 fatty acids such as salmon, light tuna, herring, and trout.
- ♥ **Limit saturated fats.** They raise bad cholesterol. Saturated fats are found beef, lamb, poultry with skin, and dairy products made with whole or 2% milk like butter and cheese. Palm oil and coconut oil also have saturated fat.
- ♥ **Avoid trans fats** because they raise bad (LDL) cholesterol and lower good (HDL) cholesterol. Trans fats are found in fried foods and baked goods like cookies and crackers, and stick margarines and shortenings. Look for the word “partially hydrogenated” on the ingredient list of packaged foods.

Reduce Salt Intake

- ♥ Too much sodium in the diet can cause excess fluid to build up in your body. This causes your heart to work harder to pump and can lead to hypertension, a leading cause of heart disease.
- ♥ The current recommendation of the American Heart Association is to consume no more than 1500 mg of sodium per day. Aim for no more than 2300 mg of sodium per day or 1 teaspoon of salt per day.
- ♥ Most of the sodium in the diet comes from processed foods. Limiting these foods is a great step toward reducing salt intake.
- ♥ When shopping, buy most foods from the perimeter of the store. This is where fresh produce, meats, fish and dairy are kept. The inner aisles contain processed high sodium foods.
- ♥ Choose products that are labeled reduced sodium or salt-free.
- ♥ Avoid adding salt while cooking or at the table. Rely on herbs and spices to provide salt-free flavor to food.

February 2012 Staff a la Carte Menu Elementary Schools



Monday		Tuesday		Wednesday February 1		Thursday February 2		Friday February 3	
 <p>February is: American Heart Month Eat a heart healthy diet and get plenty of exercise.</p>				Chicken Caesar Salad \$4.00 334 calories	\$4.00	Chef's Salad w/Tuna \$4.00 360 calories	\$4.00	Southwest Turkey Chef Salad \$4.00 257 calories	\$4.00
				Grilled Cheese & Tomato on Rye \$2.50 300 calories	\$2.50	Turkey Club Sandwich \$3.25 458 calories	\$3.25	Egg Salad Sandwich on Rye \$2.25 278 calories	\$2.25
				Small Tossed Salad w/Dressing \$1.75 59 calories	\$1.75	Small Spinach Salad w/Dressing \$1.75 119 calories	\$1.75	Fruit & Cheese Smart Snack \$2.50 317 calories	\$2.50
February 6		February 7		February 8		February 9		February 10	
BBQ Pork w/Rice & Vegetables \$2.75 249 calories	\$2.75	BBQ Chicken Special Promo \$3.75 292 calories	\$3.75	Chicken Caesar Salad \$4.00 334 calories	\$4.00	Southwest Turkey Chef Salad \$4.00 257 calories	\$4.00	Chicken Parmesan w/Pasta \$2.75 464 calories	\$2.75
Broccoli Cheese Puff \$2.50 375 calories	\$2.50	Baked Potato w/Chili & Cheese \$2.50 314 calories	\$2.50	Egg Salad Sandwich on Rye \$2.25 278 calories	\$2.25	Grilled Cheese & Tomato on Rye \$2.50 300 calories	\$2.50	Tuna Stuffed Tomato \$2.50 141 calories	\$2.50
Soup of the Day \$1.25 75-243 calories	\$1.25	Soup of the Day \$1.25 75-243 calories	\$1.25	Small Tossed Salad w/Dressing \$1.75 59 calories	\$1.75	Fresh Veggie Sticks w/Ranch Dip \$2.50 118 calories	\$2.50	Small Spinach Salad w/Dressing \$1.75 119 calories	\$1.75
February 13		February 14 		February 15		February 16		February 17	
Chipotle Chicken w/Rice & Vegetables \$2.75 249 calories	\$2.75	BBQ Chicken Special Promo \$3.75 292 calories	\$3.75	California Chef Salad w/Turkey \$4.00 389 calories	\$4.00	Chicken Caesar Salad \$4.00 334 calories	\$4.00	Taco Salad \$4.00 442 calories	\$4.00
Baked Potato w/Broccoli & Cheese \$2.50 427 calories	\$2.50	Taco Cheese Puff \$2.50 478 calories	\$2.50	Egg Salad Sandwich on Rye \$2.25 278 calories	\$2.25	Tuna Stuffed Tomato \$2.50 141 calories	\$2.50	Fruit & Cheese Smart Snack \$2.50 317 calories	\$2.50
Soup of the Day \$1.25 75-243 calories	\$1.25	Soup of the Day \$1.25 75-243 calories	\$1.25	Small Spinach Salad w/Dressing \$1.75 119 calories	\$1.75	Fresh Veggie Sticks w/Ranch Dip \$2.50 118 calories	\$2.50	Small Tossed Salad w/Dressing \$1.75 59 calories	\$1.75
February 20		February 21		February 22		February 23		February 24	
 <p>HOLIDAY</p>		Asian Chicken w/Rice & Vegetables \$2.75 357 calories	\$2.75	BBQ Chicken Special Promo \$3.75 292 calories	\$3.75	Chicken Caesar Salad \$4.00 334 calories	\$4.00	Southwest Turkey Chef Salad \$4.00 257 calories	\$4.00
		Chili \$2.50 271 calories	\$2.50	Baked Potato w/Broccoli & Cheese \$2.50 427 calories	\$2.50	Turkey Club Sandwich \$3.25 458 calories	\$3.25	Tuna Melt \$2.50 317 calories	\$2.50
		Soup of the Day \$1.25 75-243 calories	\$1.25	Soup of the Day \$1.25 75-243 calories	\$1.25	Small Spinach Salad w/Dressing \$1.75 119 calories	\$1.75	Fruit & Cheese Smart Snack \$2.50 317 calories	\$2.50
February 27		February 28		February 29		 <p>MCPS ON THE MOVE MONTGOMERY COUNTY PUBLIC SCHOOLS KAISER PERMANENTE</p>			
BBQ Pork w/Rice & Vegetables \$2.75 249 calories	\$2.75	BBQ Chicken Special Promo \$3.75 292 calories	\$3.75	Chicken Caesar Salad \$4.00 334 calories	\$4.00				
Broccoli Cheese Puff \$2.50 375 calories	\$2.50	Baked Potato w/Chili & Cheese \$2.50 314 calories	\$2.50	Egg Salad Sandwich on Rye \$2.25 278 calories	\$2.25				
Soup of the Day \$1.25 75-243 calories	\$1.25	Soup of the Day \$1.25 75-243 calories	\$1.25	Small Tossed Salad w/Dressing \$1.75 59 calories	\$1.75				