

Heart Health
November 2022

Important Information

Scheduling (843) 876-0444

Heart Health Team (843) 792-4717

Be sure to leave a message

HeartHealth@MUSC.edu

www.musckids.org/heart/health

November is national peanut butter month!

Peanut butter has some great health benefits:

- Peanut butter is high in healthy fats called an unsaturated fat, specifically omega-6 which lowers our LDL cholesterol and increases our HDL cholesterol
- It helps to keep our arteries healthy and clear for blood flow to the heart and body
- It is a plant source of protein

Happy Thanksgiving!

Heart Health wishes you and your family a happy Thanksgiving. We hope that you get to spend time with those that you love. Make sure to keep up with your goals while making your soul happy as well.

Recipe of the Month:

Pumpkin Spice Butternut Squash Soup

Nutrition Facts per 2/3 cups:

Calories: 131; Fat: 6.4g; Saturated fat: 2.9g; Cholesterol 0.3mg; Carbohydrate: 16.4g; Protein 3.7g; Dietary fiber 2.6g; Sugars 4.6g; Sodium 133mg

Ingredients:

- 1 tablespoon olive oil
- 1/3 cup chopped onion
- 2 cloves garlic, minced
- 8 cups peeled and cubed butternut squash
- 2/3 cup chopped apple
- 1/2 cup chopped carrot
- 3/4 teaspoon kosher salt
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon black pepper
- 1 (14.5 oz) can of reduced-sodium chicken broth
- 1 (14 oz) can of unsweetened light coconut milk
- 1 tablespoon packed brown sugar
- 5 tablespoons plain nonfat Greek yogurt
- 5 tablespoons salted roasted hulled pumpkin seeds

Directions:

- In a 4- to 6-qt. Dutch oven heat oil over medium. Add onion and garlic; cook for 5 minutes or until onion is tender, stirring occasionally. Stir in the next six ingredients (through pepper). Cook and stir for 4 minutes. Add broth. Bring to boiling; reduce heat. Simmer, covered, 20 to 25 minutes or until squash and carrot are tender, stirring occasionally. Remove from heat. Stir in coconut milk and brown sugar.
- Using an immersion blender (or working in batches in a food processor or blender), blend squash mixture until smooth, adding water if needed to reach desired consistency.
- Serve soup topped with yogurt, pumpkin seeds, and, if desired, additional pumpkin pie spice.

Program Updates

Clinic visits are being conducted both virtually (via the following link: <https://MUSC.doxy.me/hearthealth>) and in person. Please specify when scheduling if you would like a virtual or in-person appointment.

-Group education sessions are currently on hold due to staffing difficulties. Please read your Heart Health text updates and look for more information on our private Facebook Group page: <https://www.facebook.com/groups/134995866512355/>. The Facebook Group is where we post helpful resources and include important announcements.

-Fit Kids group exercise sessions are now offered both in-person and virtually!! Sessions are held in person Monday, Wednesday, and Friday at 5:30 PM and Saturday at 9:30 AM at 1125 E Montague Ave., North Charleston. Sessions will continue to be held virtually on Tuesdays and Thursdays at 5:30 PM via Zoom: <https://zoom.us/j/9875590743?pwd=aVVna3NKT2ZKcThWTdYdjZiNHRqUT09>.

-If your child would like to attend in-person sessions, you will need to reserve your spot by either emailing hhexercise@musc.edu or leaving a message (843-792-4717) with your child's name and the days you want to sign him/her up. We will only take sign-ups for one week in advance and you must have your reservation in by 5:00 PM on Fridays.

-Please continue to read your Heart Health text messages for updates.

-If you feel like you may have Covid symptoms or need to see a provider, please utilize the FREE MUSC virtual care: <https://campaigns.muschealth.org/virtual-care/index.html>

