

Avocado Breakfast Bruschetta



Ingredients

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- 1/2 cup chopped fresh basil (plus 2 tbsp for garnish)
- 4 eggs (hard-boiled)
- 12 slices whole-wheat baguette bread
- 1/4 cup ricotta cheese (reduced-fat)
- cracked black pepper to taste

Directions

1. Dice avocado, tomatoes, and green onions.
2. Peel and chop hard-boiled eggs.
3. Reserving 2 tbsp basil for garnish, gently toss first five ingredients in a small bowl. Add pepper to taste.
4. Toast baguette slices and smear with ricotta cheese.
5. Top with avocado mix and garnish with chopped basil.

Nutrition Information

Yields: 4 servings

Serving size: 3 slices

Calories	340
Total fat	17g
Saturated fat	.4g
Cholesterol	190mg
Sodium	434mg
Carbohydrates	32g
Dietary fiber	.9g
Total sugars	.6g
Protein	17g

Prevent Heart Disease

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack.

Choose Healthy Habits

Below are some healthy habits to help prevent heart disease.

Choose Healthy Foods

- Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods
- Eating lots of foods high in saturated fat and trans fat may contribute to heart disease
- Eating foods high in fiber and low in saturated fats, trans fat, and cholesterol can help prevent high cholesterol
- Limiting salt (sodium) in your diet can also lower your blood pressure

Keep a Healthy Weight

People with overweight or obesity have a higher risk for heart disease. Carrying extra weight can put extra stress on the heart and blood vessels.

Get Regular Physical Activity

Physical activity can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week. Children and adolescents should get 1 hour of physical activity every day.

Fitness Tip



People who are trying to lose weight may need to get more physical activity. They also need to adjust their diet, so they are burning more calories than they eat and drink.

If you have been inactive, you may need to start slowly. You can keep adding more gradually. The more you can do, the better. But try not to feel overwhelmed, and do what you can. Getting some physical activity is always better than getting none.