Why We Wear Red for Heart Month

By Emmett Findley, Director of Communications

Our Registered Dietitian Nutritionists are committed to supporting the heart health of our clients and the community. Here are their favorite tips on how to protect your heart.

Get moving
Our Director of Nutrition Services, Lisa Zullig, who runs every day, encourages us all to lace up our shoes and get moving. Try getting off the subway one stop early to get that extra movement in.

**Dig in**

Quite possibly Juhy’s favorite nutrition tip, you can find fiber in so many favorite foods. Whole grains are good sources of fiber, vitamins and minerals and will keep you going longer than processed foods. Try a slice of whole grain bread topped with a slice of cheese. Or, oatmeal or kasha porridge topped with chopped nuts.
Eat the rainbow

Try for several servings of each a day, as fruits and vegetables contain essential vitamins, antioxidants and fiber.

Spice up your life

All of the meals we cook and home-deliver at God's Love are low-sodium for our clients' heart health. We cook the herbs we grow on our rooftop herb garden into delicious sauces like marinara and pesto, and our chefs are always finding new combinations of spices to keep our meals interesting and tasty. What flavor combinations will you come up with?
Say yes to avocado

“Have more avocado -- it’s high in omega-3s!”
JAMIE LOPEZ, MS, RDN

#AMERICANHEARTMONTH

Avocados are a great source of many essential nutrients like vitamins C and E as well as folate, magnesium, and potassium. But one of our favorite aspects of the avocado is that it’s full of omega-3s, which give the avocado its creaminess, and leave you full and satiated.

Everything helps!

Staying active, limiting salt intake, eating fruits and vegetables, and adding more fiber to your diet are all great ways to support your heart health. Do you plan on making any changes to your meal or exercise plans? Let us know what sounds good in the comments!

Related Posts
Why We Wear Red for Heart Month

Our Registered Dietitian Nutritionists are committed to supporting the heart health of our clients and the community. Here are their favorite tips on how to protect your heart.

Stuffed Red Peppers
This vegetarian dish pops with flavor and nutrients. Curry, a blend of various spices including coriander, cumin, turmeric, ginger and cloves, lends depth, richness, and yes, a little kick. The cheese, lentils, vegetables a...

Visit our Valentine’s Day Pop-Up Shop at Bloomingdale’s

If your heart is racing because you haven’t found the right Valentine's Day gift, we’ve got you covered. Fabulous items from God’s Love We Deliver are now available at Bloomingdale’s flagship sto...