

# THE HEALTHY Perspectives

OCTOBER 2010

"Your Source For Hope, Health and Happiness"

## NOURISHING YOU

### Healthy Foods Under A Dollar Per Serving

When we hear cheap we think inferior. It's common when people are concerned with saving money they end up eating foods that are high in fat and salt with very low nutritional value. Turns out, there are affordable foods that are good for you and low cost doesn't have to be low quality. Each of the foods below are an example of super-foods that cost a dollar or less per serving:

**Oatmeal** is high in fiber and complex carbohydrates, plus known to lower cholesterol. It fills you up and powers your morning. A dollar will buy more than a week's worth of breakfast. Try adding berries, raisins or nuts to a bowl.

**Apples** are packed full of nutrients for healthy skin and gums and contain fiber that is good for your digestive system and keeps you fuller longer. Its natural package makes it an easy on the go snack to take anywhere. \*Average price is .83 cents per pound or .11 cents per serving.

**Beans** are virtually fat free, full of fiber and a great non-animal protein. Use beans in soups, salads, spreads and dips or add them to rice for a meal.

**Broccoli** may keep your eyes healthier into old age, and have cancer fighting properties. Include in stir fry, casseroles or steam and add a little lemon juice or fresh herbs. At only .88 cents per pound it can add color and nutrition to many meals.

**Watermelon** tastes delicious, and at over 90% water, it is a sweet tasty way to quench your thirst. It's loaded with antioxidants that reduce the risk of cancer, a good source for vitamins and minerals, fights heart disease, good for your eyes and prevents erectile dysfunction. Cost per serving is between .11 and .20 cents which can go the extra mile at a gathering. Slice it up, dice it or even make into popsicles.

**Whole Grain Pasta** can contribute to improved digestion and help to reduce some chronic diseases. This inexpensive staple can be mixed with clams and white wine, topped with tomato sauce or eaten cold in a pasta salad.

**Low-Fat Milk** is protein packed and high in vitamins A & D, potassium, niacin and calcium that strengthens bones. A gallon provides a dollar per serving. Drink a glass or add to frozen fruit to make smoothies.

**Pumpkin Seeds** are full of magnesium, protein and trace minerals. This month when you're carving pumpkins scoop the seeds to save and roast. Eat them plain or toss them in salads.

\*Source ACNiesenHomescan, 1999

"If we're not willing to settle for junk living, we certainly shouldn't settle for junk foods."

- Sally Edwards



# INSPIRE TO MOVE

## Working Hard and Playing Harder

Knowing what to do isn't always as easy as doing it. To keep a healthy heart, one needs to eat a healthy diet and get 20-30 minutes of aerobic exercise per day, at least 3 to 4 times per week. Going to the gym isn't for everyone, alternatives for fun can include:

- Raking leaves. Bring the kids and play in the piles.
- Take your dog for a walk.
- Play a sport.
- Enjoy the autumn colors at a local park while walking or biking the trails.

## Physical Fitness Plan To Enhance Your Mental Health

Thirty minutes of activity 3 times a week can help to fight depression. Even short bursts of activity (10-15 minutes at a time) can help individuals feel better, so you don't have to spend hours at the gym to gain mental health benefits.

Exercise can shift focus away from unpleasant thoughts. Activities give you the chance to meet or socialize with others even if just a friendly walk around the neighborhood or a game of basketball at the playground.

Give yourself credit for every step in the right direction. Don't get caught in the trap of blaming yourself if you skip a day or quit entirely. Just try again the next day.

## Get Active, Get Happy

Did you know...physical activity also helps with being emotionally and mentally fit!?

- Exercise can help to positively influence mood, help you feel better and cope with normal stressors.
- Physical activity releases endorphins which the body makes and acts as natural pain killers.
- Getting in better shape improves self-esteem and confidence.
- Working out can make you feel better about your appearance and self worth.
- Motion gets the blood pumping, improves circulation, and makes you feel more refreshed.

"An hour of basketball feels like 15 minutes. An hour on the treadmill feels like a weekend in traffic school."

- David Walteers

### Quick Bean Burritos

- 1 can of low-fat vegetarian refried beans
- 4 whole-wheat tortillas
- 2 green onions chopped
- 1 cup shredded lettuce
- 1 clove garlic chopped
- 1/2 cup salsa
- 1/2 cup guacamole

Mix in chopped garlic with beans, heat beans in pan until warm. In a large skillet, heat a tortilla until warm and spread 1/2 cup of the beans down the center of the tortilla. Top with 1/4 cup lettuce, 1 tablespoon green onions, 2 tablespoons salsa, 2 tablespoons guacamole. Fold the bottom end toward the center, then roll the tortilla around the filling. Serves 4

208 calories, 3.1 g of fat, 10.1 g protein, 37.9 g carbohydrate, 9.8g fiber, 713 mg sodium

\*Source: AmericanBean.Org



# HEALTH HARMONY



## Nothing To Fear On Halloween

Halloween is a fun time to dress up in costumes, take kids trick-or-treating, attend parties, and eat yummy treats. Make the festivities fun and safe with these simple tips:

- Provide healthier treats such as individual packs of raisins, trail mix, or pretzels to trick-or-treaters. Offer party guests varieties of cut veggies, cheeses and fruit.
- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- Keep jack-o-lanterns away from doorsteps, walkways, landings and curtains. Place them on sturdy tables, out of the reach of pets and small children, and never leave them unattended.
- Drive safely and watch out for trick-or-treaters.

Source: CDC Office of Women's Health

"But what is happiness  
except the simple harmony  
between a man and  
the life he leads?"

- Albert Camus

## Keep Your Eyes On Safety

Most causes of visual impairment are accidents that were 90% preventable. Injuries are most common from sports accidents, fireworks, household chemicals and battery acid, workshop and yard debris. Follow these simple precautions:

- Wear safety goggles when working in the yard, jump starting your car, or working in your workshop or with chemicals.
- During sports and recreational activities always wear appropriate protective eye-ware. Your eye doctor can recommend the right eye protection for your sport.

- Never use fireworks at home.

Seek medical help immediately from the emergency room or eye doctor for eye injuries such as:

- Cuts, chemical burns or foreign objects stuck in the eye.
- A black eye or visual problems that occur after a blow.

Source: American Academy of Ophthalmic Executives



The key to preventing eye injuries is to take a more proactive approach to sustaining healthy vision. For more details, check out the workplace eye safety section at Prevent Blindness America: [www.preventblindness.org](http://www.preventblindness.org)



**Breast cancer is the most common cancer among women.**  
**Factors affecting your risk can include:**

- ✓ Family or personal history, or genetic background.
- ✓ Race- more common in white women, but more deadly in African-American women.
- ✓ Early onset of menstruation (before age 12) or late menopause (after age 55).
- ✓ Too much alcohol and poor diet in general.
- ✓ Obesity.



## Choosing A Doctor

It's important to have a doctor that you have a good trusting relationship with. Your doctor has a primary role in your preventive health, not just to treat you when you're sick. The following tips can help you choose a doctor:

- Decide what you want and need in a doctor.
- Make a list of doctors in your health plan.
- Ask family, friends, neighbors and co-workers for referrals.
- Check on their skills, knowledge and the quality of care they provide. (One place to check with is the American Medical Association who can be contacted by phone at 312-464-5000 or at their website: [www.ama-assn.org/aps/amahg.htm](http://www.ama-assn.org/aps/amahg.htm).
- Contact the doctors' offices to make sure they are covered by your health plan and are taking new patients.

"You've got a lot of choices. If getting out of bed in the morning is a chore and you're not smiling on a regular basis, try another choice"

- Steven D. Woodhull

## Urgent or Emergency Care Centers

If you can't get to your doctor and you aren't sick enough to need the emergency room, there may be an "urgent" care center near you. These centers are open long hours every day to handle problems that are NOT life threatening. They are no substitute for a regular primary care doctor, but are a helpful place if you are sick at night, on a holiday, or over the weekend.

Source: Agency for Healthcare Research and Quality

### ADDRESS

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