

American Heart Month



February is American Heart Month, and a great time of year to remind ourselves, friends, families, and communities the importance of heart health.

Family history, smoking status, stress, diet, and physical activity can all impact our heart. While we can't change our family history, there are steps we can take to improve our habits that can help promote health.

Know Your Numbers

Blood Pressure: High blood pressure puts strain on your heart, arteries, and kidneys.

Cholesterol: High cholesterol can clog blood vessels.

Blood Sugar: Over time, high blood sugar can cause damage to the heart.

Physical Activity

Not moving our bodies enough throughout the day can make it extra difficult to improve heart health. Sitting less and moving more are great places to start, even just 30 minutes of walking each day can make a difference.

Eat Well

Focus your diet on vegetables, fruits, whole grains, and lean proteins. Limit sodium (salt), sugar sweetened beverages and treats, and processed meats.

Quit Smoking

If you smoke, quitting is one of the best things you can do for your health!

The North Memorial Wellness Resource Center located inside of North Market offers completely FREE services from providers who can support you on your journey to a healthier heart. Ask us how!

Upcoming Events & Programs

Youth Yoga Classes at Webber Library

Saturdays in February from 12:30 - 1:00 pm, kids and teens are invited to a series of **FREE** yoga classes at *Webber Library*, right next door to North Market!

Come to one session, or all.
No registration necessary.
Materials provided.

North Side Fresh Bucks at North Market
has been moved from Fridays to
Wednesdays

**50% off of ALL fresh produce every
Wednesday!**



Wellness Resource Center

HOURS

Mon-Fri: 9 a.m. - 6 p.m.

Sat-Sun: CLOSED

Hours vary by team member

Walk-ins encouraged!

To make an appointment
or for questions, contact us at
(763) 581-5892.

mynorthmarket.org/wellness

Nutrition Label Tips: Sodium



Sodium is a mineral that is in salt and can be found in high levels in some foods. Most Americans should aim to eat no more than 2,300 mg of sodium per day, however most eat double, or even triple that amount. To get a better understanding of how much sodium is in your food, learning to understand the Nutrition Facts label that is found on packaged foods is helpful.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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1 Look at the Serving Size. The serving size for this example food is **2/3 cup**.

2 Look at how many milligrams (mg) of sodium the food has per serving. Ignore the percent (%) on the right side. **One serving (2/3 cup) has 160 mg.**

NOTE: If you ate *more or less* than one serving, that changes how much sodium you have eaten. Adjust the sodium based on how much you actually eat.

A good rule of thumb is to choose foods with less than 200 mg of sodium per serving *most* of the time.

Resources

American Heart Association Recipes
recipes.heart.org

Increasing Physical Activity Tips
choosemyplate.gov/resources/physical-activity-tips

Free Tools to Help Quit Smoking
smokefree.gov/tools-tips/get-extra-help/free-resources

Wellness Resource Center

The North Memorial Health Wellness Resource Center is your neighborhood place for greater well-being. Look to our specialists to help guide you and your family to healthier living.

Wellness Coordinator

Provides health assessments, offers referrals, and connects you to all health services.

Registered Dietitian, Sara

Counsels individuals on suitable nutrition, offers dietary guidance to those living with chronic illness, and assists with grocery shopping.

Community Health Workers, Tiffany & Jonale
 Makes connections to care organizations, offers health guidance and social assistance, and supports those living with chronic conditions.

Pharmacy Liaisons, Jeff & Stacy

Finds affordable prescriptions, determines benefits and savings, and assists with medication management.