

EATING RIGHT IS BASIC

February 2011



FEBRUARY IS HEART HEALTH MONTH

- Heart disease is the leading cause of death in the US.
- A healthy diet and lifestyle is the best way to prevent development of heart disease. Here are some tips:
- Choose fish, lean meats & poultry-without skin and prepared without added fat.
- Select low fat dairy products.
- Limit foods containing trans fat or high amounts of saturated fat or cholesterol.
- Limit foods and beverages with added sugars.
- Keep an eye on portion size. Use smaller plates, bowls and cups to help you eat less.
- Include daily physical activity.

<http://www.heart.org/HEARTORG/>



FRUIT & CHOCOLATE FONDUE

Valentines Day is often an excuse to indulge in extra treats that contain added sugar and fat. Fruit is an excellent option for a Valentines Day dessert, it will be heart healthy & delicious. Add a little chocolate and you get a sweet & healthy treat!

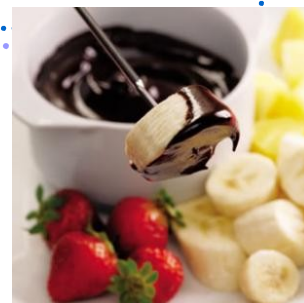
Yield: 2 servings

Active Time: 15 minutes

Total Time: 15 minutes

Ingredients

- 3 ounces of bittersweet chocolate, chopped
 - 2 tablespoons non fat yogurt
 - 1/2 teaspoon vanilla extract
 - Pinch of salt
 - 1 banana, peeled and cut into 8 pieces
 - 8 1-inch chunks of pineapple
 - 6 strawberries
- (You can also use pear slices or dried apricots)



Preparation

1. Place chocolate, yogurt, vanilla and salt in a medium microwave safe bowl. Microwave on medium, stirring every 20 seconds, until melted, 1 to 2 minutes.
2. Pour the chocolate mixture into a serving bowl.
3. Serve fruit with skewers.

Tip: Chocolate will stiffen if it gets cold, so enjoy while it is still warm!

Source: eatingwell.com

By Erica Ellebrecht, RD, Nutrition Educator-Contra Costa County