



# Five Ways to Celebrate A Heart Smart Summer

1. **Take It Outdoors.** Extra daylight means more time after work to bike along trails, work in the garden, take a swim, or go for an extended walk. Aim for 30 minutes of moderately intense activity each day. To lose weight, aim for 60 minutes a day.



2. **Choose Summer Bounty.** The color and variety in the produce department pops at this time of year. Adding potassium-rich fruits and vegetables is a breeze. Studies show that men and women over age 65 who had higher potassium levels from eating fruits and vegetables also had a higher percentage of lean tissue (mostly muscle) and lowered their risk of stroke, bone loss and kidney stones.

3. **Host a Saturday night “Farmers Market” meal** for your family or friends. Fresh fruits and vegetables grown locally contain the heart-healthy benefits of powerful disease-fighting compounds known as antioxidants. Antioxidants help prevent heart disease and cancer, promote a stronger immune system and slow degeneration of the brain and eyes.

4. **Use the Grill.** Start with fresh vegetables and let your imagination run. Make kabobs with marinated\* chicken, lean beef or lean pork cubes. Grill lutein-rich corn-on-the-cob in the husks over medium heat, covered, turning often, until tender. Consider aluminum foil-wrapped pocket meals! Start with lean ground turkey shaped into a burger, top with slices of onion, bell peppers, even new red potatoes, add fresh mushrooms, seal and grill till done. Sensational!



5. **Go Fish.** Your heart loves a good fish dinner. The American Heart Association suggests that even two fish meals a week could cut heart attack risk by more than 25 percent! Choose omega-3 rich fish such as salmon, halibut, fresh herring and rainbow trout. With an entire chapter on Fish & Seafood, check out the 2008 edition of Cooking ala Heart. More than two dozen great fish recipes plus a guide to help you choose the best fish not only with high Omega-3 content, but low mercury levels and lowest “ecological impact”.

\*Marinades (high acid ingredients) provide anticancer protection by reducing advanced glycation end products (AGEs), which have been linked to inflammatory diseases such as cardiovascular disease, diabetes and Alzheimer’s.

