

University of California  
Agriculture and Natural Resources  
*Making a Difference for California*



## EATING RIGHT IS BASIC

February



### FEBRUARY IS HEART HEALTH MONTH

- Heart disease is the leading cause of death in the US.
- A healthy diet and lifestyle is the best way to prevent development of heart disease. Here are some tips:
- Choose fish, lean meats & poultry-without skin and prepared without added fat.
- Select low fat dairy products.
- Limit foods containing trans fat or high amounts of saturated fat or cholesterol.
- Limit foods and beverages with added sugars.
- Keep an eye on portion size. Use smaller plates, bowls and cups to help you eat less.
- Include daily physical activity.

<http://www.heart.org/HEARTORG/>



### FRUIT & CHOCOLATE FONDUE

Valentines Day is often an excuse to indulge in extra treats that contain added sugar and fat. Fruit is an excellent option for a Valentines Day dessert, it will be heart healthy & delicious. Add a little chocolate and you get a sweet & healthy treat!

**Yield:** 2 servings

**Active Time:** 15 minutes

**Total Time:** 15 minutes

#### Ingredients

- 3 ounces of bittersweet chocolate, chopped
  - 2 tablespoons non fat yogurt
  - 1/2 teaspoon vanilla extract
  - Pinch of salt
  - 1 banana, peeled and cut into 8 pieces
  - 8 1-inch chunks of pineapple
  - 6 strawberries
- (You can also use pear slices or dried apricots)



#### Preparation

1. Place chocolate, yogurt, vanilla and salt in a medium microwave safe bowl. Microwave on medium, stirring every 20 seconds, until melted, 1 to 2 minutes.
2. Pour the chocolate mixture into a serving bowl.
3. Serve fruit with skewers.

Tip: Chocolate will stiffen if it gets cold, so enjoy while it is still warm!

Source: eatingwell.com

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