Celebrate American Heart Month

Heart disease is the leading cause of death for both American men and women. Why not wear red and eat red fruits and vegetables to both promote and practice healthy eating? Here are a few red food facts...

- Red vegetables get their color and nutrition boost from lycopene and anthocyanin. Lycopene is an antioxidant that has been shown to reduce heart disease risk, protect the eyes, fight infections and protect against damage from tobacco smoke.
- Choose red bell peppers, tomatoes, tart cherries, cranberries, raspberries, rhubarb, pomegranates or beets. All these healthy fruits and vegetables are positively packed with antioxidants such as vitamin A (beta carotene), vitamin C, manganese and fiber.

Increase RED fruit and vegetable intake…GROW A GARDEN
We are one month into the new year and new decade. Many of us set new health and wellness goals so we can do more and feel better in 2020. We have increased our steps by walking more on a regular basis. We are drinking more water and selecting more nutrient dense foods when grocery shopping. The OSUE staff has even engaged in daily fitness challenge breaks ie. squats.

What can we do to increase our intake of fruits and vegetables in February?
Why not plan a summer garden so you can have fresh vegetables and fruits available right outside your doorstep. The current eighth edition of USDA Dietary Guidelines for Americans recommends:
1. Follow a healthy eating pattern across the lifespan
2. Focus on variety, nutrient density and amount
3. Limit calories form added sugars and saturated fats and reduce sodium intake
4. Shift to healthier food and beverage choices
5. Support healthy eating patterns for all

First planning and then planting a garden will help us address all five of these guidelines with one action. How efficient and satisfying is this?

The Ohio State University Extension Clermont County is your go-to-resource for all the information you need to accomplish the task. 2020 OSU Extension gardening resources include:
- Planning for the garden
- Master Gardener Clermont County Library gardening classes
- 4-H Youth development project books
- Grow your own vegetables
- Growing with the seasons

For more information on growing food and food production best practices, living a sustainable lifestyle, preparing youth for success and eating healthy throughout the lifespan visit www.clermont.osu.edu. Wear RED and eat RED fruits and vegetables in support of American Heart Month!

FAST FACT
Fewer than 1 in 10 U.S. adults and adolescents eat enough fruits and vegetables!