

Self-Care

Tips for Heart Health

LOVE YOUR
Heart

Heart disease is a leading cause of death in the United States, but there's a lot you can do to prevent it. Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.



What does "self-care" mean?

Researchers define self-care as what you do to stay healthy. It's also what you do to care for any health problems you have, such as high blood pressure, diabetes, or mental health disorders. It's [heart-healthy living](#).

What parts of your self-care routine help your heart?

Self-care for your heart is really self-care for your whole self. You can improve and protect your health overall when you:

- ✓ Get a daily dose of [physical activity](#), such as a brisk, 30-minute walk.
- ✓ Cook meals that are low in sodium and unhealthy fats.
- ✓ Take your medications as prescribed and keep your medical appointments.
- ✓ Sleep 7-8 hours a night.
- ✓ Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or funny movie.
- ✓ Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.

How can you make self-care for your heart easier?

The trick is to plan ahead. Build heart-healthy activities into your daily self-care routine. Schedule things that are both good for you and important to you. You might want to set aside time to:

- ✓ Cook delicious, heart-healthy recipes. Choose some from the National Heart, Lung, and Blood Institute's delicious heart-healthy eating [website](#).
- ✓ Go for a bike ride, take an online exercise class, or have a family dance party.
- ✓ Make that doctor's appointment you've been putting off. Many providers now offer telehealth appointments to make accessing care easier.
- ✓ Organize your medications.

What's your health status?

Part of self-care is knowing your health status. Even during uncertain and busy times, get your blood pressure, blood sugar, and cholesterol levels checked. Talk to your health care provider about your heart health.



EatingWell

Lemon-Garlic Steak & Green Beans

Active: 20 mins**Total:** 20 mins**Servings:** 4

For a steak that's deliciously tender, flavorful and not too fatty, we reach for strip (also known as New York strip or shell steak). It has less than half the saturated fat of a rib-eye but is more tender than leaner sirloin. Here, we cook green beans in the same pan used to sear the spiced steak. All those delicious drippings add richness to the beans—plus there's one less pan to wash!



Jason Donnelly

Ingredients

- 1 tablespoon grapeseed or canola oil
- 3 cloves garlic, grated, divided
- 1 teaspoon paprika
- ½ teaspoon chili powder
- ½ teaspoon salt, divided
- 1 pound boneless strip steak, trimmed
- 2 tablespoons lemon juice
- 2 tablespoons water
- 1 pound green beans, trimmed

Directions

Step 1

Combine oil, half the garlic, paprika, chili powder and 1/4 teaspoon salt in a small bowl. Rub the mixture on steak. Heat a large skillet over medium heat. Add the steak and cook, flipping occasionally and adjusting the heat as necessary to prevent smoking, until an instant-read thermometer inserted in the thickest part registers 135°F for medium-rare, 10 to 12 minutes. Transfer to a clean cutting board and let rest.

Step 2

Add lemon juice and water to the pan and scrape up any browned bits. Stir in green beans, the remaining garlic and 1/4 teaspoon salt. Cover and cook until the beans are tender-crisp, about 5 minutes more.

Step 3

Slice the steak against the grain and serve with the green beans.

Nutrition Facts

Serving Size: 3 oz. steak & 3/4 cup green beans

Per Serving: 215 calories; fat 9g; cholesterol 61mg; sodium 354mg; carbohydrates 10g; dietary fiber 3g; protein 24g; sugars 4g; niacin equivalents 7mg; saturated fat 2g; vitamin a iu 1166IU; potassium 555mg.

EatingWell

Butternut Squash & Black Bean Enchiladas

★★★★★

A crisp, citrusy slaw contrasts nicely with the enchiladas' creamy squash filling.

Active: 25 mins**Total:** 45 mins**Servings:** 4

Greg DuPree

Ingredients

3 tablespoons extra-virgin olive oil, divided

3 cups diced peeled butternut squash

2 medium poblano peppers, seeded and chopped

1 medium onion, chopped

1 (14 ounce) can no-salt-added black beans, rinsed

4 tablespoons chopped fresh cilantro, divided, plus more for serving

1 tablespoon ancho chile powder

8 corn tortillas, warmed

1 (10-ounce) can enchilada sauce (see Tip)

½ cup shredded Monterey Jack cheese

2 cups shredded cabbage

1 tablespoon lime juice

Directions

Step 1

Preheat oven to 425°F. Lightly coat a 7-by-11-inch baking dish with cooking spray.

Step 2

Heat 2 tablespoons oil in a large skillet over medium heat. Add squash and cook, covered, stirring occasionally, until tender and lightly browned, 8 to 10 minutes. Add peppers and onion and cook, uncovered, stirring occasionally, until tender, about 5 minutes. Remove from heat and stir in beans, 2 tablespoons cilantro and chile powder. Let cool for 5 minutes.

Step 3

Place about 1/2 cup of the squash mixture in each tortilla and roll. Place, seam-side down, in the prepared baking dish. Top with enchilada sauce. Sprinkle with cheese and cover with foil. Bake until bubbly, about 15 minutes. Remove foil and bake for another 5 minutes.

Step 4

Meanwhile, toss cabbage with lime juice, the remaining 1 tablespoon oil and 2 tablespoons cilantro. Serve the enchiladas topped with the slaw and more cilantro, if desired.

Tip:

Store-bought enchilada sauce is a fast and easy way to add a ton of flavor to a dish, but it can be high in sodium, so look for one that has less than 300 milligrams per serving.

Nutrition Facts

Serving Size: 2 enchiladas & 1/2 cup slaw