Heart disease is the #1 killer of men and women in the United States. The good news is there are many simple things we can do to improve our heart health. Keep in mind, including your whole family in healthy behavior can help prevent your kids from developing heart disease later in life.

**Eating Healthy for Your Heart’s Sake:**

Vegetables and fruits are high in vitamins, minerals and fiber — and they’re low in calories. Eating a variety of fruits and vegetables can help you control your weight and your blood pressure.

Whole-grain foods contain fiber that can help lower your blood cholesterol and help you feel full, which may help you manage your weight.

Eat fish at least twice a week, but not deep fried! Eating oily fish containing omega-3 fatty acids (such as tuna, salmon, trout, and herring) may help lower your risk of heart disease.

Other Factors:

Besides eating a healthy diet, here are other ways you can reduce your chances of heart disease:

**Physical Activity!** Try to be active 30 minutes or more on most days of the week.

**No tobacco!** Especially not around your kids. It’s a bad example and we all know 2nd hand smoke is dangerous.

**Limit Alcohol!** If you do drink, keep it under 2 drinks a day if you’re a man and only 1 drink a day if you’re a woman.
Salmon Patties

Try this heart-healthy recipe that your whole family will enjoy!

Serving Size: 1/9 of recipe   Yield: 9

Ingredients:

1 can (15 1/2 ounce) drained salmon   1/2 cup 1% milk
1 cup whole-grain, crushed cereal or 1/8 teaspoon black pepper
  crackers
2 large eggs - lightly beaten   1 Tablespoon vegetable oil

Instructions:

1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to fish.
4. Mix thoroughly.
5. Shape into 9 patties.
7. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

Note: You can replace the salmon with canned tuna fish.

Nutrition Facts: 110 calories, 4.5g fat, 20 mg cholesterol, 270 mg sodium, 5g carbohydrate, 1g fiber, 12g protein