



# MONMOUTH COUNTY REGIONAL HEALTH COMMISSION No. 1

## Healthy Eating for a Healthy Weight

A healthy lifestyle involves many choices; among them, choosing a balanced diet or eating plan. So how do you choose a healthy eating plan? Let's begin by defining what a healthy eating plan is.

According to the *Dietary Guidelines for Americans*, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie need

**Fresh fruits** — don't think just apples or bananas. These are great choices, but try some blueberries. How about a mango? Or a juicy pineapple or kiwi fruit! When your favorite fresh fruits aren't in season, try a frozen, canned, or dried variety of a fresh fruit you enjoy. One caution about canned fruits is that they may contain added sugars or syrups. Be sure and choose canned varieties of fruit packed in water or in their own juice.

**Fresh vegetables** — try something new. You may find

that you love grilled vegetables or steamed vegetables with an herb you haven't tried like rosemary. You can sauté vegetables in a non-stick pan with a small amount of cooking spray. Or try frozen or canned vegetables for a quick side dish — just microwave and serve. When trying canned vegetables, look for vegetables without added salt, butter, or cream sauces. Commit to going to the produce department and trying a new vegetable each week.

**Calcium-rich foods** — you may automatically think of a glass of low-fat or fat-free milk when someone says "eat more dairy products." But what about low-fat and fat-free yogurts without added sugars? These come in a wide variety of flavors and can be a great dessert substitute for those with a sweet tooth.

**A new twist on an old favorite** — if your favorite recipe calls for frying fish or breaded chicken, try healthier variations using baking or grilling. Maybe even try a recipe that uses dry beans in place of higher-fat meats. Look for recipes with fewer calories — you might be surprised to find you have a new favorite dish!

## Safety is NO Accident

It only takes a moment for an injury to happen – a fall on a stair, a moment's glance away from the road, a biking or sports-related injury, a medication mix-up. But it also takes just a moment to protect against injuries and make communities safer. The potential for injury is all around us.

Each year, nearly 150,000 people die from injuries, and almost 30 million people are injured seriously enough to go to the emergency room. Injuries are not

"accidents", and we can prevent them from happening. Taking actions such as wearing a seatbelt, properly installing and using child safety seats, wearing a helmet and storing cleaning supplies in locked cabinets are important ways to proactively promote safety and prevent injuries.

We can help each other live injury-free in all areas of life: at work, at home, at play, in your community and anywhere people are on the move. We all need to do our part

to prevent injuries in our communities.

Join us as we work together to create a safer and healthier nation. The American Public Association (APHA) has designated April 4-10, 2011 as National Public Health Week to increase awareness about injury prevention and provide tips on how to protect your family. For more information please visit <http://www.nphw.org/nphw11/first1.htm>

# Protect Yourself from Recreational Water Illnesses

Look... at the pool and surroundings. What should you notice?

- Clean and clear pool water; you should be able to clearly see any painted stripes and the bottom of the pool.
- Smooth pool sides; tiles should not be sticky or slippery.
- No odor; a well-chlorinated pool has little odor. A strong chemical smell indicates a maintenance problem.
- Pool equipment working; pool pumps and filtration systems make noise and you should hear them running.

Ask... questions of the pool staff.

- What specialized training did the staff take to prepare for working at or operating the pool?
- Are chlorine and pH levels checked at least twice per day?
- Are these levels checked during times when the pool is most heavily used?
- Are trained operation staff available during the

weekends when the pool is most heavily used?

- What was the health inspector's grade for the pool after its last inspection?

Practice... healthy swimming behaviors.

- Refrain from swimming when you have diarrhea.
- Avoid swallowing pool water or even getting it in your mouth.
- Shower before swimming and wash your hands after using the toilet or changing diapers.
- Take children on bathroom breaks or check diapers often.

Safety... is always important.

- Keep an eye on children at all times. Kids can drown in seconds and in silence.
- Don't use air-filled swimming aids (such as "water wings") with children in place of life jackets or life preservers.
- Protect against sunburn by using a sunscreen with at least SPF 15 and both UVA and UVB protection, and be sure to re-apply it after swimming.

## How to Prevent High Blood Pressure

**Eat a healthy diet.** Eating healthfully can help keep your blood pressure down. Eat lots of fresh fruits and vegetables, which provide nutrients such as potassium and fiber. Also, eat foods that are low in saturated fat and cholesterol.

**Avoid sodium** by limiting the amount of salt you add to your food. Be aware that many proc-

essed foods and restaurant meals are high in sodium.

**Maintain a healthy weight.** Being overweight can raise your blood pressure. Losing weight can help you lower your blood pressure.

**Be physically active.** Physical activity can help lower blood pressure.

Adults should engage in moderate physical activities for at least 30 minutes on most days of the week.

Start walking!

**Don't smoke.** Smoking injures blood vessels and speeds up the hardening of the arteries. Smoking is a major risk for heart disease and stroke.

- If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease and stroke.

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### Rabies Clinics for Cats & Dogs

The Monmouth County Regional Health Commission will sponsor three free rabies clinics for cats and dogs during the spring 2011.

**Date:** Monday, April 18      7:00 pm - 8:00 pm

**Place:** Monmouth Beach Firehouse   22 Beach St

**Date:** Saturday, April 30      10:00 am - 11:00 am

**Place:** Keansburg DPW Garage      Frazee Pl

**Date:** Saturday, May 7      10:00 am - 11:00 am

**Place:** Shrewsbury Twp Community Ctr.   1979 Crawford St

For more info call 732-493-9520.

### Vaccination Clinics

The Monmouth County Regional Health Commission offers influenza and other vaccines by appointment at our office.

**Date:** Most Wednesdays      2:00 pm - 4:00 pm

**Place:** 1540 West Park Ave., Tinton Falls, NJ

Vaccines such as those to protect against meningitis, whooping cough, and HPV are also provided.

For more info call 732-493-9520.