

NewYork-Presbyterian and American Heart Association Team Up to Promote 3rd Annual National Start Eating Healthy Day

The American Heart Association has teamed up with NewYork-Presbyterian Hospital as part of a nationwide initiative to encourage all New Yorkers, including patients, families and employees, to make healthy eating choices on the 3rd annual national Start Eating Healthy Day.

Kickoff the day with three simple tips which can lead to a healthier diet and a healthier heart:

- 1) **Color Half Your Plate** – Identify red, orange and dark green vegetables and fruits
- 2) **Lean and Steam** – Choose lean poultry, cooked beans and steamed or broiled seafood
- 3) **Go Whole** – Opt for “100% whole grain” which provides more nutrients and fiber

NewYork-Presbyterian chefs and Registered Dietitians will hold cooking demonstrations and tastings at all campuses, as well as providing nutrition information and tips. Representatives from the American Heart Association will also be present, encouraging everyone to make small dietary changes each day to incorporate healthier food choices.

WHEN: Wednesday, November 2, 2011

Schedule of Locations and Times:

NewYork-Presbyterian/Columbia, 173 Fort Washington Avenue

Vivian and Seymour Milstein Family Heart Center Riverview Terrace: 10:30 a.m. – 11:30 a.m.

NewYork-Presbyterian/Weill Cornell, 525 East 68th Street (at York Avenue)

Ronald O. Perelman Heart Institute: 11:30 a.m. – 12:30 p.m.

NewYork-Presbyterian/The Allen Hospital, 5141 Broadway

Allen Pavilion Café: 12:30 p.m. – 1:30 p.m.

NewYork-Presbyterian/Westchester Division, 21 Bloomingdale Road (White Plains, NY)

Cafeteria: 12:30 p.m. – 1:30 p.m.