

Eat Your Way to a Healthy Heart

[February 12, 2012 Health & Fitness](#)

Article by Cristal G. Orpilla, RN



February is a month for the heart, not only because it's Valentine's Day, but also because it is National American Heart Month. I know for the Superbowl we've indulged in snacks like chips, buffalo wings, and pizza, but now it's time to shift gears and purge our bodies. Loading up on veggies with vitamins, nutrients and wonderful dietary fiber is key in taking care of your heart, so heart-healthy salads are a *fresh* start on eating healthy! The experts at **Tossed**, have a few suggestions about how to put a healthier spin on your Valentine's Day meal this year:

- **Have a heart- a healthy one!** It's often said that the way to the one's heart is usually through their stomach. But of course, the unhealthy, fatty, rich foods are usually the ones that end up there- in the arteries to be exact! Keep your food flavorful, while getting rid of unnecessary calories by grilling meat. Hint: grilled BBQ chicken tastes delicious on top of a salad!

- **Keep it colorful!** Iceberg lettuce is made mostly of water and thus does not have all the nutrients needed for a heart healthy salad. Better alternatives include colored, leafy greens like romaine, arugula, swiss chard, or spinach as a bed for your salad.
- **Red is for love!** So love you heart, and opt for anti-oxidant rich deep red toppings: tomatoes, red peppers, strawberries, or dried cranberries. Fruits and veggies with a hue as deep as your Valentine's love are the best bet for vitamins and minerals.
- **Lighten Up!** As a romantic dinner is about to end, many people think of chocolate fondues and heavy pastries. To keep things a bit lighter, think about serving a fruit dish – a simple fruit salad is easy to throw together!

So love yourself and your loved ones by serving up healthy foods that maintain a healthy heart. Snack healthy!

About Tossed

Tossed, a fast growing national franchise that serves made-to-order salads, crepe wraps, sandwiches and hot paninis. Locations coming soon in Los Angeles, Chicago, Washington DC, Orange County, CA and additional locations in New York City and Boston.

Love and Cheers,

Cristal