

American Heart Association® 

Learn and Live®

HEART-HEALTHY RECIPE



Savory Sweet Potato Fries

- Serves 4
- Ingredients:
- cooking spray
 - 2 small sweet potatoes
 - 1/2 teaspoon chili powder
 - 1/2 teaspoon ground cumin
 - 1/2 teaspoon onion powder
 - 1/2 teaspoon garlic powder
 - 1/8 teaspoon salt
 - 1/8 teaspoon cayenne

Directions:

Preheat the oven to 400°F. Lightly spray a baking sheet with cooking spray. Cut the sweet potatoes into four-inch fries, a quarter-inch thick. Put the sweet potatoes in a medium bowl. In a small bowl, stir together the remaining ingredients. Sprinkle them over the sweet potatoes. Stir gently to coat. Spread the sweet potatoes in a single layer on the baking sheet. Lightly spray the tops with cooking spray. Bake for 40 to 45 minutes, or until golden brown on the outside and tender on the inside, turning once with a spatula halfway through.

Nutrition Facts (per serving): 102 calories, 0g total fat, 139mg sodium, 24g carbohydrates, 4g fiber, 5g protein

Anti-Choking Cheat Sheet

Babies under 12 months:

Avoid round, firm, and/or sticky foods, including: whole nuts and seeds, whole grapes and dried fruit pieces (including raisins), hard or sticky candy, gum, hot dogs, chunks of fruit, meat or cheese, raw fruit and vegetables, honey, peanut butter chunks, and popcorn. Once children are ready for finger foods, make sure the foods are soft or easily gummed.

Kids 1 to 4 years old:

Most of the foods mentioned above are okay at this stage as long as they are properly prepared. Cut fruit and cooked vegetables into small pieces (no wider than a dime), quarter round fruits, halve peanuts, and chop other nuts. Julienne hot dogs and raw vegetables, and spread peanut butter very thinly on crackers or bread. Continue to avoid popcorn, gum, and hard candy.

SOURCE: PARENTING.COM



Take Your Workout Outdoors

While it may be tempting to stay in the gym in colder months, heading outdoors can be great for your workout routine. It's easy to watch the minutes tick by when you're on a treadmill; a change of scenery can help time go by more quickly. Plus, if you've been using the same exercise equipment for a while, your body knows what to expect. You may actually burn more calories outside when you factor in a varied landscape, wind, and changing temperatures. On top of being great for you physically, heading outside can be great for your mind. According to a report in *Environmental Science and Technology*, 71% of people feel less stressed after a 30 minute walk outside.

SOURCE: WOMENSHEALTHMAG.COM



How to Fight a Winter Cold

While many believe that a seasonal cold is inevitable, there are ways to reduce your chance of catching one. The American Lung Association (ALA) offers a few tricks to avoid the common cold:

- Wash your hands often, especially in public places or around someone with a cold.
- Don't touch your eyes or your nose to prevent spreading germs.
- Don't share drinks or utensils with someone who has a cold.
- Keep sinuses from drying out by watching the humidity in your home. Moist nasal membranes help move bacteria and viruses out.

SOURCE: AMERICAN LUNG ASSOCIATION


Kids and Dogs: 5 Safety Tips

Even good-natured dogs can be provoked by certain actions. Here are some behaviors to teach your kids to practice around pups—particularly ones they don't know.

- **Be calm.** Never jump or scream around dogs, and never yank tails, pull fur, or poke eyes. Provide a calm environment so the dog will feel at ease.
- **No hugs.** Dogs love having their bellies rubbed or their backs stroked. They don't love being grabbed. Also, avoid patting the top of a dog's head – they can see this as a threatening gesture.
- **Never sneak up.** This can scare dogs and provoke a snarl, so always approach them from the side.
- **Let sleeping (or eating) dogs lie.** Many dogs will snap if bothered while eating or sleeping. Let them have their space during their “personal” time.
- **Always ask before petting.** Dogs have different temperaments, so you should always ask an owner before petting a dog. If the owner gives permission, make a fist (palm down in case the dog nips) and let the dog come to you.

SOURCE: PARENTING.COM





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