

Healthy Heart Month & Going Red For Fashion Week

February is healthy heart month, with many celebrities like Heidi Klum, Kellie Rippa, Angela Basset, Lisa Minnelli and Marie Osmond coming out in force to recognize the #1 killer of women in America. Dozens of organizations across the country have jumped on board to create their own Healthy Heart month program, charity or PR campaign. The uniting factor in every organization's campaign is raising awareness for heart disease, and the color red.

The National Heart Lung and Blood Institute kicked off fashion week in New York City this month, promoting their Heart Truth campaign with a very special ambassador, none other than First Lady Laura Bush. Fashion Week is a whirlwind of glamour, style evolution, trend spotting, and cat walking for glamour pushes the world over. Celebrities sashayed down the runway in one-of-a-kind red dresses created by the most prestigious fashion houses. But the runway is no longer only about luxury haute couture, Fashion Week has become a real platform for national social and health issues. "Nothing draws attention like a little red dress," said the First Lady.

The American Heart Association founded the Go Red For Women campaign, an educational program to celebrate the energy, passion and power women have to band together to wipe our heart disease and stroke. Millions of Americans participate in the program every year. Sporting the color red not only makes us all look more vivacious and alive, but it represents a commitment to improve our heart health and live stronger, longer lives. The Go Red campaign encourages exercising with friends, swapping healthy heart recipes, and knowing our cholesterol and triglyceride numbers as well as we

know our 401(k) balance and shoe size. An ounce of prevention like keeping regular doctor's appointments and understanding our personal risk for heart attack and stroke, could make all the difference. The founders also quip - Instead of counting wrinkles, count calories - and be sure to eat from all six food groups recommended by the USDA and the American Heart Association. Sound advice we can all take. - Skye MacBroom

FiftyAndFurthermore's Favorite Heart Healthy Foods



- Acorn squash
- Almonds
- Asparagus
- Blueberries
- Broccoli
- Brown rice
- Cantaloupe
- Carrots
- Dark chocolate
- Flaxseed
- Kidney Beans & Black Beans
- Oatmeal
- Oranges
- Papaya
- Red bell peppers
- Red wine
- Salmon
- Soy milk
- Spinach
- Sweet potato
- Tea
- Tomatoes
- Tuna
- Walnuts

Berry Topped Pudding Pie

Healthy Heart Recipe For a Month of Sweetness

Serves 8; 1 slice per serving

Ingredients:

- Canola or corn oil for pie pan
- 2 large egg white
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon cream of tartar
- 1/8 teaspoon salt
- 1/2 cup sugar
- 3/4 cup walnuts or pecans, finely chopped
- 1 small package fat-free, sugar-free instant lemon or vanilla pudding mix, prepared with 2 cups cold fat-free milk
- 12 ounces fresh berries or other fruit, sliced if needed
- 1/2 cup fat-free frozen whipped topping, thawed (optional)



Nutrition Analysis (per serving)

Calories	169
Total Fat	6.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.5 g
Monounsaturated Fat	1.0 g
Cholesterol	1 mg
Sodium	223 mg
Carbohydrates	25 g
Sugar	18 g
Fiber	3 g
Protein	5 g

Recipe courtesy of Alton Brown

This recipe is brought to you by the American Heart Association's Face The Fats program. Recipe copyright © 2007 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere.

Directions:

Preheat the oven to 300°F. Pour a small amount of oil onto a paper towel and lightly wipe the bottom and side of an 8- or 9-inch pie pan.

In a large mixing bowl, using an electric mixer, beat the egg whites, vanilla, cream of tartar, and salt on medium speed until foamy. With the mixer still running, gradually add the sugar in a slow, steady stream, until stiff peaks form. (The peaks shouldn't fold over when the beater is lifted.) Very gently fold in 1/2 cup of the nuts.

Using a flexible spatula or rubber scraper, spread the meringue over the bottom and up the side of the

pie pan and onto the lip of the pan, but not over the edge of the pan. Sprinkle the bottom of the pan with the remaining nuts.

Bake for 50 minutes, or until the meringue is firm and lightly browned. Transfer to a cooling rack and let cool completely, at least 2 hours.

Using the package directions, prepare the pudding. Spread over the cooled crust. Arrange the fruit decoratively over the pudding. Top with the whipped topping.

Note: In warm weather, meringues will get gummy after a few days, so it's best to serve this dessert within 24 hours.