How to Have a Healthy Heart!

Taking care of your heart involves way more than making sure you have a valentine this February. The American Heart Association has created a list of seven small choices that kids and adolescents can make everyday, which include:

- Being physically active everyday: go for a walk with your family
- Eating a heart-healthy diet: try fruits instead of candies
- Keep your blood pressure healthy: drink lots of water

Check out [www.heart.org](http://www.heart.org) for more on Life’s Simple 7™ for Kids!

School Lunch or Homemade Lunch?

Giving a kid a healthy lunch can have many benefits, such as improving alertness in class, and federal laws have been passed to make sure that schools provide healthy options. A recent study examined the cost and quality of lunches brought from home, and found that in comparison, these lunches are less healthy and more expensive than lunches provided by the school. One way you can build a consistent healthy lunch for your child is to involve him or her in the process!

Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for tips and ideas on how to pack a healthy lunch.