

# Outreach of the Month:

## February Heart Health



Information for Your Patients

February 2025

Volume 2

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#### Gaps in care Outreach Topic:

#### Heart Healthy Eating

#### Follow the Link

Facebook  
UOP website

#### Helpful Links:

Link 1  
<https://www.heartfoundation.org.au/>

Link 2

#### Contact Us:

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<http://www.uopdocs.com>

**“Let food be your medicine and medicine be your food.” –  
Hippocrates**

Yes, eating heart-healthy can be delicious. Many foods that are good for your heart, like fish, berries, nuts, and whole grains, are also naturally flavorful. Focusing on fresh ingredients and healthy cooking methods can make heart-healthy meals taste great.

#### Here's why and how:

Why heart-healthy eating can be delicious:

- **Flavorful choices:**

Many heart-healthy foods are inherently delicious, such as fatty fish (salmon, tuna), berries, dark chocolate, and nuts.

- **Variety and spice:**

A heart-healthy diet doesn't mean bland food. You can add spices, herbs, and flavorful sauces to make your meals exciting.

- **Healthy fats and oils:**

Incorporating healthy fats like olive oil, avocados, and nuts can add richness and flavor to your dishes.

- **Whole grains and legumes:**

Whole grains and legumes offer a satisfying and flavorful base for many meals.

- **Focus on freshness:**

Using fresh, high-quality ingredients can elevate the flavor of any dish, even a simple salad.

**\*Visit your UOP PCP today for advice on healthy eating**

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