

## Live Energetically: Healthy Heart



You might be wondering why heart health is such a popular topic these days. A healthy heart is a great gauge of overall health. Thankfully there are easy ways to enhance the health of our hearts. Most are quite easy to add to your daily life. Here are some ways to keep your heart pumping:

- Add in Heart-Healthy Fats:** Omega-3 fatty acids are found in specific foods and when added to the diet have been shown to decrease the risk of heart disease.
  - Fatty fish: salmon, cod, mahi-mahi, herring, mackerel, sardines, and tuna
  - Nuts & Seeds: almonds, walnuts, pistachios, pecans, brazil nuts, cashews, hazelnuts, macadamia nuts, sunflower seeds, sesame seeds, chia seeds, flaxseeds, hemp seeds, pumpkin seeds (aka pepitas)
- Amp Up the Fiber-Rich Foods:** Think of fiber like a scrub brush inside your heart and arteries. Diets high in fiber have been shown to decrease the risk of heart disease.
  - Whole grains: brown rice, rolled oats, whole wheat bread, barley
  - Legumes: kidney beans, lentils, pinto beans
  - Vegetables: broccoli, brussels sprouts, kale, artichokes
  - Whole fruit: swap out the fruit juice and grab an orange, pear, apple, or banana
- De-stress & Breathe Deeply:**

- Carve out time for yourself: go on a walk, put your phone down for 30 minutes, or read a book for pleasure
- Meditate: sitting in stillness gives your body and mind a much needed break from our fast-paced lives. Look up free meditations on YouTube or try out a meditation app such as Insight Timer, Calm, or Headspace.
- Breathe: we often forget to breathe deeply. Try inhaling for a count of five, hold for five seconds, and then exhale for a count of five. Repeat five rounds and be amazed at how refreshed you'll feel.
- Get Moving!** (Always be sure to check with your doctor first)
  - Add a brisk walk in before, at lunch, or after work.
  - Find a hill or stairs in your neighborhood to walk or jog up to get your heart pumping.

Pick at least one item from each category above to add in to your life to keep your heart healthy & happy!

Sources: <https://www.health.harvard.edu/heart-health/eat-more-fiber-rich-foods-to-foster-heart-health>  
<https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/omega-3/art-20045614>  
<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>  
<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/stress-and-heart-health>

## Herb Artichoke White Bean Dip

### Ingredients

- 1 15oz can artichoke hearts, drained and excess juice squeezed out
- 1 ½ cups cannellini beans, drained and rinsed
- 1 tbsp lemon juice
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh herbs (such as thyme & oregano)
- Black pepper to taste
- ¼ cup feta cheese
- 1/8 tsp salt (optional)

### Instructions

Drain artichokes and squeeze all liquid from them. Place artichokes, white beans, lemon juice, olive oil, fresh herbs, and black pepper in a food processor or blender. Pulse ingredients until creamy. Fold in feta cheese and salt to taste. Serve immediately or refrigerate in an airtight container for up to five days.

Source: <https://thekitchengirl.com/herbed-white-bean-artichoke-dip/>



Check out these online resources and smartphone apps!

Use your phone to keep tabs on your heart. Track heart rate and pulse using your phone's camera! Click to download the app [Instant Heart Rate](#).

Want to know how much fiber is in the foods you eat? Use the [Nutrients app](#) to get all the details and help you choose those high-fiber, heart-healthy options!

Click [here](#) to learn more about heart healthy fats!

