

## February “Go Red” Valentine’s Day Treats



It may not be at the top of most women’s to-do lists but caring for your heart through a healthy diet and regular physical activity is the secret weapon to preventing heart disease. While many may assume that popping a few pills that your healthcare provider prescribed is enough to deal with the symptoms or prevent a heart attack, the real preventative power lies with real changes to your lifestyle – which can reduce the risk for heart disease by as much as 80 percent.

### **FACT:**

It's not just a man's disease.  
1 in 3 women die of heart disease and stroke.  
But it can be prevented.

From Halloween in October until Easter in April, sweets and treats are used to celebrate holidays. Valentine’s Day is known for conversation hearts, chocolates, and rich pastries. Figuring out how to avoid the less healthful holiday treats is challenging to parents who worry about their children’s diets, but healthful alternatives do exist. The following are some ideas to help you and your family celebrate Valentine’s Day with less sugar, fat, and guilt.

### **See RED on Valentine's Day**

Red fruits and vegetables include: Tomatoes, spaghetti sauce, pizza sauce, tomato juice, red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries and pomegranates

Some "red" ideas for Valentine's Day (or any day!) include:

- ♥ Heart-shaped pizza. Shape pizza dough into a heart. Or, use a heart-shaped cookie cutter to make individual hearts from pizza dough. Spread with your favorite tomato pizza sauce. Add your choice of toppings.
- ♥ Pasta with tomato sauce. For added fun, serve heart-shaped pasta — check with stores offering specialty pasta shapes or order some online. Check delivery time if you order online.
- ♥ Add a few of those tiny red hot cinnamon heart candies to a popcorn snack.
- ♥ Tossed salad with such red additions as red bell peppers, cherry or grape tomatoes
- ♥ Cole slaw made with red cabbage, red peppers, red onions and apples
- ♥ Cranberry sauce — use that bag of cranberries in your freezer that you bought when they were on sale
- ♥ Oatmeal topped with a heart shape, made with dried cranberries or dried cherries
- ♥ Raspberry smoothie — Put 3/4 to 1 cup vanilla-flavored yogurt in a blender. Add a few tablespoons of frozen raspberries at a time; blend until desired consistency. After mixing —if desired — blend in 1 or more teaspoons of sugar or no calorie sweetener to taste.
- ♥ Pink/red grapefruit half
- ♥ Red grapes as a side dish to your sandwich for noontime nibbling



References:

<http://food.unl.edu/fnh/february>  
<https://www.goredforwomen.org/>