

ONFLOW CHIP TIP... FEBRUARY 2011

"You Gotta Have Heart"

AMERICAN HEART MONTH

CARB EXCHANGE: Slim down your carbs. To pack in more of the type that takes longer to digest, try these simple subs:

Source: Prevention mag, Feb 2011

<i>Instead of...</i>	<i>Try...</i>
Mashed potatoes	Mashed cauliflower
Lasagna noodles	Sliced eggplant
White flour	Almond flour
Spaghetti	Spaghetti squash
Apple pie	Baked apples
Granola	All-Bran
Orange juice	A whole orange
Pizza crust	Portobello mushrooms
Soda	Seltzer with lime
Potato chips	Peanuts



Go Red for Women!
2.4.11



Wear Red Day—Fight Heart Disease in Women!
<http://www.goredforwomen.org/wearredday/>



Onslow CHIP is a certified
Healthy Carolinians agency.