

This month's health tip:

In observance of March as National Nutrition Month, please see the following Nutrition web sites presented in the hope of helping you and your family live long, healthy lives:

- www.healthier.us.gov/dietaryguidelines
- www.aap.org/parents.html (American Academy of Pediatrics)
- www.eatright.org (The American Dietetic Association)
- www.nal.usda.gov/fnic (Food and Nutrition Information Center USDA)
- www.fitness.gov (President's Counsel on Physical Fitness and Sports)
- <http://wecan.nhlbi.nih.gov> This site is specifically good to view the "WE CAN" *animation* and also read about Resources for Parents and the Public. It includes:
 - 1) We Can! Parent Tips: Making Healthier Food Choices.
 - 2) WE Can! Parent Tips: Healthier Eating while Saving Money.
 - 3) Food Comparison Chart (Healthier Choices)
 - 4) Grocery List Template (Print before you go shopping!)
 - 5) Weekly Meal Planner (Tool to help plan meals.)

When visiting the National Institutes of Health web site please see the USDA's Guidelines regarding "Go Foods" / "Slow Foods" and "Whoa Foods".

Go Foods are the ones lowest in fats and added sugar and are better for you in terms of vitamins and nutrients. Some examples are: fruit, veggies, whole grains, fat free or low fat milk products, lean meat, poultry, fish, beans, egg whites or egg substitutes.

Slow Foods are higher in fat and added sugar and calories. For example: "white bread and foods made with refined flour, low fat mayo, 2 % low fat milk." USDA recommends having these foods "sometimes or less often."

Whoa Foods are highest in fat and/or added sugar. They are high in calories and lower in nutrients and should be eaten once in a while and in small amounts. For example, "whole milk, cheese, fried potatoes, muffins, creamy salad dressings."

To download the "GO, SLOW, WHOA FOOD CHART" please see:

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/gswtips.pdf>

In closing, I would like to remind you to open your eyes and "SEE"

Stress Less (Relaxation information available upon request-just call or stop by Nurses' Office).

Eat Healthy (As above).

Exercise (Try for at least 30 minutes a day).

Until Next Month,
Keep Healthy and Happy,

Debbie Karuppan RN,C