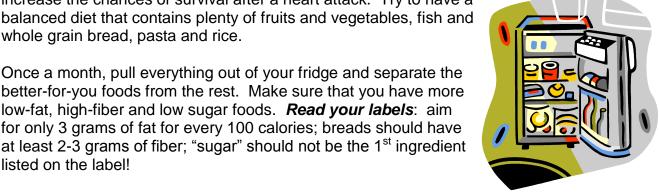# 1 Days 'til Go Red!
National Wear Red Day
Friday, February 4th

FOCUS ON YOUR FRIDGE

A healthy diet can help reduce the risk of developing heart disease and can also help increase the chances of survival after a heart attack. Try to have a balanced diet that contains plenty of fruits and vegetables, fish and whole grain bread, pasta and rice.

Once a month, pull everything out of your fridge and separate the better-for-you foods from the rest. Make sure that you have more low-fat, high-fiber and low sugar foods. *Read your labels*: aim for only 3 grams of fat for every 100 calories; breads should have at least 2-3 grams of fiber; "sugar" should not be the 1st ingredient listed on the label!

Organize by "more" or "less". Divide your refrigerator into different sections of "choose more often" and "choose less often". This could be a shelf or within the shelf, always keeping healthier foods up front and not-so-healthy toward the back.

Make healthy food appealing by keeping an indulgent topping or accompaniment next to the healthy food to make it more appetizing. You'll be more likely to eat something healthy if the mixed nuts are next to the low-fat yogurt or the chocolate syrup is beside the skim milk.

Freeze foods in portion sizes to make eating healthier and easier. The recommended serving size of cooked meat is 3 ounces (size of a deck of cards); serving of pasta is one cup (size of a Walkman) and a half a cup for vegetables is about the size of a tennis ball.

Freeze fruit for fun. Freeze fruit such a bananas, grapes and orange slices so that next time you want a sweet snack, choose a frozen fruit instead of ice cream!

The Medical Center of Plano