

HEART HEALTH

Follow Six Simple Steps To A Healthy Heart

(NAPSA)—Three of four Americans worry about the health of their heart. But most are confused about the best ways to protect it, according to “Heart Smart,” a recently released survey on American’s attitudes about heart health.

Of the 1,021 adults surveyed, nearly two-thirds agree with the statement: “I would do anything I had to, if I knew it would keep my heart healthy.”

In fact, more and more Americans are getting the message that what they eat can have a big impact on their heart health. That’s encouraging news, because more than 42 million adults have high cholesterol.

But, a majority of Americans don’t know the healthiest foods to keep their hearts healthy, and a startling one in four Americans has never checked his or her cholesterol levels according to the Heart Smart survey, sponsored by Quaker Oats.

With new and often conflicting nutrition information released every day, people need simple advice about healthy lifestyle changes, including which foods are best to eat.

To assist them, Quaker recommends “Six Simple Steps to a Healthy Heart,” including nutrition and exercise counsel that people can follow throughout the day.

Before following the Six Simple Steps, get a checkup from your doctor, including a cholesterol check. Also, determine any heart-disease risk factors in your family’s history and inform your physician of any you discover.

By following these Six Simple Steps—including eating a bowl of oatmeal for 30 days—thousands of Americans have already lowered their cholesterol.

Six Simple Steps To Heart Health

- 1. Rise and Dine:** You can really make breakfast count by eating a bowl of oatmeal or other wholegrain cereal proven to help lower your cholesterol.
- 2. Schedule “Me Time”:** Ten extra minutes a day spent doing something you love helps cut the stress of everyday life.
- 3. Favor the Fab Five:** Dietitians recommend five foods for heart health—fish, oatmeal, beans, soy and olive oil. Work these into your diet every day.
- 4. Mind that Muscle:** Schedule aerobic exercise time—and keep the appointment.
- 5. Listen to Your Heart:** The warning signs of a heart attack—shortness of breath, discomfort in your upper body, nausea and cold sweats—are all warning signs you should pay attention to.
- 6. Pull the Switcheroo:** Freshen recipes you love with simple, healthy substitutions that reduce fat and calories—and you won’t even notice.

Here’s a honey of an oatmeal idea that can help you start off your day in a heart-healthy way.

Apricot Honey Oatmeal

- 3½ cups water
- ½ cup chopped dried apricots
- ⅓ cup honey
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt (optional)
- 2 cups Quaker® Oats (quick or old fashioned, uncooked)

1. In 3-quart saucepan, bring water, apricots, honey, cinnamon and salt to a boil.

2. Stir in oats; return to a boil.

3. Reduce heat to medium; cook about 1 minute for quick oats (or 5 minutes for old fashioned oats) or until most of liquid is absorbed, stirring occasionally.

4. Let stand until desired consistency.

4 servings

NUTRITION INFORMATION:



1 cup: Calories 190, Calories From Fat 20, Total Fat 2g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 5mg, Carbohydrates 41g, Dietary Fiber 4g, Protein 4g, Total Sugars 20g.

Cook’s Tip: If desired, substitute raisins, dried peaches or pears, dried cranberries or blueberries, dried apples, dates or diced mixed dried fruit for apricots.

For more recipes or to learn more about heart health, visit www.quakeroatmeal.com.