



Happy Valentine's Day!

In honour of February as Heart Month, this newsletter shines a spotlight on heart health. We'll look at the facts behind some common myths about heart health, give you some healthy heart tips, and then of course we didn't forget to include some recipes to try this month.

Embarking on a journey to better heart health involves a series of lifestyle changes, both minor and significant. Incorporating healthier eating habits, ensuring proper sleep, engaging in regular physical activity, effectively managing stress, and moderating alcohol intake are key steps toward reducing your risk of heart disease.

Let's use this Heart Month as motivation to prioritize our cardiovascular health through mindful choices and sustainable habits.

**Enjoy this Valentine's Day weekend and Family Day on Monday!
Wishing you all the best for the rest of this month!**



Filomena Vernace-Inserra

Your Registered Dietitian &
Newsletter Contributor



Claire Champion

Newsletter Contributor

Myth #1: “I’m too young to worry about heart disease.”

Fact: The way you live today can influence your risk of developing cardiovascular disease later in life. Plaque can begin to accumulate in the arteries as early as childhood and adolescence, potentially leading to blockages over time. Especially now that obesity and type 2 diabetes are becoming more common at a younger age, younger people are also more at risk for cardiovascular disease than they were in the past 10-20 years.

Myth #2: “I would know if I had high blood pressure because there would be signs.”

Fact: High blood pressure is known as the “silent killer” for a reason. Because it often has no noticeable symptoms, you may feel perfectly fine yet still be at risk. The only way to know is by checking your blood pressure. Treating high blood pressure early is essential, as untreated hypertension can lead to heart attack, stroke, kidney damage, and other serious health complications.

Myth #3: “Heart disease runs in my family, so there’s nothing I can do to prevent it.”

Fact: Even if heart disease runs in your family, you can take meaningful steps to lower your risk. Protect your heart by following these key actions:

- stay active
 - manage cholesterol
 - eat a balanced diet
 - control blood pressure
 - maintain a healthy weight
 - regulate blood sugar
 - manage stress
 - prioritize quality sleep, and
 - avoid smoking.
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Myth #4: “Diabetes won’t cause heart disease if I take my diabetes medication.”

Fact: Managing diabetes can help lower your risk of developing cardiovascular disease or delay its onset. However, even with well-controlled blood sugar, your risk for heart disease and stroke remains higher. This is because the same factors that contribute to diabetes, such as high blood pressure, excess weight, physical inactivity, and smoking, also increase your likelihood of cardiovascular problems.

Myth #5: “Heart disease is more of a problem for men.”

Fact: Statistics show that for the past 40 years more women than men have died each year from heart disease. In fact, heart disease is the number one cause of premature death in women in Canada.

Quick Tips for Eating for a Healthy Heart



Meal Preparation:

- Opt for fresh, whole foods when preparing meals at home.
- Choose whole grains like oatmeal, quinoa, and brown rice for at least half of your grain servings. Why not choose whole grains most of the time?

Vegetables and Fruits:

- Fill half your plate with a variety of brightly coloured vegetables and fruits.
- Prioritize orange and dark green vegetables such as sweet potatoes and kale.
- Choose whole fruits over juices, and try unsweetened frozen fruit in the winter for a nutritious option.

Hydration:

- Avoid sugary beverages like pop, sports drinks, and fruit juices. Choose water most of the time. Tea is a great choice as well.

Mindful Cooking:

- Use less sugar, salt, and fat when preparing meals. Grill, broil, poach and bake more often.
- Replace salt with herbs and spices for flavour.
- Choose canned vegetables that are labelled No Salt Added most often.

High-Fibre Choices:

- Increase fibre intake by consuming vegetables and fruits with peels/skins left on, and whole grains.
- Add bran, high-fibre cereal, or milled flaxseed to boost fibre content of meals.

Limit Processed Foods:

- Minimize intake of highly processed foods.
- Limit foods such as hot dogs, deli meats, cakes, candies, and fast food.
- Reduce consumption of refined foods such as white rice, bread, and pasta.

Remember, small changes in your eating habits can lead to significant improvements in heart health! Your HEART will love you for it.



Final Few Days To Register! Limited Spaces Remaining!



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Silvana, Fitness Specialist Filomena, Registered Dietitian

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 - taforcefitness@gmail.com

\$199.99

Reimbursable by Extended Health Benefits for Registered Dietitian services



Heart Healthy Recipes

Lentil Skewers with Tahini Sauce



Quick Ratatouille



Homemade Granola



Turkey Soup



Sheet Pan Honey Mustard Salmon



References

1. <https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/top-10-myths-about-cardiovascular-disease>
2. <https://www.health.harvard.edu/heart-health/10-myths-about-heart-disease>

Inner Health Nutrition Consulting | 8333 Weston Rd, Woodbridge ON | Woodbridge , ON L4L 8Z2 CA

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