

Healthy Futures Newsletter

Wassaja Memorial Health Center

SPRING CLEANING YOUR EATING HABITS

Winter is over and spring time is here! We remember to spring clean our homes, but have you thought about spring cleaning your diet? With all the fresh fruits and vegetables available, it's a great time to clean up your eating habits.

- Choose colorful produce to add variety and nutrients to diet
- Swap out refined grains for whole grains like brown rice and whole wheat pasta to increase your daily fiber intake
- Focus on mono and polyunsaturated fats to help improve your cholesterol levels.

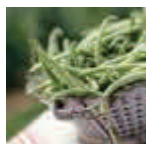


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What's in Season: fruits & veggies



Apricots



Green Beans



Mushrooms



Broccoli



Bananas



Honeydew melon



Spinach



Lettuce



Peas



Strawberries



Cabbage



Pineapple

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For more diabetes, nutrition and health education & Information visit us at Wassaja Memorial Health Center (480)789-7890

My Plate corner

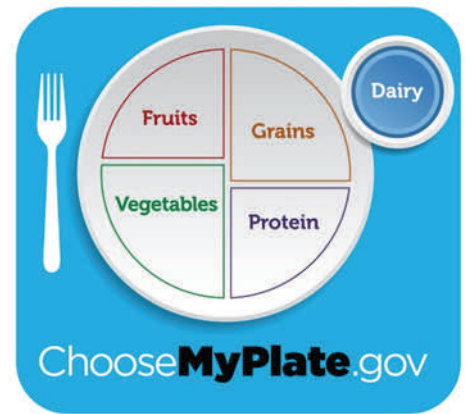
First up- **DAIRY**

People have been consuming milk and dairy foods for thousands of years. It helps build strong bones, lowers blood pressure, reduces the risk of diabetes and maintains a healthy weight. For these reasons, dairy products have become part of the dietary recommendations across the world. The 2015 Dietary Guidelines for Americans recommend everyone age 9 and older get 3 servings of dairy a day.

Healthy eating patterns include fat-free or low-fat

dairy, such as milk, yogurt, cheese or fortified soy beverages. Soy beverages are fortified with calcium, vitamin A and vitamin D so they are included in the dairy group. Other products sold as milk, such as almond, coconut, rice and hemp milks are fortified with calcium, they are considered sources of calcium but are not included in the dairy group.

Milk and milk products



contain many of the important nutrients your family needs, such as Calcium, Protein, Vitamins and Minerals. Dairy provides a lifetime of benefits

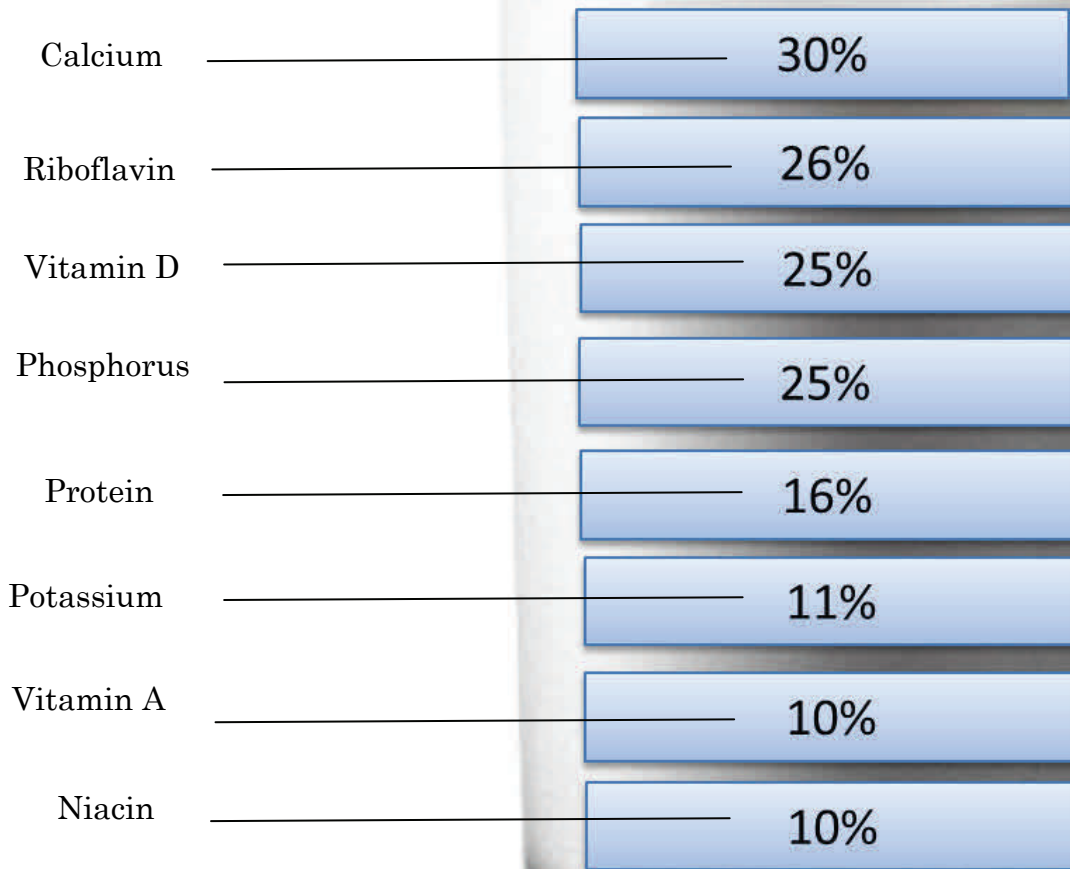
- Brain development
- Strong bones and teeth
- Sport recovery
- Disease prevention
- Maintain strong muscles and bones



Milk Is More Than Delicious



Milk is nature's wonder beverage. It can be processed, aged and fermented into many different products, such as low-fat milks, flavored milks, a variety of cheeses, yogurt, buttermilk, butter, cream and ice cream. Milk is one of the most nutrient dense food sources relative to the calories it provides. One cup (8 ounces) of milk provides a portion of your daily value (DV) of:



Food Safety Tips: 10 foods you should be refrigerating

We know milk, meat and eggs go in the fridge, but what about some other foods that we don't think about? Food safety is important to prevent illness to ourselves and our families. The following is a list of foods we might not know should be refrigerated.

1. **Tortillas** are prone to molding, so put them in the fridge after opening so they stay edible until the expiration date.
2. **Salami** and cured meats are less likely to carry bacteria, but that does not make them 100% safe. Once opened, keep them in the refrigerator, they are good for 3-4 weeks.
3. You can ripen **bananas** on the shelf, but the problem is they keep ripening and ripening. So once they are ripe, place them in the fridge, even if the skin is brown don't worry, they're still good.
4. The unsaturated fat in **nuts** can go rancid quickly. This is not bad for your health but definitely affects the flavor. Keep nuts in a moisture-tight plastic or glass container in the fridge for up to 1 year.
5. **Maple syrup** has a short shelf life, once opened store it in a glass container or tin, usually it will stay fresh for up to a year. Throw it out if you notice mold growth.
6. **Dried fruit** has less moisture than fresh fruit, so it doesn't spoil quickly, but it does need refrigeration to stay fresh. Keep dried fruit in the main compartment of your refrigerator for up to 6 months.
7. Keeping **ketchup** in the fridge will help maintain its flavor and freshness.
8. Unless you are going to cook your **corn on the cob** right away, keep it in the fridge, husk and all for up to 2 days. This will maintain the sweetness of the corn.
9. **Chocolate syrup** is a great way to make milk taste even better. But not if it has funny flavors. Keep it in the fridge for up to 6 months after opening.
10. **Pecan and pumpkin pies** are made with eggs, which are magnets for bacteria. Fresh from the oven they are okay to eat for up to 2 hours, after that they should go straight into the fridge for a maximum of 3 days.

For more information on food safety visit:
www.cdc.gov/foodsafety or www.foodsafety.gov



Strawberry-Avocado Salsa with Cinnamon Tortilla Chips



Yields: 12 servings (serving size: 6 chips and about 3 tablespoons avocado mixture)

Ingredients:

2 teaspoons canola oil

6 (6-inch) whole-wheat flour tortillas

2 teaspoons sugar

1/2 teaspoon ground cinnamon

1 1/2 cups finely chopped peeled ripe avocado (about 2)

1 cup finely chopped strawberries

2 tablespoons minced fresh cilantro

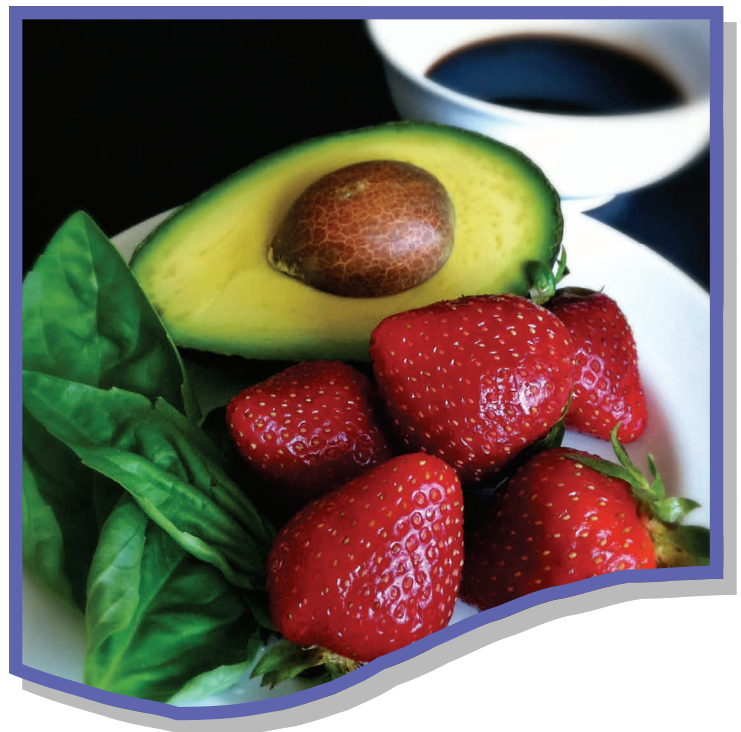
1 teaspoon minced seeded jalapeño pepper

2 teaspoons fresh lime juice

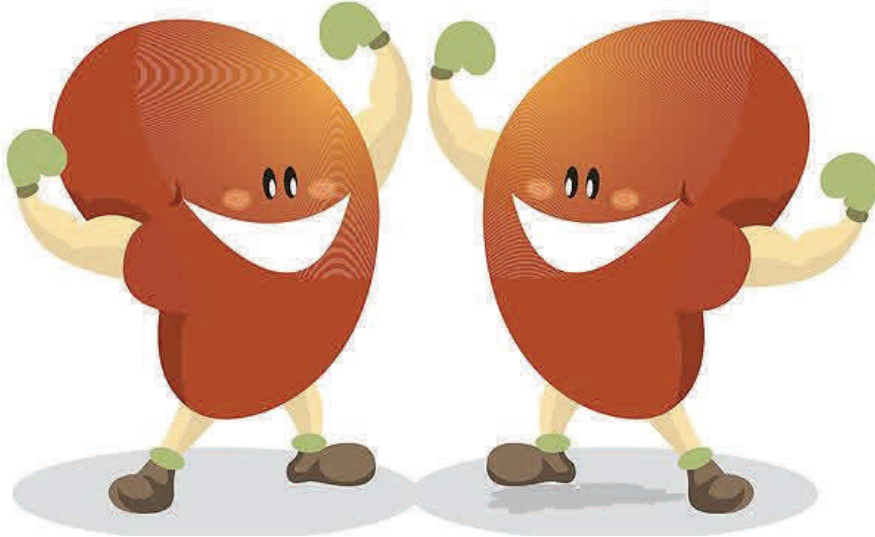
3/8 teaspoon salt

Preparation:

1. Preheat oven to 350°.
2. To prepare chips, brush oil evenly over one side of each tortilla. Combine sugar and cinnamon; sprinkle evenly over oil-coated sides of tortillas. Cut each tortilla into 12 wedges; arrange wedges in a single layer on two baking sheets. Bake at 350° for 10 minutes or until crisp.
3. Combine avocado and remaining ingredients; stir gently to combine. Serve with chips.



TAKE CARE OF YOUR KIDNEYS



Your kidneys are an important organ in your body. They work hard to filter out and prevent buildup of fluid and waste products by excreting them through urine. The kidneys also remove drugs from the body, produce red blood cells for your blood, keep electrolytes and fluid balanced, regulate blood pressure and maintain bone health.

With all the important functions that the kidneys perform, its very important that we take care of our kidneys and keep them healthy. Once damaged, the kidneys have a hard time performing these functions.

Over time, the kidneys can become damage with little or no physical symptoms. Over 26 million American adults have kidney disease and many do not know they have it. That is why it is important to take care of your kidneys, especially if you are at risk.

Here are 5 steps to better kidney health from the National Kidney Foundation:

1. Get tested. Ask your doctor for an Albumin-Creatinine Ratio Urine (ACR) test and a GFR (Glomerular Filtration Rate) blood test annually.
2. Over the counter pain medications such as, NSAIDS (nonsteroidal anti-inflammatory drugs) can damage the kidneys if you take too much, so reduce your regular use of NSAIDS and never go over the recommended amount.
3. Cut the processed foods to decrease sodium intake.
4. Exercise regularly. 30 minutes of physical activity a day can control your blood pressure and lower your blood sugar to keep your kidneys strong.
5. Control you blood pressure and diabetes. High blood pressure and diabetes are the leading causes of kidney disease and kidney failure. Managing your blood pressure and keeping tight control of your blood sugar can slow the progression of kidney disease. Speak with your doctor if you are having trouble controlling your blood pressure or blood sugar.