

Support your HEART during Heart Health Month!

Did You Know?



Most kids eat **20 teaspoons** of sugar a day!
Kids should have
LESS than 6 teaspoons a day!

50% of Americans gift candies and chocolates on Valentine's Day.

Source American Heart Association statement:
Added Sugars and Cardiovascular Disease Risk in Children



What Can We Do?

Sugar is one of the main contributors to **Diabetes and Obesity**, which are the two leading causes of **heart disease**.

Take care of your heart and help your loved ones be heart healthy!

Decrease your risk for heart disease and show your family and friends your LOVE through healthier alternatives!



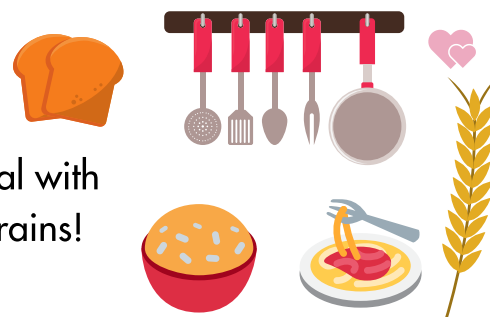
Write your loved ones a letter saying how much you love them!



Go on a walk or ride a bike!



Cook a meal with Whole Grains!



Eat the Rainbow!

Try a red fruit or vegetable as a snack!
Add them to your meals!

Make Friendship bracelets and share them with your loved ones!



Be heart healthy all year long by staying physically active and maintaining a healthy diet through mindful eating!



The mission of the Health Education Council is to cultivate health and well-being in under-served communities by leveraging the power of collaboration. For more information, visit www.healthedcouncil.org

Funded by the USDA SNAP, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips

Mantenga un Corazón saludable



¡Mes de Corazón Sano!



¿Sabía?

¡Los niños consumen **20 cucharaditas** de azúcar al día!

Los niños deben consumir **MENOS** de 6 cucharaditas al día!

El 50% de los estadounidenses regalarán dulces y chocolates en el día de San Valentín.

Source American Heart Association statement:
Added Sugars and Cardiovascular Disease Risk in Children



¿Qué podemos hacer?

El azúcar es uno de los principales contribuyentes a la **Diabetes y Obesidad**, las cuales son las dos causas principales de **las enfermedades del corazón**.

¡Cuide su corazón y ayude a sus familiares tener un corazón sano!



¡Disminuya su riesgo de enfermedad cardíaca y muestre su AMOR a través de alternativas más saludables!



¡Escribele una carta a sus seres queridos diciendo cuánto los quieres!

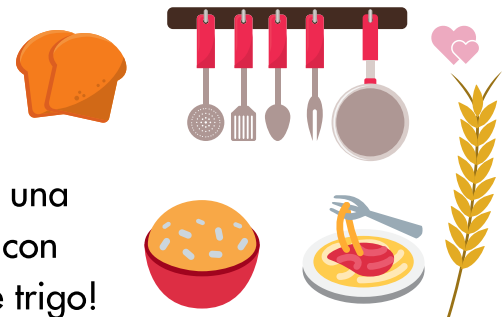


¡Salgan a caminar o andar en bicicleta!



¡Pruebe una fruta o verdura roja como bocadillo!
¡Agrégelos a sus comidas!

¡Prepare una comida con granos de trigo!



¡Haga un regalo para sus seres queridos!



¡Sea activo y mantenga una dieta saludable para mantener su corazón sano todo el año!



The mission of the Health Education Council is to cultivate health and well-being in under-served communities by leveraging the power of collaboration. For more information, visit www.healthedcouncil.org

Financiado por SNAP del USDA, un proveedor y empleador que ofrece oportunidades equitativas. Para consejos saludables, visite www.CampeonesDelCambio.net.