

FEBRUARY IS...

# Heart Health Month

**The best steps to prevent and fight cardiovascular disease are to engage in a healthy diet and lifestyle:**

- Be physically active to burn off what you eat
- Manage your portion size
- Eat more fruits, vegetables, whole grains, lowfat dairy products, skinless poultry and fish, nuts and legumes, and healthy fats
- Eat less fried, processed, and junk foods
- Heart healthy vending options include: whole grain chips, pretzels, popcorn, nuts and seeds

