



TAHER

HEALTHY to a "T"

February 2018

Harvest of the Month

Mango

Calories 107
 Total Fat 0g
 Sodium 3mg
 Sugars 24g

FUN FACTS:

Mangoes are sweet and juicy. They were first found growing in India over 4000 years ago.

Due to their health benefits, mangoes are the 'King of Fruits'. One serving provides 100% of your daily Vitamin C!

Throughout the world more mangoes are eaten every day than any other fruit.

Giving a basket of mangoes is considered a gesture of friendship.

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February is American Heart Month

Everyone wants to live healthier, happier lives so they can relish in life's precious moments and it all starts with taking care of ourselves and loved ones. American Heart Month helps remind Americans to focus on heart health and encourage communities, family and friends to make health a priority and part of their everyday way of life. How can I promote a healthy lifestyle?

Build a Culture of Health...

- ♥ initiate year-round community-sponsored physical activities or seasonal farmers markets
- ♥ encourage nutritious foods at community events
- ♥ praise all efforts toward a healthy lifestyle

Choose a Heart Healthy Lifestyle...

- ♥ adopt a diet low in sodium, and saturated and trans fats
- ♥ exercise at least 30 minutes five days a week
- ♥ maintain a healthy weight
- ♥ add food like fish and avocado a.k.a. Omega 3 fatty acids to your diet
- ♥ avoid smoking

Know the Risk Factors... heart disease can occur at any age and men and women are equally at risk. Other factors include:

- ♥ family history
- ♥ alcohol and drug abuse
- ♥ smoking
- ♥ diabetes
- ♥ blood cholesterol
- ♥ previous medical history
- ♥ high blood pressure
- ♥ stress
- ♥ physical inactivity
- ♥ depression

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HARVEST OF THE MONTH RECIPE—FEBRUARY

Mango Frosty

Yield: 4 servings

- 3 Bananas
- 2 cups Mango
- 1/4 cup Coconut Milk (unsweetened)
- 1 tsp Vanilla Extract
- 1 Lime (juice of)

1. Thinly slice banana and freeze for 1 hour.
2. Chunk fresh mango and freeze for 1 hour.
3. In food blender, mix all ingredients together. You'll need to stop and stir several times.
4. Eat right away. Enjoy!

NUTRITION SNAPSHOT ~ 1 serving

150 calories, 3.5g total fat, 0.5g saturated fat, 2g protein, 0g trans fat
0mg cholesterol, 31g carbohydrate, 4mg sodium, 21g sugar, 4g fiber