

## Welcome to “Health Bytes”!



- ✓ Philadelphia Coordinated Health Care’s “Health Bytes” are short tips about health and wellness. They will be sent on the first day of each month by e-mail.
- ✓ We hope that you can use this information to encourage or maintain a healthy lifestyle for yourself or someone you support.
- ✓ Please go to [www.pchc.org](http://www.pchc.org) to see past “Health Bytes”.

### Health Byte – February 1, 2018

Consider **making** a heart-healthy meal for Valentine’s Day. Serve food lower in salt and fat content, provide more fruits and vegetables, and make less sugary sweets for an overall healthy Valentine’s Day.

<https://healthyeating.nhlbi.nih.gov/default.aspx>