



## President's Table

Thump-thump. Thump-thump. Your heart beats about 100,000 times a day. And every minute it pumps about 1.5 gallons of blood through your body delivering oxygen and nutrients. But is it healthy?

The American Heart Association wants you to find out by celebrating American Heart Month in February. The campaign was created to encourage people to get a check-up, take action, encourage and educate others, and donate to support the AHA's efforts to treat heart disease.

Heart disease is the leading cause of death in the United States. It claims the lives of an estimated 614,000 people a year. And millions more struggle with disabilities and medical costs linked after a heart attack, or living with heart disease.

But there's a bright side, too. Heart disease is largely preventable by eating a healthy diet, getting regular exercise, and making smart lifestyle choices. And we're here to help.

At MagicKitchen.com, we've been making meals with health, wellness, and prevention in mind for more than a decade. Every meal is carefully created by our team of nutritionists, a registered dietitian and professional chefs. And our selection of Low-Sodium entrees are perfect for supporting a heart-healthy diet.

Want to keep your heart healthy? Join the cause to support American Heart Month. Aim to get 30 to 60 minutes of exercise a day. Make smart lifestyle choices. And enjoy some healthy food made from fresh ingredients to keep your heart healthy.



*Vegetable Stew,  
One of our Heart-Healthy Meals*

**Michelle Tayler**  
President

**Greg Miller**  
CEO



*"It is spring again. The earth is like a child that knows poems by heart."*

*- Rainer Maria Rilke*



## 5 Amazing Facts About Recent Heart-Health Research

If you had a heart problem a century ago, you might get a house call from a doctor, or make your way to the hospital for help. But after listening to your heart with a stethoscope, medicine and surgical techniques were limited. Fortunately, medical research has learned a lot about heart health, prevention, and treatment over the years. Check out these five amazing facts about heart health research discovered in just the last few years:

### **1. *Dark Chocolate is Good for Your Heart***

Go ahead and satisfy your sweet tooth...with a little dark chocolate. In a recent study published in the *British Medical Journal*, researchers found that eating dark chocolate is good for your heart. It's high in antioxidants and helps reduce inflammation, which help reduce blood pressure and improve insulin sensitivity.

### **2. *Gut Bacteria from Eggs and Meat May Lead to Heart Disease***

Did you know bacteria in your gut may predict your risk for heart disease? In a study published in the journal *Molecular Nutrition and Food Research*, researchers found that higher levels of a bacteria, called trimethylamine N-oxide, found in the gut, may be linked to heart disease. It's a compound commonly found in eggs and meat, both of which are high in cholesterol that can clog arteries.

### **3. *AHA Recommends Mandatory CPR for High School Graduation***

Cardiopulmonary resuscitation, aka CPR. It used to be required training for emergency responders, and recommended training for others. But someone has a heart attack in the United States every 42 seconds. It's why the American Heart Association recently recommended all high school students learn CPR as a requirement to graduate.

### **4. *Heart Health and Longevity Linked to Regular Exercise***

Want to live longer and keep your heart healthy? Get regular exercise. It's probably advice you've heard before. But according to a recent study published in the *Journal of the American College of Cardiology*, less than half of all adults get 30 minutes of exercise a day. "...Exercise is a potent intervention for the primary and secondary prevention of heart disease," says Dr. Michael Scott Emery, a member of the American College of Cardiology Sports and Exercise Council.

### **5. *Stress Major Risk Factor for Heart Disease***

Your diet and exercise habits are the only factors that influence heart health. In fact, your stress level may be a stronger predictor for heart disease than lab tests, according to a study published in *Psychosomatic Medicine*. Researchers found that stress and burnout linked to long work hours, lack of vacations, prolonged employment after retirement years, and on-the-job stress can harm your heart. How? By causing plaque build-up that blocks arteries and causes heart attacks. Protecting your heart requires a holistic approach that includes healthy eating, regular exercise, stress management, and other factors.

Want to keep your heart healthy? We want to help you. Just check out our selection of heart-healthy and Low-Sodium meals.



# Heart Healthy Habits for Life

Did you know your heart starts beating at about 3 to 4 weeks old in the womb? Your heart and its network of capillaries, veins, and arteries, and strength to keep on pumping for decades is critical to help you enjoy a rich and fulfilling life. So what can you do to keep it healthy?

## 2 Rules for Everybody to Follow

If you want to keep your heart healthy, follow these two rules:

Rule No. 1 - Eat a healthy diet. More fruits, vegetables, whole grains, nuts, seeds, fish, and legumes. Avoid or limit red meat, and go easy on desserts, sugar-sweetened drinks, and fried foods.

Rule No. 2 – Exercise 30 to 60 minutes a day. You don't have to run a marathon or climb a mountain. But you do need to be active. Try brisk walking, biking, or swimming to keep your heart healthy.

## Decades of Heart-Healthy Habits

Your heart grows and develops from birth to old age. And it requires your attention all along the way. Here's what you can do to protect your heart as you age:

### Age 20 to 29

Establish a relationship with a primary care doctor. Make it a habit to get preventive exams once a year to measure heart health and other risk factors for disease. If you smoke, quit. And follow Rules No. 1 and 2.

### Age 30 to 39

Talk to your family and heart healthy. Find out if you have a history of heart disease. Model heart-healthy behaviors for your kids. Learn to manage stress in healthy ways. And follow Rules No. 1 and 2.

### Age 40 to 49

Maintain a healthy weight or lose weight if you need to through diet and exercise. When you hit your forties, it's typical for metabolism to slow down. Schedule an exam to get your blood pressure, glucose level, and other biomarkers for heart disease measured. Aim to get 7 to 8 hours of sleep a night, and if you snore, get help. Rules No. 1 and 2 should be habits by now.

### Age 50 to 59

Your diet and exercise habits (Rules No. 1 and 2) are critical to maintaining and improving heart health. Stick with it. Learn the warning signs of a stroke or heart attack, so you know what to do in case something happens. And if you're being treated to keep your heart healthy, follow your doctors orders.

### Age 60 to -

The risk for heart disease goes up with age, even if you live a healthy lifestyle (Rules No. 1 and 2).

Ask your doctor about an ankle-brachial index test, a special test to measure your blood pressure and heart health. Keep your weight under control. Review the warning signs of a stroke or heart attack and know how to respond. And enjoy heart-healthy living.



Your dietary needs may change over time, but that doesn't mean you have to spend hours in the kitchen learning how to cook new recipes. You'll find healthy and nutritious food made from fresh ingredients for heart health and other dietary needs at [MagicKitchen.com](http://MagicKitchen.com).

[www.magickitchen.com](http://www.magickitchen.com)



## Heart-Healthy Eating Made Easy

If you want to protect your heart, there's a lot of things you can do. Get regular exercise. Don't smoke, or quit if you do. Lose weight if you need to. Sleep 7 to 8 hours of sleep a night. Manage stress in healthy ways. Every one of these lifestyle choices will improve your health. However, your diet may be the most important factor for heart-healthy living.

So what does a heart-healthy diet look like? It's not complicated. Eat more fruits, vegetables, whole grains, fish, lean meats, nuts and seeds, and legumes. In the PREDIMED study, researchers followed about 7,500 people who followed this type of eating plan for five years. The data showed eating this way cut the risk for heart disease by 30 percent. And the evidence was so convincing that the study ended early.

If you want to improve your heart health, take a closer look at your diet? You may need to rewrite your grocery shopping list and stock up on healthier foods for your kitchen. Or you can simplify heart-healthy eating by letting MagicKitchen.com help you out.

All of our meals are made from fresh ingredients by a team of professional chefs, evaluated by nutritionists and a registered dietitian, and taste-tested and approved by thousands of happy customers. And they're packed with heart-healthy foods that promote health, prevent disease, support weight management, and taste great.

If you want to add more vegetables to your diet, you'll find 1 to 2 servings in nearly every entrée. And there's a complete selection of Vegetarian meals packed with vitamins, nutrients, and antioxidants for heart health.

Looking for a heart-healthy meal made with fish or lean meat? Try the Salmon Caponata served with vegetables, Chicken Marsala served with Rice & Vegetables, or one of many others.

You'll find heart-healthy and fiber-rich beans in entrees like Tilapia with Miso, Ginger & Black Beans and Many Bean Soup. And the perfect heart-healthy whole-grain option to go with soup, 9 Grain Rolls.

If you need to keep your blood pressure under control, check out Low Sodium meals like Beef Bourguignon, Brown Rice & Broccoli, Salmon and Vegetable Linguini, Honey BBQ Chicken Breast Patty with Broccoli and Sweet Potatoes, and many others.

Heart-healthy eating doesn't have to be hard or complicated. Stock up on MagicKitchen.com meals, and you can have a healthy breakfast, lunch or dinner ready in minutes. Stick to eating more whole foods and meal time will make you and your heart happier and healthier.



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## Celebrate National Wear Red Day with Us for Heart Health

Chances are pretty good you know someone who has heart disease. It starts with little warning and no symptoms. But add diabetes, obesity, a sedentary lifestyle, poor food choices, or excess alcohol, and half of all Americans are at risk for heart disease.

But it doesn't have to be that way. Healthy eating and lifestyle habits can help prevent heart disease. And now is a great time to commit to living a heart-healthy life. Join us on Feb. 3 by celebrating National Wear Red Day to help prevent heart disease, the No. 1 killer in women.

Pick your favorite red hat, shirt, coat, dress, or outfit and wear it proudly on National Wear Red Day. It's a way to remind you and others that heart health matters. And it's a reminder that simple lifestyle changes like improving your diet, losing weight, eating healthier, and getting preventive exams, can improve heart health and prevent heart disease.

You can even donate to raise funds at Go Red for Women, and check out the 2017 Red Dress Collection and celebrity fashion show organized to promote heart health and fund research to treat and prevent heart disease.

Here's one more way to celebrate. Talk to your mom, sister, aunt, or girlfriends about heart disease, prevention, and treatment. Host a Go-Red get-together and serve up some heart-healthy food from the MagicKitchen.com menu. And don't forget to tell them to wear red.



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