

# Recipes for a healthy heart

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*Amy Deahl-Greenlaw, R.D.N., a registered dietitian nutritionist, says you can have a delicious snack that is healthy for your heart. Here are some of Ms. Amy's heart-health nutrition tips followed by suggested recipes.*

- Eat plenty of fruits and vegetables to keep your heart healthy.
- Aim for 2 cups of fruit and 3 cups of vegetables every day.
- Think of snack time as the perfect time for fruits and vegetables.
- Choose low fat dairy foods for heart health.

## Applesauce with raisins and cinnamon

Ms. Amy says apples are naturally sweet so **buy unsweetened or natural applesauce**. Avoid "Homestyle," "Original," or flavored varieties. They add a lot of extra sugar.

*Makes: 1 serving*

### Ingredients

½ cup unsweetened or natural applesauce  
2 tablespoons raisins (or one mini-box ½ ounce)  
Cinnamon (sprinkle to taste)



### Directions

1. Add raisins and cinnamon to applesauce.
2. Stir and enjoy!

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## Fruit, vegetable, and low-fat cheese kabob

Kabobs are food on a stick. Low-fat cheese, fruit, and vegetables create a salty, sweet, and crunchy snack. Ms. Amy says low-fat dairy foods like low-fat cheese, low-fat milk and low-fat yogurt are healthy for your heart.

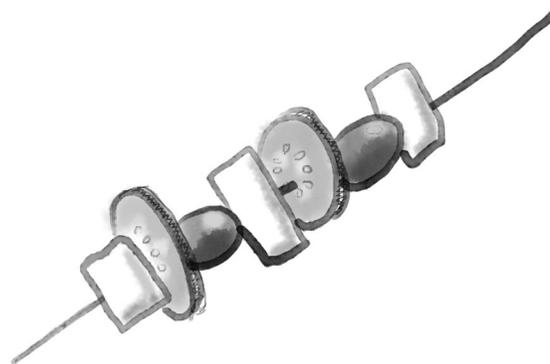
*Makes: 1 serving*

### Ingredients

1 low-fat mozzarella cheese stick (cut into 4 pieces)  
2 grapes (or any favorite fruit piece)  
2 cucumber slices (or any favorite vegetable piece)  
Thin beverage-stirring straws or toothpicks  
(for your kabob skewer)

### Directions

1. Jab a piece of cheese with the skewer and push it onto the skewer
2. Repeat this with fruit and vegetable pieces. Enjoy!



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### Fruit Fizzie

Bubbly water with 100% juice

Fruit Fizzies are a healthy alternative to soda. Use unsweetened seltzer water plus your favorite 100% juice. Drinking a Fruit Fizzie is a great way to get the water your body needs to stay cool in the warm weather, Ms. Amy says.

*Makes: 1 serving*

#### Ingredients

8 or more oz. seltzer water  
Splash of 100% juice  
(your favorite-orange, apple, grape etc.)

#### Directions

1. Add a splash of your favorite 100% juice to seltzer water.
2. Enjoy!



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*Ms. Amy Deahl-Greenlaw, R.D.N., L.D.N., is an adjunct faculty member of Healthy NewsWorks. Healthy NewsWorks partners with schools to teach students research, interviewing, and writing skills so they can produce health-focused school newspapers and other media. For more information about Healthy NewsWorks please visit [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org).*

