

# hapitimes

## HARVEST GLEN edition

### LOVE YOUR HEART

#### Keep It Healthy!

Getting answers from your doctor to these important questions will give you vital information about your heart health and what you can do to improve it. You may want to take this list to your doctor's office:

1. What is my risk for heart disease?
2. What is my blood pressure? What does it mean for me, and what do I need to do about it?
3. What are my cholesterol numbers?
4. What are my body mass index (BMI) and waist measurement? Do I need to lose weight for my health?
5. What is my blood-sugar level? Am I at risk for diabetes?
6. What other screening tests for heart disease do I need?
7. How can you help me quit smoking?
8. How much physical activity do I need to help protect my heart?
9. What is a heart-healthy eating plan for me? Should I see a registered dietitian?
10. How can I tell if I'm having a heart attack?

— Source: American Cancer Society

#### Vitamin C How Much Do You Need?

The Recommended Dietary Allowance (RDA) for vitamins reflects how much of each vitamin most people should get each day. The best way to get the daily requirement of essential vitamins is to eat a balanced diet that contains a variety of foods. Here is the RDA for vitamin C, per the National Institutes of Health:

##### Children

- 1–3 years: 15 mg/day
- 4–8 years: 25 mg/day
- 9–13 years: 45 mg/day

##### Adolescents

- Girls 14–18 years: 65 mg/day
- Pregnant teens: 80 mg/day
- Breastfeeding teens: 115 mg/day
- Boys 14–18 years: 75 mg/day

##### Adults

- Men 19 and older: 90 mg/day
- Women 19 and older: 75 mg/day
- Pregnant women: 85 mg/day
- Breastfeeding women: 120 mg/day

Those who smoke need higher amounts of vitamin C. In all cases, ask your doctor what amount is best for you.

— Source: National Institutes of Health



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