HEALTHY IN THE HEARTLAND

PURCHASE DISTRICT HEALTH DEPARTMENT'S WELLNESS TOOL FOR A HEALTHY LIFESTYLE

Purchase District Health Department

Promoting Health. Preventing Disease. Protecting You.

Healthy living with Diabetes

Kentucky Department for Public Health

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Purchase District Health Department

Promoting Health. Preventing Disease. Protecting You.

About Us

The Purchase District Health Department is a public health agency with jurisdiction in five counties (Ballard, Carlisle, Fulton, Hickman, and McCracken) in the Purchase Area. The primary divisions of the Department are Maternal and Child Health, Epidemiology and Chronic Diseases, and Environmental Health. There are 6 locations throughout the area served. The administrative headquarters (commonly refered to as Paducah District Office) for the district is located in the Paducah-McCrackeh Health Center in Paducah.

Mission Statement

The mission of the Purchase District Health Department is the provide environmental, preventative, curative, and health maintenance services to area citizens. Our primary goal is to have individuals in the Purchase adopt habits and behaviors that support a long and productive life span. This goal can be reached by direct health care, health education and counseling, and enforcement of laws that protect health and the environment. To enable our clients to achieve their optimal functional level, we provide quality cost, effective care to all clients served regardless of their race, color, religion, age, sex, economic status, handicap status, political beliefs, or national origin. We treat all clients with digninty and repsect as we strive to help them.

www.purchasehealth.org

Local Health Department Locations

Ballard County Health Center
198 Bluegrass Drive
LaCenter, KY 42056
p. (270) 665-5432 f. (270) 665-9166

Carlisle County Health Center
62 John Roberts Drive
P.O. Box 96
Bardwell, KY 42023
p. (270) 628-5431 f. (270) 628-3811

Fulton County/ Fulton City Health Center
350 Browder Street
Fulton, KY 42041
p. (270) 472-1982 f. (270) 472-2553

Fulton County/ Hickman City Health Center
402 Troy Avenue
Hickman, KY 42050
p. (270) 236-2825 f. (270) 236-2230

Hickman County Health Center
370 S. Washington Street
Clinton, KY 42031
p. (270) 653-6110 f. (270) 653-6523

Paducah/ McCracken County Health Center
916 Kentucky Avenue
Paducah, KY 42003
p. (270) 444-9631 f. (270) 442-8769
Appointments Extension: 179
Medical Records Extension: 176
Environmental Extension: 169
Plumbing Inspector Extension: 157

Clinical Services

- Immunizations
- Oral Health (Floss & Gloss, Kids Smile Program)
- School Health Requirement
- WIC
- Breastfeeding
- HANDS Program

Outreach and Education

- General Health Education
- Substance Use Educational Awareness
- Diabetes Education
- Nutrition and Physical Education
- Biometric Screenings
- School Health
- Cardiovascular and Cerebrovascular Awareness

Public Health

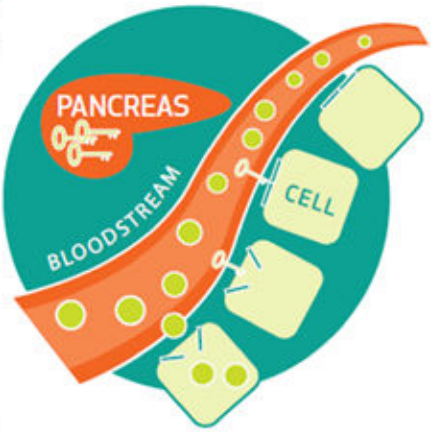
- Emergency Response
- Environmental
  - Food Safety
  - Public Facility Inspectors
  - General Sanitation
  - On-site Sewage
  - Public Building Plan Review

WHAT IS DIABETES?

Diabetes is a serious disease. With diabetes, your body can't turn the food you eat into energy.

A few things are supposed to happen when you eat:

- Food changes to a sugar called glucose. This sugar (glucose) is your body's main fuel source. (You may hear people say blood sugar instead of blood glucose. They mean the same thing!)
- Glucose goes into the blood. It moves through the bloodstream to your body's cells. Your blood glucose level starts to go up.
- Your body sends a message to the pancreas. The pancreas sits behind your stomach and makes insulin. When your body needs it, your pancreas sends insulin into the blood.
- Insulin travels to the cells. Insulin is the key that opens the door to let glucose into a cell.
- Your cells use the glucose for energy. As glucose leaves the bloodstream and goes into the cells, your blood glucose level comes back down.



For all this to work, your body has to have insulin.

In this picture, the pancreas is making insulin. Insulin goes into the bloodstream to open the cell doors. Insulin lets the glucose in the blood move into the cells. Once the glucose is inside, the cells can make energy for your body.

The two main types of diabetes are type 1 and type 2. Diabetes develops when the body can't make enough insulin, can't use the insulin well, or both.

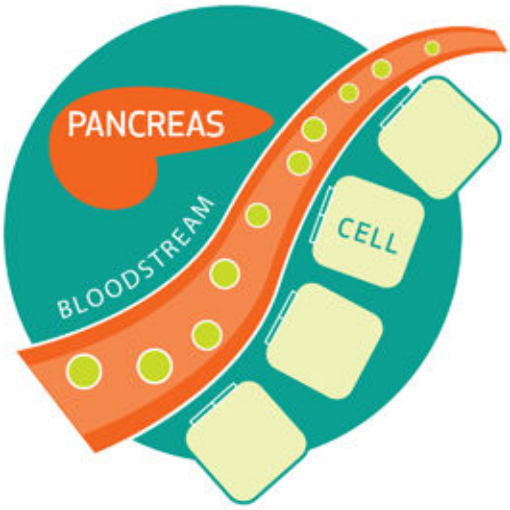
HOW DID I GET DIABETES?

We don't know exactly what causes diabetes. Type 2 diabetes usually happens in adults, but more and more youth are developing it. These young people often:

- Are not very active
- Weigh too much
- Have other family members with type 2 diabetes
- Have high blood pressure
- Are African American
- Are Hispanic American
- Are American Indian
- Are Asian American

IS IT MY FAULT?

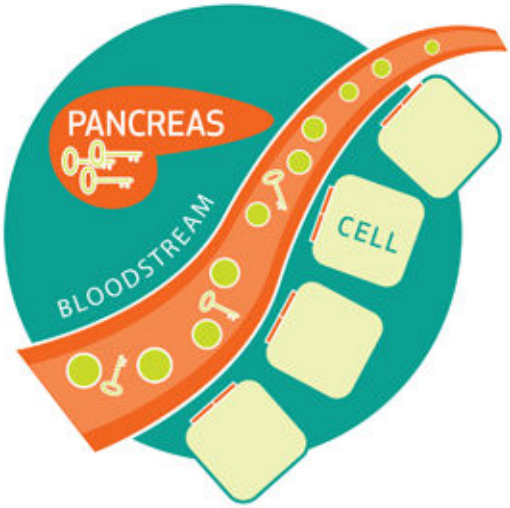
Don't blame yourself. Think about ways to become and stay healthy. Some of these risks you CAN change. You can change how active you are and what type of food you eat.



TYPE 1 DIABETES

Sometimes the body stops making insulin. This is called type 1 diabetes. You must take insulin to stay alive and healthy.

In this picture, the pancreas is not making insulin. The cells have enough doors, but no insulin is in the blood to open them. Glucose cannot move from the blood into the cells. Glucose stays in the bloodstream instead of moving into the cells to make energy for your body. Blood glucose levels become high and unhealthy.



TYPE 2 DIABETES

Sometimes cells don't have enough doors or the pancreas doesn't make enough insulin. This is called type 2 diabetes.

In this picture, the pancreas is making insulin but the cell doors are not working. The glucose stays in the bloodstream because the doors don't open. The glucose can't get into the cells to make energy for your body. Blood glucose levels become high and unhealthy.

What helps insulin open the doors to let glucose in?

- Exercise and physical activity
- Eating healthy meals and snacks
- Losing weight

These things can help your body use insulin better. When you weigh more, your body needs more insulin. The pancreas has to work hard to make enough insulin. If it works too hard, it can get too tired and will need help.

Diabetes pills don't have insulin in them. They help open cell doors so your body can use the insulin it has. Some types of diabetes pills may help the body to make more insulin.

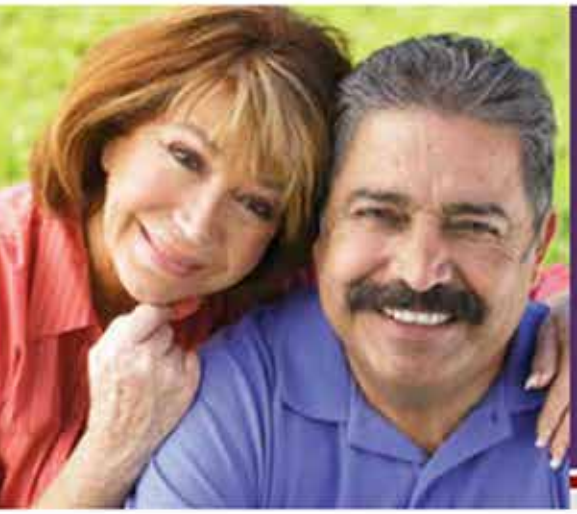
If your body can't make enough insulin, you will need to give yourself insulin.

What are signs that insulin is not working or the cell doors are not opening?

Dark skin patches might appear on your neck, stomach, knees, elbows, armpits, hands, breast, or groin. These dark skin patches are called Acanthosis Nigricans, or AN for short. People whose body isn't using insulin well (insulin resistant) often get AN.

ABCS of Heart Health

To reduce the risk of heart attack or stroke



Every year, Americans suffer more than **1.5 million heart attacks and strokes.** But following the ABCS can help reduce your risk and improve your heart health.

A: Take aspirin as directed by your health care professional.

B: Control your blood pressure.

C: Manage your cholesterol.

S: Don't smoke.

A Take aspirin as directed by your health care professional.

Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke, and mention your own medical history.

B Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. If your blood pressure stays high for a long time, you may suffer from high blood pressure (also called hypertension). High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are, and ask your health care professional what those numbers mean for your health. If you have high blood pressure, work with your health care professional to lower it.

C Manage your cholesterol.

Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are different types of cholesterol: One type is "good" and can protect you from heart disease, but another type is "bad" and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.

S Don't smoke.

Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit smoking. Call 1-800-QUIT-NOW today.

Heart disease and stroke are the first and fourth leading causes of death in the United States. Together, these diseases cause 1 in 3 deaths. **The good news is that you can reduce your risk by following the ABCS!**

Rosa was caring for her granddaughter when she felt a sharp pain in her chest that didn't go away. At the hospital, the health care professional told her that she had high blood pressure and that it had caused a heart attack. Rosa was surprised—she didn't feel bad most of the time and didn't know she had high blood pressure. The health care professional gave Rosa medicine to help control her blood pressure and prevent another heart attack. Rosa takes her medicine every day so she can keep her blood pressure under control. It's important to Rosa to stay healthy. She wants to see her granddaughter grow up and get married one day.

What do I need to know about high blood pressure?

High blood pressure is the leading cause of heart attack and stroke in the United States. It can also damage your eyes and kidneys. **One in three American adults has high blood pressure, and only about half of them have it under control.**

How is blood pressure measured? Two numbers (for example, 140/90) help determine blood pressure. The first number measures systolic pressure, which is the pressure in the blood vessels when the heart beats. The second number measures diastolic pressure, which is the pressure in the blood vessels when the heart rests between beats.

When and how should I take my blood pressure? Take your blood pressure regularly, even if you feel fine. Generally, people with high blood pressure have no symptoms. You can take your blood pressure at home, at many pharmacies, and at your doctor's office.

The doctor is not the only health care professional who can help you follow the ABCS. Nurses, pharmacists, community health workers, health coaches, and other professionals can work with you and your doctor to help you achieve your health goals.

Need confidential health information? Call the Su Familia Helpline at 1-866-783-2645 today.

Su Familia: The National Hispanic Family Health Helpline offers free, reliable information on a wide range of health issues in Spanish and English. The health promotion advisors can help Hispanic clients find affordable health care services in their community.

How can I control my blood pressure? Work with your health care professional to make a plan for controlling your blood pressure. Be sure to follow these guidelines:

- **Eat a healthy diet.** Choose foods low in trans fat and sodium (salt). Most people in the United States consume more sodium than recommended. Everyone age 2 and up should consume less than 2,300 milligrams (mg) of sodium per day. Adults age 51 and older; African Americans of all ages; and people with high blood pressure, diabetes, or chronic kidney disease should consume even less than that: only 1,500 mg of sodium per day.
- **Get moving.** Staying physically active will help you control your weight and strengthen your heart. Try walking for 10 minutes, 3 times a day, 5 days a week.
- **Take your medications.** If you have high blood pressure, your health care professional may give you medicine to help control it. It's important to follow your health care professional's instructions when taking the medication and to keep taking it even if you feel well. Tell your health care professional if the medicine makes you feel bad. Your health care team can suggest different ways to reduce side effects or recommend another medicine that may have fewer side effects.

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KNOW YOUR COLOR ZONE

Blood pressure is typically recorded as two numbers, written as a ratio like this:

118

78

Read as "118 over 78 millimeters of mercury"

Systolic
The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

Diastolic
The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

NORMAL
<120/80
CAUTION
120-139/80-89
HIGH
≥140/90

CONGRATULATIONS!

If your blood pressure falls in this category, you are in the normal range for blood pressure control. Your goal is to keep your blood pressure at this level.

Some ways you can help stay in this range are:

- Stay at a healthy weight.
- Limit salt in your diet.
- Limit how much alchohol you drink.
- Get regular physical activity.
- Have routine blood pressure monitoring.
- Don't smoke.

CAUTION!

If your blood pressure falls in this category, you are in the "borderline" range for high blood pressure, also known as "prehypertension". Persons with prehypertension are very likely to develop high blood pressure in the future. take steps now to lower your blood pressure.

Some ways to help lower your blood pressure are

- Lose excess body weight.
- Limit salt in your diet.
- Limit how much alcohol you drink.
- Increase physical activity.
- Don't smoke.

KY Tobacco Quit Line: 1 (800) QUIT-NOW
1 (800) 784-8669

WARNING!

If your blood pressure falls in this category, it is high. Ongoing high blood pressure or "hypertension" is a serious medical condition that can lead to strokes, heart attacks and other major health problems, even if you feel well.

Talk to your health care provider right away about ways to lower your blood pressure.

Call 911 or go to an emergency room IMMEDIATELY if you have any signs or symptoms of a stroke.

HOW TO STAY IN THE GREEN

MANAGE WEIGHT

If you're overweight, even a slight weight loss can prevent high blood pressure.

EAT SMART

Follow a healthy eating pattern that emphasizes fruits and vegetables and includes whole grains, low-fat dairy, and healthy proteins and fats. Limit sugary foods and drinks, fatty or processed meats, salty foods, and highly processed foods.

LEARN THE SALTY SIX

Limit the amount of sodium you're eating each day. Learn the Salty Six — common foods loaded with excess sodium.

Cold Cuts & Cured Meats
Pizza
Soup
Breads & Rolls
Sandwiches
Burritos & Tacos

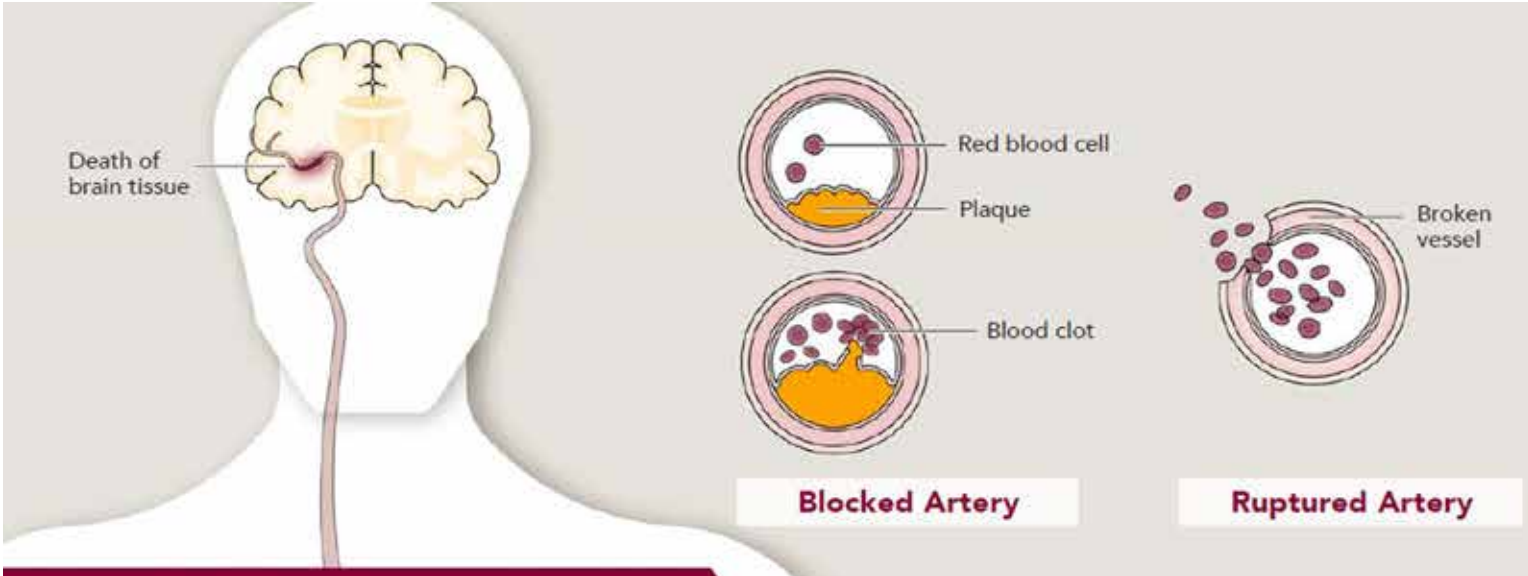
QUIT SMOKING

Every time you smoke, it can cause a temporary increase in blood pressure.

GET ACTIVE

Physical activity helps control blood pressure, weight and stress levels.

*** TALK TO YOUR HEALTH CARE PROVIDER TO LEARN MORE.**



Know the Facts About Stroke

What is stroke?

Stroke kills nearly 150,000 of the 860,000 Americans who die of cardiovascular disease each year—that's 1 in every 19 deaths from all causes.

A stroke, sometimes called a brain attack, happens in one of two ways:

- **Ischemic stroke**—when the blood supply to the brain is blocked
- **Hemorrhagic stroke**—when a blood vessel in the brain bursts

A stroke causes brain tissue to die, which can lead to brain damage, disability, and death. Stroke is the fifth leading cause of death in the United States and the leading cause of serious long-term disability. This is disturbing because about 80% of strokes are preventable. You can greatly reduce your risk for stroke by making lifestyle changes to help control your blood pressure and cholesterol levels and, in some cases, by taking medication.

Are you at risk?

Anyone, including children, can have a stroke at any time. Every year, about 800,000 people in the United States have a stroke—and about 1 out of 4 of those strokes are recurrent strokes. Having one stroke means you have a greater risk of having another (or recurrent) stroke.

Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits, such as smoking, drinking too much alcohol, and not getting enough exercise, that you can change to lower your stroke risk. Using tobacco products and having high blood pressure, high cholesterol, diabetes, or obesity can also increase your risk for stroke. However, treating these conditions can reduce your risk. Ask your doctor about preventing or treating these medical conditions.

If Stroke Happens, Act F.A.S.T.

F—FACE DROOPING
Ask the person to smile. Does one side droop?

A—ARM WEAKNESS
Ask the person to raise both arms. Does one arm drift downward?

S—SPEECH DIFFICULTY
Ask the person to repeat a simple sentence. Are the words slurred?

T—TIME TO CALL 9-1-1
If the person shows any of these signs, call 9-1-1 immediately.

National Center for Chronic Disease Prevention and Health Promotion
Division for Heart Disease and Stroke Prevention

Preserving your Brain Health: A Checklist for Stroke Prevention

Stroke is the #5 cause of death – but you have the power to reduce your risk. Use the checklist below to help reduce your stroke risk – and preserve your brain health. Every box you check can help make a difference!

- ☐ **Manage Your Blood Pressure**
  High blood pressure is a major risk factor for stroke. Work with your healthcare provider to keep your blood pressure under 120/80.
- ☐ **Manage Your Cholesterol**
  Have your cholesterol checked regularly and know your numbers. Healthy lifestyle habits can help bring high cholesterol down to goal. Eat at least 5 fruits & vegetables per day and consume whole grains and proteins.
- ☐ **Know Your Blood Sugar**
  Have your blood sugar tested regularly. Some people have diabetes and don't know it until something like a stroke happens.
- ☐ **Do Not Smoke**
  Cigarette smoking increases the risk of stroke. If you smoke, talk with your healthcare provider about how to quit.
- ☐ **Get Moving**
  Physical activity reduces the risk of high blood pressure, high cholesterol and diabetes and may prevent stroke. Aim for 150 minutes of physical activity per week. Even short bouts of physical activity have positive effects.
- ☐ **Limit Alcohol**
  Limit to one drink a day for women or two drinks a day for men. If you don't drink now, don't start.
- ☐ **Reduce Stress**
  Chronic stress elevates blood pressure and can increase your risk of stroke. Practice deep breathing and positive thoughts.
- ☐ **Act F.A.S.T.**
  Remember to Act F.A.S.T. if you experience signs of a stroke.

How to Brush Your Teeth

✓ Brush your teeth at least 2 times a day for 2 minutes each time.

✓ Brush in the morning and at night before bed.

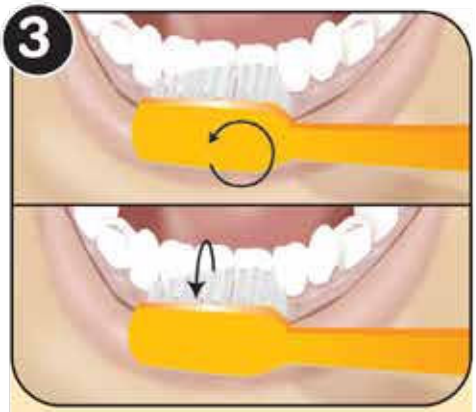
1

Place a pea-sized amount of toothpaste on your toothbrush.

2

Brush the outside of each tooth. Hold the bristles of the toothbrush at a 45 degree angle at your gumline. The gumline is the place where the gums and teeth meet.

3

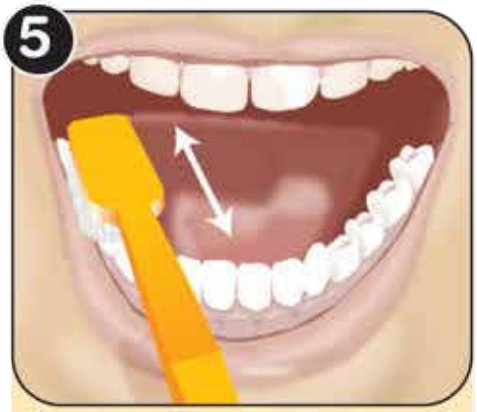


Move the brush in small circles gently at the gumline, then sweep the brush away from the gums. Repeat 5 times in each area.

4

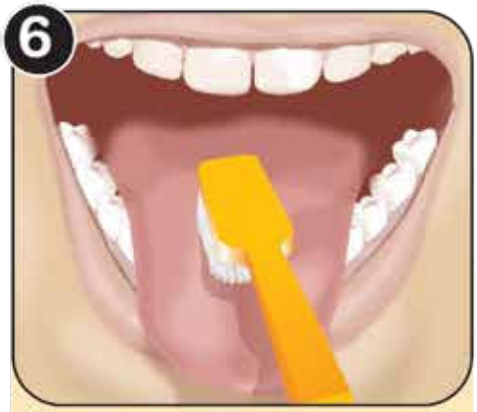
Brush the inside of each tooth, sweeping the brush away from the gums. Repeat 5 times in each area.

5



Brush the chewing surface of each tooth using a back and forth motion. Remember to reach all the way to the back of your mouth. Repeat 5 times in each area.

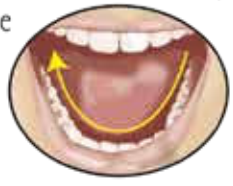
6



Don't forget to brush your tongue to get rid of the germs and keep your breath fresh.

Tips:

- Choose a soft, age appropriate toothbrush.
- Don't rush! Take your time when you brush your teeth.
- Be gentle. Brushing hard could hurt your gums!
- Brush the way your teeth grow. Brush up for your bottom teeth and down for your top teeth.
- Develop a routine to make sure you clean each tooth. For example, always start on one side of the mouth, slowly moving to the other side of the mouth.

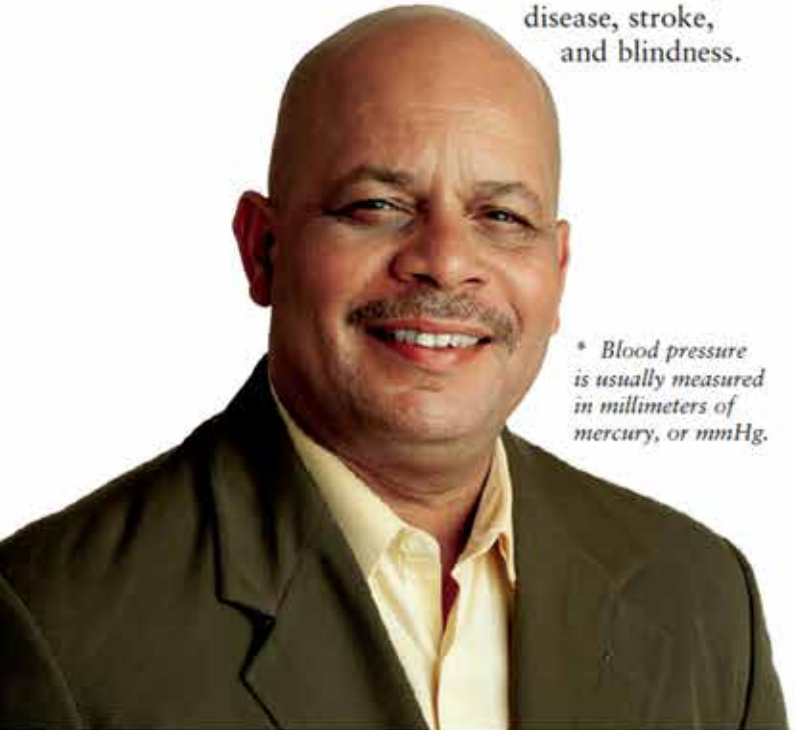


- Always start brushing at the gumline! Always brush away from the gumline.

Your Guide To
Lowering Your Blood Pressure With DASH

What you eat affects your chances of developing high blood pressure (hypertension). Research shows that high blood pressure can be prevented—and lowered—by following the Dietary Approaches to Stop Hypertension (DASH) eating plan, which includes eating less sodium.

High blood pressure is blood pressure higher than 140/90 mmHg*, and prehypertension is blood pressure between 120/80 and 139/89 mmHg. High blood pressure is dangerous because it makes your heart work too hard, hardens the walls of your arteries, and can cause the brain to hemorrhage or the kidneys to function poorly or not at all. If not controlled, high blood pressure can lead to heart and kidney disease, stroke, and blindness.



* *Blood pressure is usually measured in millimeters of mercury, or mmHg.*

But high blood pressure can be prevented—and lowered—if you take these steps:

- Follow a healthy eating plan, such as DASH, that includes foods lower in sodium.
- Maintain a healthy weight.
- Be moderately physically active for at least 2 hours and 30 minutes per week.
- If you drink alcoholic beverages, do so in moderation.

If you already have high blood pressure and your doctor has prescribed medicine, take your medicine, as directed, and follow these steps.

The DASH Eating Plan

The DASH eating plan is rich in fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also contains less sodium; sweets, added sugars, and beverages containing sugar; fats; and red meats than the typical American diet. This heart-healthy way of eating is also lower in saturated fat, *trans* fat, and cholesterol and rich in nutrients that are associated with lowering blood pressure—mainly potassium, magnesium, calcium, protein, and fiber.

NIH National Heart, Lung, and Blood Institute

What's New With the Nutrition Facts Label?

The U.S. Food and Drug Administration (FDA) has updated the Nutrition Facts label on packaged foods and drinks. FDA is requiring changes to the Nutrition Facts label based on updated scientific information, new nutrition research, and input from the public. This is the first major update to the label in over 20 years. The refreshed design and updated information will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits. So, what's changed?

Original Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. The serving size now appears in larger, bold font and some serving sizes have been updated.
2. Calories are now displayed in larger, bolder font.
3. Daily Values have been updated.
4. Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

The New **Nutrition Facts Label** *What's in it for you?*

1 Serving Sizes Get Real

Servings per container and serving size information appear in large, bold font. Serving sizes have also been updated to better reflect the amount people typically eat and drink today. NOTE: The serving size is not a recommendation of how much to eat.

- The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however some containers may also have information displayed per package.
- One package of food may contain more than one serving.

2 Calories Go Big

Calories are now in larger and bolder font to make the information easier to find and use.

2,000 calories a day is used as a guide for general nutrition advice. Your calorie needs may be higher or lower depending on your age, sex, height, weight, and physical activity level. Check your calorie needs at https://www.choosemyplate.gov/resources/MyPlatePlan.

3 The Lows and Highs of % Daily Value

The percent Daily Value (%DV) shows how much a nutrient in a serving of food contributes to a total daily diet. Daily Values for nutrients have been updated, which may make the percent Daily Value higher or lower on the new Nutrition Facts label. As a general guide:

- **5% DV or less** of a nutrient per serving is considered **low**.
- **20% DV or more** of a nutrient per serving is considered **high**.

The footnote at the bottom of the label has been updated to better explain %DV.

4 Nutrients: The Updated List

What information is no longer required on the label?

Calories from fat has been removed because research shows the type of fat consumed is more important than the amount.

Vitamin A and C are no longer required on the label since deficiencies of these vitamins are rare today. These nutrients can be included on a voluntary basis.

Learn more about the new Nutrition Facts label at: www.FDA.gov/NewNutritionFactsLabel

Nutrients: The Updated List (Continued)

What information was added to the label?

Added sugars have been added to the label because consuming too much added sugars can make it hard to meet nutrient needs while staying within calorie limits. Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.

Vitamin D and potassium are now required to be listed on the label because Americans do not always get the recommended amounts. Diets higher in vitamin D and potassium can reduce the risk of osteoporosis and high blood pressure, respectively.

What vitamins and minerals stayed the same?

Calcium and iron will continue to be listed on the label because Americans do not always get the recommended amounts. Diets higher in calcium and iron can reduce the risk of osteoporosis and anemia, respectively.

Make The Label Work For *You*

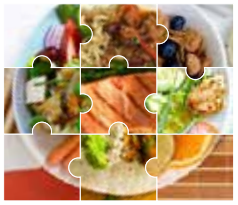
Use the label to support your personal dietary needs—choose foods that contain more of the nutrients you want to get more of and less of nutrients you may want to limit.

More often, choose foods that are:

- Higher in dietary fiber, vitamin D, calcium, iron, and potassium.
- Lower in saturated fat, sodium, and added sugars.

Choosing healthier foods and beverages can help reduce the risk of developing some health conditions, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia.

Learn more about the new Nutrition Facts label at: www.FDA.gov/NewNutritionFactsLabel



DIETARY GUIDELINES FOR AMERICANS 2015-2020 EIGHTH EDITION

Cut Down on Added Sugars

Learn how to limit calories from added sugars—and still enjoy the foods and drinks that you love. Choosing a healthy eating pattern low in added sugars can have important health benefits.

The *2015-2020 Dietary Guidelines for Americans* recommends limiting calories from added sugars to no more than 10% each day. That's 200 calories, or about 12 teaspoons, for a 2,000 calorie diet.

What Are Added Sugars?

Just like it sounds, added sugars aren't in foods naturally—they're added. They include:

- Sugars and syrups that food manufacturers add to products like sodas, yogurt, candies, cereals, and cookies
- Sugar you add yourself—like the teaspoon of sugar in your coffee

The average American gets 270 calories of added sugars each day. **That's about 17 teaspoons of sugar!**

Some foods have sugar naturally—like fruits, vegetables, and milk. The sugars in these foods are not added sugars.

What's the Problem with Added Sugars?

Eating and drinking too many foods and beverages with added sugars makes it difficult to achieve a healthy eating pattern without taking in too many calories. **Added sugars contribute calories, but no essential nutrients.**

Almost half of the added sugars in our diets come from drinks—like sodas, fruit drinks, and other sweetened beverages.

What Foods Have Added Sugars?

Lots of them. Some include:

- Regular sodas, energy drinks, and sports drinks
- Candy
- Fruit drinks, such as fruitades and fruit punch
- Cakes, cookies, and brownies
- Pies and cobblers
- Sweet rolls, pastries, and doughnuts
- Dairy desserts, such as ice cream

How Can I Cut Down on Added Sugars?

You don't have to give up the foods you love completely. Instead, you can limit added sugars by making some smart, small changes to how you eat. Here are 3 things you can do:

1. **Find Out How Many Calories You're Getting from Added Sugars Now.**
   You can use the USDA's Supertracker.usda.gov/ to get an idea. Once you know, you can make changes.

2. Make Some Healthy Shifts.

Replace foods and drinks high in added sugars with healthier options. You could:

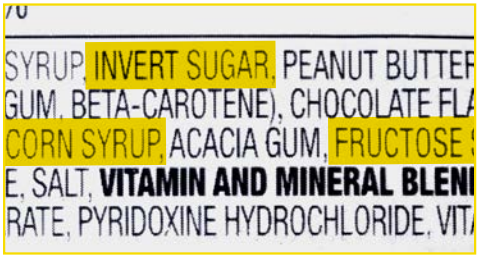
- Eat fruit for dessert instead of cookies or cakes
- Swap sugary cereals for unsweetened cereal with fruit
- Drink water or low-fat milk with meals instead of sodas

You can still have foods and drinks with added sugars—just choose smaller portions or have them less often.

- If you choose to have a soda, select a smaller size
- Add 1 teaspoon of sugar to your tea or coffee instead of 2

3. Check the Ingredients.

Look for added sugars in the ingredients list. The higher up added sugars are on the list, the more added sugar is in the product.



Added sugars go by a lot of different names like: brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, trehalose, and turbinado sugar.

Added sugars hide in foods that you might not expect. They're common in foods like pasta sauces, crackers, pizzas, and more.

Added Sugars Add Up:

1 Tablespoon of Tomato Ketchup = **12 Calories** of Added Sugars

1 Cup of Flavored Cereal = **48 Calories** of Added Sugars

1 Serving of Flavored Yogurt (6 Ounces) = **72 Calories** of Added Sugars

1 Chocolate Bar (1.6 Ounces) = **74 Calories** of Added Sugars

1 Bottle of Sports Drink (20 Ounces) = **122 Calories** of Added Sugars

1 Can of Regular Soda (12 Fluid Ounces) = **126 Calories** of Added Sugars

1 Piece of Chocolate Cake = **196 Calories** of Added Sugars

What About Artificial Sweeteners?

Artificial sweeteners—like saccharin, aspartame, acesulfame potassium (Ace-K), and sucralose—can help you cut down on calories. But they may not be a good way to manage your weight in the long run.

Want to learn more about added sugars and how to find a healthy eating pattern that works for your family? Check out ChooseMyPlate.gov, which has more information from the *Dietary Guidelines*, online tools, recipes, and more.

American Heart Association®
Healthy for Good™

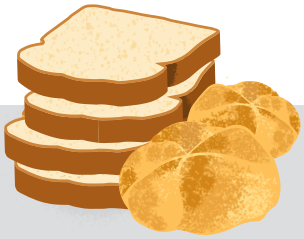
DID YOU KNOW?

These six popular foods can add high levels of sodium to your diet.

As part of a healthy dietary pattern that emphasizes the intake of vegetables, fruits, nuts, whole grains, lean vegetable or animal protein, and fish and minimizes the intake of trans fats, red meat and processed red meats, refined carbohydrates, and sugary drinks, the American Heart Association recommends 2,300 milligrams (mgs) or less a day of sodium.*

THE SALTY SIX

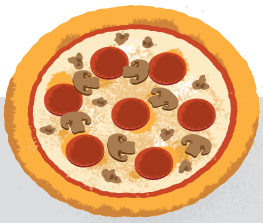
Daily suggested sodium referenced below is based on 2,300 mgs/day recommendation:



BREADS & ROLLS

Some foods that you might eat throughout the day, such as bread, can add up to a lot of sodium even though each serving may not seem high in sodium.

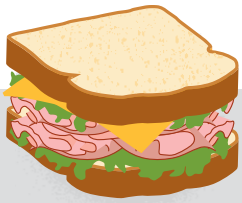
1



PIZZA

A slice pepperoni pizza can contain almost a third of your daily recommended dietary sodium. Try swapping in veggies to your next slice.

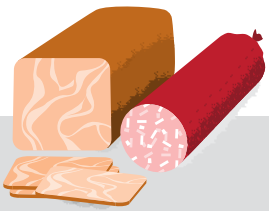
2



SANDWICHES

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

3



COLD CUTS & CURED MEATS

One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as a third of your daily recommended dietary sodium. Build a sandwich with fresh vegetables such as lettuce, tomatoes, avocados, and bell peppers.

4

SOUP

Sodium in one cup of canned soup of the same variety can range from 49 to 830 milligrams — more than a third of your daily recommended intake. Check the labels to find lower sodium varieties.

5

BURRITOS & TACOS

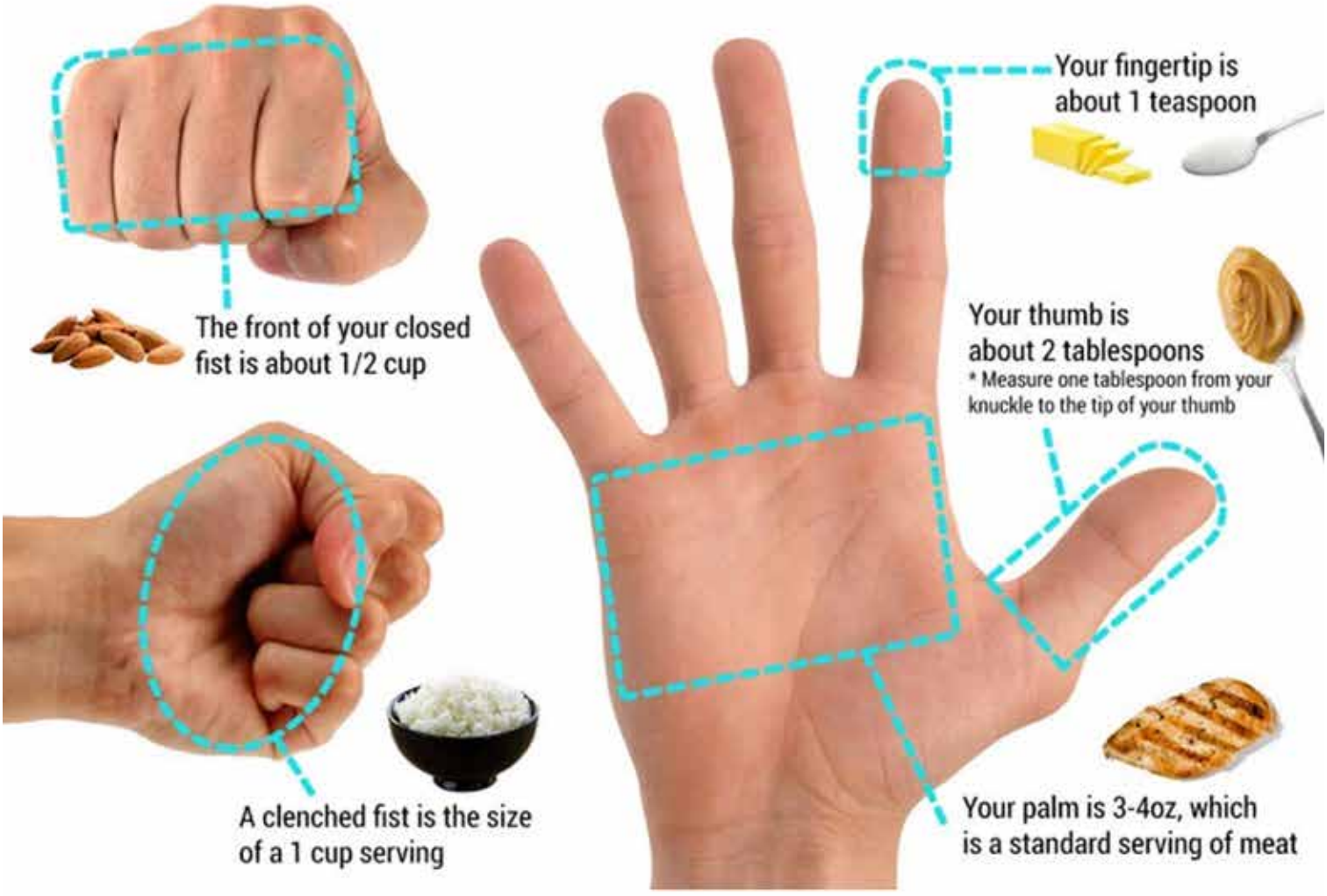
Taco toppings and burrito fillings can pack a big sodium punch. Choose burritos and tacos that are full of veggies and lean sources of protein.

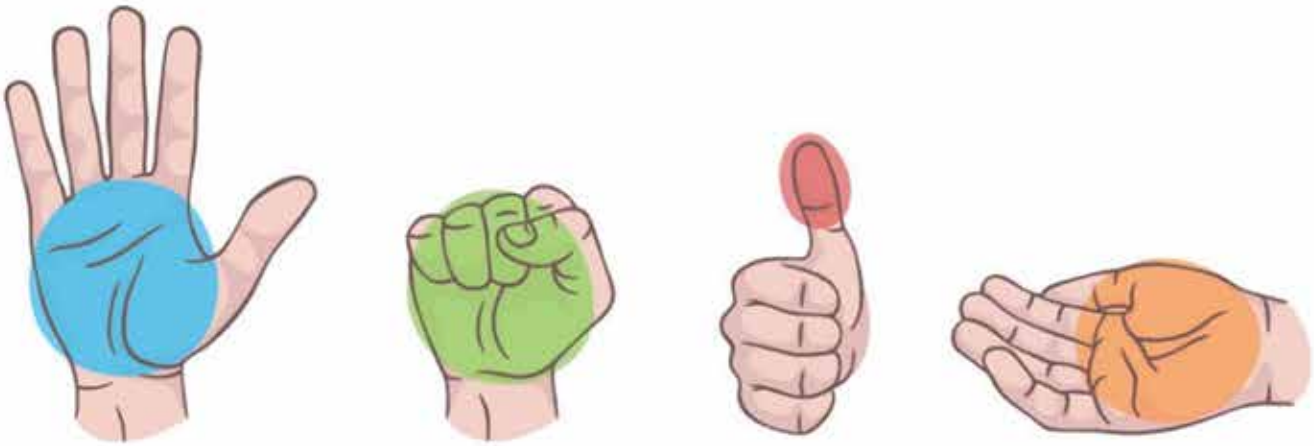
6

Compare labels whenever possible and choose options with the lower amounts of added sugars, sodium and saturated fat and no trans fat and look out for the Heart-Check mark, a simple tool to help you eat smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern, including sodium.

*Also, remember serving size makes a difference. Eating double the serving size means you are eating double the sodium. 1,500 mg/d for those who are sensitive to sodium and /or at high risk for hypertension.

VISUAL HAND GUIDE TO PORTION SIZES





PROTEIN | VEGETABLES | FAT | CARB

EATING SMART AT HOME

Plan: Know What's for Dinner

MEALS TO REMEMBER

Sometimes the hardest part about fixing dinner is figuring out what to make. List the meals you and your family enjoy to help you plan your week. Post the list in a handy spot like the inside door of a cabinet. Keep adding new favorites.

MAIN DISH

(chicken, beef, pork, fish, pasta, beans, etc.)

SIDE DISHES

(salad, vegetables, fruit, potatoes, rice, etc.)

Plan your dinners for the week. It will help with shopping and save time.

WHAT'S FOR DINNER?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

NC STATE UNIVERSITY A&T STATE UNIVERSITY COOPERATIVE EXTENSION *Helping People Put Knowledge to Work*

PHYSICAL ACTIVITY & NUTRITION BRANCH NC DIVISION OF PUBLIC HEALTH

NC DIVISION OF PUBLIC HEALTH NUTRITION SERVICES BRANCH

Color Me Healthy
preschoolers moving & eating healthy

Making Smart Drink Choices

DRINK WATER

- Drink **six to eight** 8-ounce glasses of water each day
- Drink more water when it is very warm or you are more physically active
- Keep a water bottle handy in the car, at home, work or school
- Drink water before, during and after physical activity
- Encourage children to drink water

DRINK MILK

- **Children 1-2 years:** 2 cups per day of whole milk
- **Children 2-8 years:** 2 cups per day of fat-free or low-fat milk
- **Children 9 years and older:** 3 cups per day of fat-free or low-fat milk
- **Adults:** 3 cups per day of fat-free or low-fat milk

- Enjoy milk with meals
- Enjoy milk on cereal
- Enjoy milk in hot beverages
- Enjoy yogurt to go
- Enjoy frozen yogurt
- Enjoy yogurt smoothies

DRINK 100% JUICE

- **Infants:** No juice before 6 months. Off juice in a cup, not a bottle. Do not give juice at bedtime. Juice should be limited to no more than **4 ounces** a day.
- **Children ages 1-6:** Limit juice to **4 to 6 ounces** per day.
- **Children ages 7 to 18:** Limit juice to **8 to 12 ounces** per day.
- **Adults:** Select whole fruits—fresh, frozen, canned or dried—rather than juice to get enough fiber.

DRINK FEWER REGULAR SOFT DRINKS

- Make them a sometimes drink.
- Drink smaller portions.
- Drink diet soft drinks or tea sweetened with low-calorie sweeteners.

NC State University A&T State University Cooperative Extension — Helping People Put Knowledge to Work
Physical Activity & Nutrition Branch, NC Division of Public Health
NC Division of Public Health, Nutrition Services Branch

What's MyPlate All About?

10 tips Nutrition Education Series

MyPlate MyWins

Based on the Dietary Guidelines for Americans

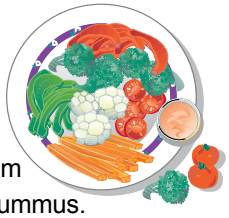
Add more vegetables to your day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

1 Discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

2 Be ahead of the game



Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.

3 Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

4 Check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.

5 Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

6 Make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

7 Sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8 While you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9 Savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.

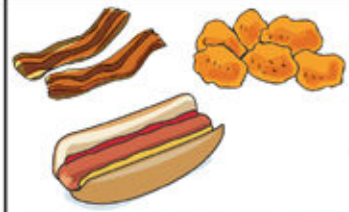
10 Vary your veggies

Choose a new vegetable that you've never tried before. Find recipes online at WhatsCooking.fns.usda.gov.

U R What U Eat

Food supplies the nutrients needed to fuel your body so you can perform your best. Go, Slow, Whoa is a simple way to recognize foods that are the smartest choices.

- "**Go**" Foods: Eat almost anytime (Most often) — they are lowest in fat, added sugar, and calories
- "**Slow**" Foods: Eat sometimes (Less often) — they are higher in fat, added sugar, and/or calories
- "**Whoa**" Foods: Eat once in a while (Least often) — they are very high in fat and/or added sugar, and are much higher in calories

Food Groups	GO	SLOW	WHOA
Fruits Whole fruits (fresh, frozen, canned, dried) are smart choices. You need **2 cups** of fruit a day. 1 cup is about the size of a baseball.			
Vegetables Adding fat (butter, oils, and sauces) to vegetables turns them from Go foods to Slow or Whoa foods. You need **2 ½ cups** of vegetables a day. Dark green and orange vegetables are smart choices.			
Grains Try to make at least half of your servings whole grain choices and low in sugar. An ounce of a grain product is 1 slice of bread, 1 cup of dry cereal, or ½ cup of cooked rice or pasta. You need about **6 ounces** a day.			
Milk Milk products are high in vitamins and minerals. Fat-free and low-fat milk and milk products are smart choices. About **3 cups** are needed each day; 1 cup of milk, 1 cup of yogurt or 1 ½ ounces of natural cheese count as 1 cup.			
Meats & Beans Eating **5 ½ oz.** a day will give you the protein, vitamins and minerals you need. Limit meats with added fat. Smart choices include beans (¼ cup cooked), nuts (½ oz.) and lean meats (1 oz.) baked or broiled.			

RECIPE

University of Kentucky
College of Agriculture, Food and Environment
Cooperative Extension Service

AUTUMN SWEET POTATO CHILI

USDA SNAP Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- *1 (15 ounce) can sweet potatoes (do not drain)*
- *1 tablespoon chili powder*
- *1 (16 ounce) jar salsa*
- *2 (15 ounce) cans black beans (do not drain)*
- *Water to achieve desired consistency*

Optional garnishes

- *½ cup reduced-fat sour cream*
- *Shredded sharp cheddar cheese*
- *Dried or fresh chopped cilantro*

1. Combine sweet potatoes, chili powder and salsa in a large saucepan.
2. Bring to a boil, reduce heat to simmer, and cook until heated through, stirring as needed.
3. Add beans with liquid and cook another 3 minutes to blend flavors.
4. Thin with water if needed. Heat through.
5. Serve with sour cream, cheese and cilantro on the side.

Option: To reduce sodium, use vegetables canned without added salt.

Makes 8 servings
Serving size: 1 cup
Cost per recipe: $5.19
Cost per serving: 65¢

Nutritional facts per serving:
160 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 790mg sodium; 32g carbohydrate; 9g fiber; 12g sugar; 7g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.

Source: Jeffrey Hines, former Graphic Artist for Nutrition Education Program, University of Kentucky Cooperative Extension Service

RECIPE

University of Kentucky
College of Agriculture, Food and Environment
Cooperative Extension Service

RED BEANS AND RICE

USDA SNAP Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- *1 pound dry red beans*
- *7 cups water*
- *1 medium onion, chopped*
- *1 medium green pepper, chopped*
- *3 celery stalks, chopped*
- *3 garlic cloves, chopped*
- *½ pound turkey smoked sausage, chopped*
- *1-2 tablespoons Creole seasoning*
- *Cooked rice*

1. Place all ingredients except cooked rice into a 4-quart slow cooker.
2. Cover and cook at high setting for 7 hours or until beans are tender.
3. Serve individually over ½ cup hot cooked rice.

Makes 14 servings
Serving Size: 1 cup (not including rice)
Cost per recipe: $4.34 (Each cup of either brown or white rice costs 4¢)
Cost per serving: 31¢

Note:
- If served with ½ cup white long grain rice: add 100 calories; 22g carbohydrate; 2g protein per serving.
- If served with ½ cup brown rice: add 110 calories; 1g total fat; 22g carbohydrate; 2g fiber; 3g protein per serving.

Nutritional facts per serving:
350 calories; 2g total fat; 0.5g saturated fat; 0g trans fat; 5mg cholesterol; 150mg sodium; 66g carbohydrate; 6g fiber; 2g sugar; 14g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 20% Daily Value of iron; 2% Daily Value of potassium.

Source: Sarah Brandl, Extension Specialist, University of Kentucky, Cooperative Extension Service

RECIPE

University of Kentucky
College of Agriculture, Food and Environment
Cooperative Extension Service

NOT YOUR GRANDMA'S BRUSSELS SPROUTS

SNAP
USDA Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- *1 pound Brussels sprouts, quartered*
- *1 tablespoon olive oil*
- *2 teaspoons garlic powder*
- *½ teaspoon salt*
- *½ teaspoon pepper*
- *2 tablespoons grated Parmesan cheese*

1. Preheat oven to 425 degrees F.
2. Lay Brussels sprouts on baking sheet or oven safe skillet and drizzle with olive oil. Season with salt, pepper and garlic powder. Toss to coat.
3. Bake 10 minutes, shake the pan to turn and bake for an additional 8-10 minutes, until crisp and golden.
4. Remove from oven and sprinkle with grated cheese.

Makes 2 servings
Serving size: 1 cup
Cost per recipe: $1.60
Cost per serving: $0.80

Nutrition facts per serving:
100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 230mg sodium; 11g carbohydrate; 5g fiber; 3g sugar; 0g added sugar; 5g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source: Adapted from USDA What's Cooking?

Plate it up!

Lean Green Lettuce Tacos

8 large lettuce leaves
1½ cup cooked brown rice
¾ cup fresh corn kernels
1 cup canned black beans, drained and rinsed
1 tablespoon olive oil
¾ pound extra lean ground beef
1 small zucchini, chopped
1 ounce packet low-sodium taco seasoning
4 ounces low sodium tomato sauce
1 tablespoon finely chopped cilantro
1 teaspoon lime juice
1 tomato, chopped
1 small red onion, chopped

Wash and **dry** lettuce leaves. **Prepare** rice according package directions. **Cut** corn off cob. **Drain** and **rinse** black beans. In a skillet, **heat** the oil to medium; **add** ground beef and begin to **cook**. When beef begins to brown, **add** zucchini, corn and black beans to skillet. Continue to **cook** until vegetables are tender and beef is done. Do not overcook. **Add** in taco seasoning and tomato sauce and heat through. **Add** cilantro and lime juice to the cooked rice. **Place** equal amounts of rice mixture and taco mixture into lettuce leaves. **Top** each taco with chopped tomato and onion.

Yield: 8 servings

Nutritional Analysis: 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.

Easy Cheesy Eggplant

3 cups cubed eggplant
2 medium tomatoes, sliced
1 large onion, sliced
¼ cup melted butter
¼ cup applesauce
¼ teaspoon salt
½ teaspoon dried basil
¼ teaspoon garlic powder
8 ounces shredded mozzarella cheese
½ cup whole wheat bread crumbs
2 tablespoons grated Parmesan cheese

Peel eggplant and slice into ½ inch cubes.

Layer eggplant, tomatoes, and onions in a casserole dish.

Mix butter and applesauce and pour ½ over the vegetable mixture.

Sprinkle with the salt, basil, and garlic powder.

Cover and bake for 20 minutes in a 450° F oven.

Remove from oven and top with mozzarella cheese, whole wheat bread crumbs, and Parmesan cheese. Pour the remaining butter and applesauce mixture over the cheese.

Bake an additional 10 minutes, uncovered.

Yield: 12, ½ cup servings

Nutritional Analysis: *120 calories, 7 g fat, 170 mg sodium, 6 g carbohydrate, 2 g fiber, 6 g protein.*

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Proud

Kentucky Eggplant

SEASON: Late June to October

NUTRITION FACTS: Eggplant contains small amounts of several important vitamins that are needed daily. It is very low in sodium and calories, with only 15 calories for a ½ cup serving.

SELECTION: Select firm, heavy eggplant with smooth, shiny, deep purple skin. Choose medium size eggplant, about 3 to 4 inches in diameter.

STORAGE: Store soon after harvest or purchase in the vegetable crisper in the refrigerator. Use within one week.

PREPARATION: Eggplant is a versatile vegetable and can be baked, broiled, grilled, fried, stuffed, or used in a variety of casseroles in combination with other vegetables. It works well with tomatoes, garlic, onions, and cheese. One pound equals 3 cups diced.

Source: www.fruitandveggiesmatter.gov

Eggplant should be peeled before preparation, unless it is very young and tender.

TO BROIL OR GRILL: Cut into ¾ inch slices and brush with margarine or Italian dressing. Broil or grill for about 5 minutes on each side, until eggplant is tender and browned. Remove from heat and sprinkle with grated Parmesan cheese.

TO SEASON: Use marjoram, oregano, allspice, chili powder, curry powder, garlic, basil, or rosemary.

EGGPLANT
Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students
August 2010

COOPERATIVE EXTENSION SERVICE
UK UNIVERSITY OF KENTUCKY
College of Agriculture, Food and Environment

Broccoli Pizza

1½ cups shredded Monterey Jack cheese

1 12-inch whole wheat pizza crust

1 cup chopped broccoli florets

1 medium zucchini, thinly sliced

1 medium onion, sliced into strips

½ medium red bell pepper, cut into strips

1 medium tomato, thinly sliced

2 cloves minced garlic

1 teaspoon dried Italian seasoning

2 tablespoons vegetable oil

1. **Sprinkle** half of the cheese evenly over crust; set aside.
2. **Sauté** vegetables, garlic and Italian seasoning in hot oil 3-5 minutes or until vegetables are crisp-tender.
3. **Spoon** vegetables evenly over pizza crust.
4. **Top** with remaining cheese.
5. **Bake** at 450° F 5 minutes or until cheese melts.

Yield: 8 slices

Nutrition Analysis:
320 calories; 23g fat; 11g saturated fat; 0g trans fat; 65mg cholesterol; 540mg sodium; 18g carbohydrates; 3g dietary fiber; 3g sugars; 15g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Proud

Kentucky Broccoli

SEASON: May through early July; October through mid-November

NUTRITION FACTS: Broccoli is a good source of vitamin A, vitamin C, and phytochemicals, all of which have health benefits.

SELECTION: Choose tender, young, dark green stalks with tightly closed buds. One-and–a–half pounds of broccoli will yield 4, ½ cup servings.

STORAGE: Store broccoli, unwashed, no longer than 3 to 5 days in a perforated plastic bag in the refrigerator. Wash broccoli just before using.

PREPARATION: Wash broccoli under cold running water. Trim the leaves and peel the stalk.

To steam: Place on a rack above boiling water and steam 6 to 8 minutes. Rinse with cold water and drain.

To boil: Place in a saucepan with 1 inch boiling water and ½ teaspoon salt. Cover and cook 5-7 minutes.

To microwave: Place broccoli in a microwave-safe dish. Add 1 inch water and cover with a glass lid or plastic wrap. Microwave 3 to 4 minutes or until crisp-tender.

Source: www.fruitsandveggiesmatter.gov

BROCCOLI
Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students
September 2011

COOPERATIVE EXTENSION SERVICE
UK UNIVERSITY OF KENTUCKY
College of Agriculture, Food and Environment

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College of Agriculture, Food and Environment
Cooperative Extension Service

FRUIT TREAT

USDA SNAP Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Crust ingredients

- *½ cup butter, softened*
- *1 cup flour*
- *¼ cup brown sugar*
- *¼ cup old-fashioned oats*
- *¼ teaspoon salt*

Filling and topping ingredients

- *2 cups plain Greek yogurt*
- *4-5 teaspoons honey, to taste*
- *1 cup strawberries, sliced*
- *2 cups blueberries*
- *2 bananas, sliced*

1. Preheat oven to 375 degrees F.
2. Mix together all crust ingredients with hands or fork. Once mixed, form into a ball. (The mixture will be crumbly.)
3. Line a pizza pan or cookie sheet with parchment paper. Spread and pat down the crust to form a circle.
4. Bake for 10-12 minutes or until crust is lightly browned. Remove crust from oven and let cool.
5. Mix yogurt and honey together. Spread on crust.
6. Top with fruit. (You can also use other types of fruit.)

Makes 8 servings
Serving size: 1 slice
Cost per recipe: $8.12
Cost per serving: $1.02

Nutritional facts per serving:
270 calories; 12g total fat; 7g saturated fat; 0g trans fat; 35mg cholesterol; 105mg sodium; 31g carbohydrate; 1g fiber; 15g sugar; 7g added sugar; 11g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium.

Source: Adapted from http://creativeandhealthyfunfood.com/flag-fruit-pizza-with-oatmeal-crust

WATCH THIS RECIPE
Video available at:
goo.gl/HPMoam

CHOCOLATE PUMPKIN SNACK CAKE

- *1 (18.5 ounce) box Devil's Food cake mix*
- *1 (15 ounce) can pumpkin or 2 cups fresh pumpkin (cooked and mashed)*

1. Mix cake mix and pumpkin in a large bowl. Batter will be thick.
2. Spread batter into a greased 13 x 9 inch cake pan.
3. Bake according to cake mix package directions for a 13 x 9 inch pan.
4. Cool and cut into 15 pieces.

OPTION: Try using other flavors of cake mix, such as spice or butter pecan. Cupcakes can also be made with this recipe.

MAKES 15 SERVINGS
Serving Size: 1/15 recipe
Cost Per Recipe: $2.44
Cost Per Serving: 17 cents

SOURCE:
Brenda Harris,
Nutrition Education Program Assistant
University of Kentucky
Cooperative Extension Service

NUTRITION FACTS PER SERVING:
140 calories; 2.5 g total fat; 1 g saturated fat; 0 g trans fat; 0 mg cholesterol; 260 mg sodium; 29 g carbohydrate; 2 g fiber; 2 g protein; 30% Daily Value of vitamin A; 2% Daily Value of vitamin C; 4% Daily Value of calcium; 8% Daily Value of iron

UK. UNIVERSITY OF KENTUCKY College of Agriculture, Food and Environment

Healthy Choices FOR EVERY BODY

Whole-Grain Strawberry Pancakes

INGREDIENTS:

- Cooking spray
- 1½ cups whole-wheat flour
- 3 Tablespoons sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 3 eggs
- 1 (6-ounce) container vanilla low-fat yogurt
- ¾ cup water
- 3 Tablespoons canola oil
- 1¾ cups fresh strawberries, diced
- 1 (6-ounce) container strawberry low-fat yogurt

DIRECTIONS:

1. Heat griddle to 375°F or heat a 12-inch skillet over medium heat. Spray with cooking spray before heating.
2. In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside. In a separate medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended. Pour egg mixture all at once into flour mixture; stir just until moistened.
3. For each pancake, pour slightly less than ¼ cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other side 1 to 2 minutes or until golden brown.
4. Mix strawberries and strawberry yogurt together in a small bowl. Top each serving (2 pancakes) with approximately ⅓ cup of fruit and yogurt mixture.

Yield: 7 servings

Serving size: 2 pancakes

Nutrition Analysis: 240 Calories, 9g fat, 1.5g saturated fat, 75mg cholesterol, 390mg sodium, 34g carbohydrate, 4g fiber, 13g sugar, 8g protein

Enjoy the freshness, flavor and excellence of Kentucky Proud Produce

It really makes a difference when you purchase locally grown fruits and vegetables. You provide your family with garden fresh taste and quality, while also helping the community by keeping your food dollars close to home.

Colorful Eating

Color-code your shopping and be on your way to better health. Each color group of produce offers different phytochemicals, antioxidants and nutrients that help you stay healthy in a variety of ways.

Get the blues (and purples)

Brain/memory, healthy aging, urinary tract

Fruits
- Blackberries
- Blueberries
- Grapes
- Plums

Vegetables
- Eggplant
- Kohlrabi
- Purple asparagus
- Purple cabbage
- Purple carrots
- Purple peppers

Great greens

Vision, bones, teeth

Fruits
- Apples
- Grapes
- Paw paws
- Pears

Vegetables
- Asparagus
- Beans
- Broccoli
- Brussel sprouts
- Cabbage
- Cucumbers
- Kohlrabi
- Leafy greens
- Lettuce
- Okra
- Onions (green)
- Peas
- Peppers
- Zucchini

Wonderful whites

Heart, maintain healthy cholesterol

Fruits
- Pears (brown)
- White peaches

Vegetables
- Cauliflower
- Kohlrabi
- Onions
- Potatoes
- White corn

Outstanding oranges (and yellows)

Vision, immune system, heart

Fruits
- Cantaloupe
- Peaches
- Yellow apples
- Yellow pears
- Yellow watermelon

Vegetables
- Carrots
- Corn
- Golden potatoes
- Peppers
- Pumpkins
- Squash
- Sweet potatoes
- Yellow tomatoes

Radiant reds

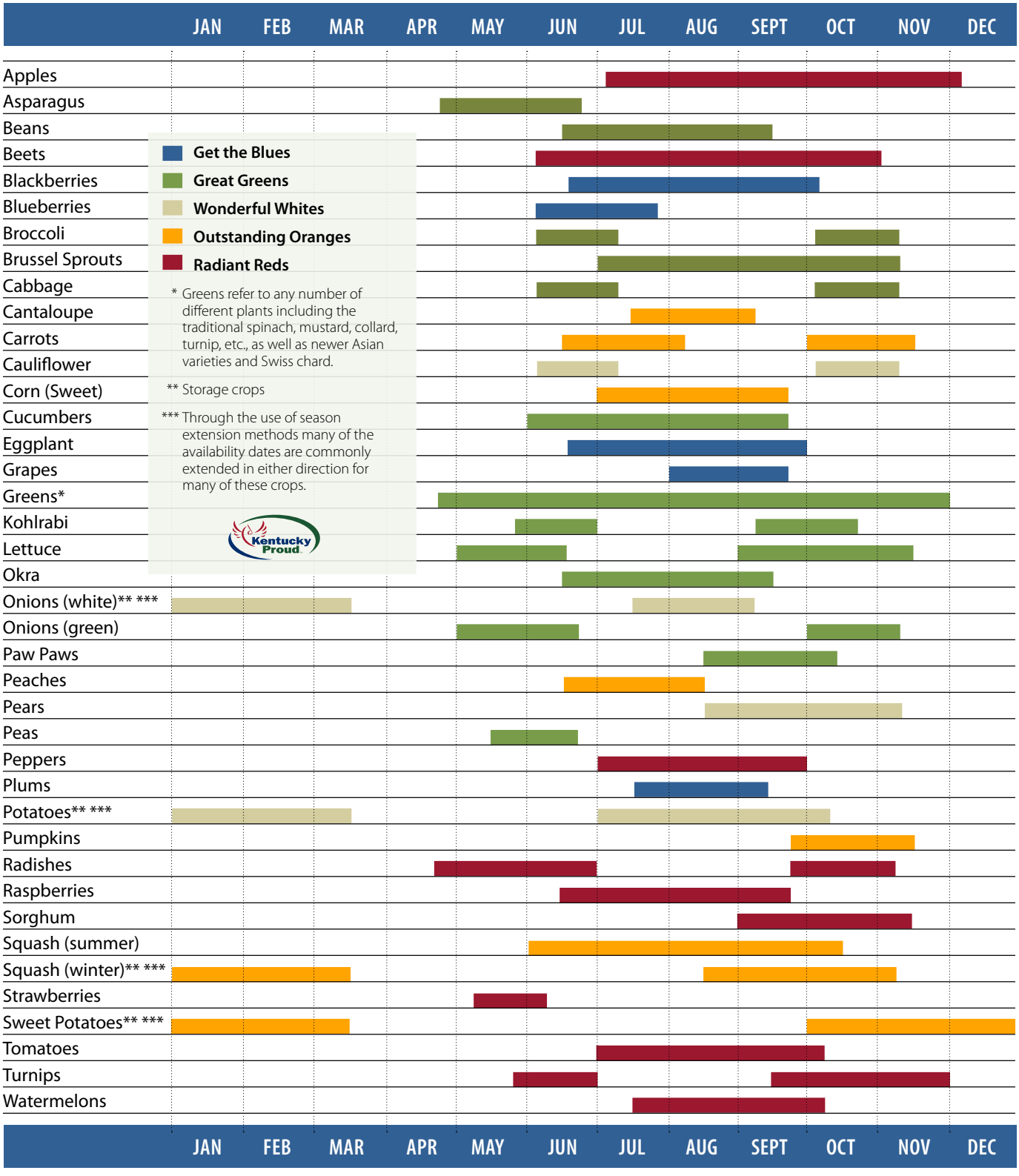
Heart, urinary tract, brain/memory

Fruits
- Apples
- Grapes
- Pears
- Raspberries
- Strawberries
- Watermelons

Vegetables
- Beets
- Radishes
- Red peppers
- Sorghum
- Tomatoes
- Turnips

Kentucky Proud Produce Availability

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. Our secret ingredient is the hard work and dedication of Kentucky's farm families. Find out why "Nothing else is close."



Local Farmer's Markets

PADUCAH HOMEGROWN FARMER'S MARKET

Location: North Second and Monroe Streets in downtown Paducah

Hours: Saturday, 7:30 a.m. – 1 p.m. (full market days). There are a limited number of OVERFLOW produce vendors only during the week, Monday through Friday, 7:30 a.m. – 2 p.m.

Tuesdays Midweek Market at Carson Park. This will be held every Tuesday during the months of June, July, and August from 3pm–7pm at Carson Park located at 300 N 30th St.

Contact: Special Events Superintendent, Molly Tomasallo Johnson at 270-444-8508 mtjohnson@paducahky.gov.

HICKMAN COUNTY FARMER'S MARKET

Location: 101 Kimbro Lane Clinton, KY 42031.

The Rotary Park Farmer's Market is an open-air market located just off Highway 51 in Clinton, KY.

Hours: Saturday 8am – 2pm and Wednesdays 2pm – 5pm,

May – October

Contact: Mattea Mitchell, Hickman County Cooperative Extension Services (270) 653-2231 mattea.lock@uky.edu.

U-Pick Strawberry Farms

THE BERRY FARM

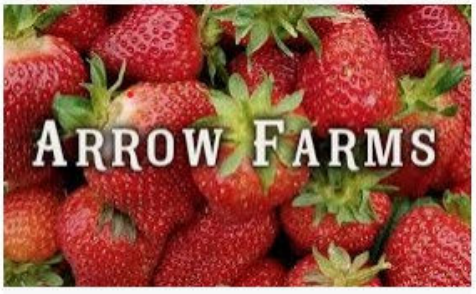
Location: 2966 Hudson Rd.

Fulton, KY 42041

Hours: 7:00am-7:00pm CLOSED SUNDAYS

April-May

Contact: (270) 468-0110 or contact theberryfarm@verizon.net



ARROW FARMS

Location: 900 Lovelaceville Florence Station Rd.

West Paducah, KY 42001

Hours: By Appointment

May-June

Contact: (270) 705-7516 or contact laurelpaige1@gmail.com

For a complete list of Kentucky Proud Vendors please visit:

http://www.kyproud.com/

Move More
Making Physical Activity Routine

Heart disease is the leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart—going on a hike or taking the stairs, biking to the store or around the block, wheeling yourself in your wheelchair. Figure out what works best for you.

How much is enough?

As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart. For major health benefits, aim for at least 150 minutes (2½ hours) a week. Or go for 75 minutes a week of more vigorous activity such as playing basketball, running, or jumping rope, which gives the same benefits. The bottom line: More activity means a bigger boost to your health.

It's up to you how you reach your own personal targets. For example, 30 minutes of physical activity, five times a week, is one option if you're aiming for 150 minutes a week.

Can't carve out a lot of time in your day?
Don't **chuck** your goal, **chunk** it!
Try 10 minutes a few times a day, for example.

Only have 10 minutes? Consider:

- Walking briskly for 5 minutes, turning around and walking back
- Dancing (standing or seated) to three songs
- Getting off your bus early and walking the last stretch

You'll know you're moving enough to help your heart if

- ✓ Your heart is beating faster
- ✓ You're breathing harder
- ✓ You break a sweat

Or, try the talk test:

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing.
- ✓ During activities such as jogging, you can't say more than a few words without pausing for a breath.

Why move more?

Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

If you're inactive, you're nearly twice as likely to develop heart disease than if you're active. Learn more about the benefits of physical activity on the NHLBI website.

Get strong

In addition to aerobic activity, take time to strengthen your muscles. Try to work your leg, hip, back, chest, abdomen, shoulder, and arm muscles. Aim to do muscle strengthening twice a week in addition to your aerobic activities.

All adults should avoid inactivity.
Start gradually and increase slowly.

Learn more about:

CDC Target Heart Rate and Estimated Maximum Heart Rate

Different types of physical activity.

Recommendations for children, older people, and pregnant women.

American Heart Association.

25 WAYS TO GET MOVING AT HOME

1. Run in place for 30 seconds

2. Dance party for 1 minute

3. Stand up and sit down 10 times

4. Read standing up

5. Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6. Jumping jacks for 30 seconds

7. Do the hokey pokey

8. See how many squats you can do in 15 seconds

9. Stand up, touch your toes

10. Wall sits while reading

11. One-minute yoga

12. Stretch your hands high over your head

13. Arm circles forward for 30 seconds, arm circles backward for 30 seconds

14. 10 frog jumps

15. Standing mountain climbers for 30 seconds

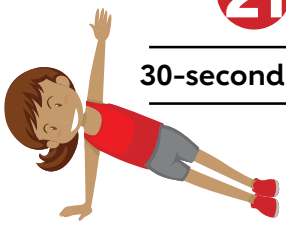
16. Stand on one leg, put your hands up, put your hands out to the side

17. 5 lunges on the right leg, 5 lunges on the left leg

18. Practice spelling, do a squat for every vowel

19. Run in place for 30 seconds, check your heart rate

20. Practice spelling by doing a jumping jack for each letter



21. 30-second plank

22. Practice math problems, do a jumping jack every time the answer is an even number

23. 20 leg lifts

24. Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25. High knees for 30 seconds

heart.org/KidsActivities

Feed the Family Five or More

5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES

Everyone, including adults, should eat at least 5 servings of fruits and vegetables a day.

However a serving size for a child is much smaller–it will fit into the palm of their hand!

Food for Thought

- Try the three-bite rule: Offer new fruits and veggies different ways and try at least 3 bites each time.
- Many fruits and veggies taste great with a low-fat dip or dressing.
- Make a fruit smoothie with low-fat yogurt.
- Wash and chop veggies and fruits so they are ready to grab and eat.
- Most people prefer crunchy foods to mushy ones–try them fresh or slightly steamed.
- Take 10-15 minutes to sit down together for family meal time.
- Be a role model: try to have fruits and veggies at every meal and eat them as snacks.
- Always try to choose whole fruits over juice.

Adapted from materials developed by Let's Go! www.letsgo.org

Fruit & Veggie Tracker

5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES

Child's Name: .....

Challenge Dates: .....

Use this log to check off each serving of fruits and vegetables your child eats every day. If it's more than 5, keep up the good work! If it's less than 5, check out our tips for how to increase the fruits and vegetables your child eats!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1st serving							
2nd serving							
3rd serving							
4th serving							
5th serving							
BONUS!							

How many fruits & vegetables did your child have this week? _____

What made it hard to get all 5 servings each day? _____

The Dinner Table Project

A PROGRAM FOR FAMILIES TO EAT TOGETHER, HAVE FUN, AND GROW CLOSER THROUGH CONVERSATION.

What

The Dinner Table Project was created in 2015, with the idea that families that eat together, have better relationships. If children have better relationships with their family, they are less likely to try drugs and alcohol. Children of families that share meals together also do better in school, have higher self-esteem, a greater sense of resilience and a lower risk of teen pregnancy, depression, obesity, and a lower likelihood of developing an eating disorder. Throughout the years, The Dinner Table Project has changed, but the core has stayed the same. We encourage families to eat together at least once a week with no electronics!

How

Your Regional Prevention Center partners with local schools and other agencies to get out monthly newsletters that include easy recipes, conversation starters, fun games to play at the dinner table, and much more. Visit our website at thedinnertableproject.org or follow us on Facebook and Instagram @thedinnertableproject.

Share

Take a picture of your family preparing or eating dinner together and post it to Instagram or Facebook with #KYDinnerTableProject

thedinnertableproject.org

KENTUCKY REGIONAL PREVENTION CENTERS

Conversation Starters

Cut out and place several on each table

If you could change one thing in the world, what would it be?

What makes someone a good friend?

If you wrote a book, what would you write about?

How do you make yourself feel better when you get angry or sad?

What is the best smell you have ever smelled?

What are three words you would use to describe yourself?

Heatstroke:
how to protect your child

Never Leave Your Child Alone in the Car

Even on a nice 80°F day, the temperature inside a parked car can quickly become too hot for a child to survive.* Always take your child with you, even for a quick errand.

More than six hundred children have died in cars due to heatstroke.*

It CAN happen to anyone.

Even the best parent can sometimes forget a child in the back seat of the car.

How does it happen?

- Lack of sleep
- Stress at home or work.
- Distractions
- The child is sleeping.

How can you prevent it?

- Check the back seat, every time you leave your car. (It is better to wake a child than to let him/her nap in the car.)
- Leave something you need on the back seat as a reminder—like your cell phone or wallet.
- Ask your child's teacher to call you if your child doesn't arrive on time.

The consequences can be deadly. So make it a habit:

Check the back seat EVERY TIME you get out of the car.

Kentucky Public Health
Prevent. Promote. Protect.

THE HEALTH BENEFITS OF SLEEP

The National Heart, Lung, and Blood Institute Sleep Recommendations:

Age:	Hours per day:
0-2	16-18
3-5	11-12
5-13	at least 10
13-17	9-10
adults 18+	7-8

Sleep Stages

Stage 1: Light sleep, eyes and muscles move slower

Stage 2: Light sleep, brain waves slow down

Stage 3: Deep sleep, some short, fast brain waves

Stage 4: Deep sleep, very hard to wake up

REM: rapid eye movements and heart beat, stage where dreams occur

THE HEALTH BENEFITS OF SLEEP:

Improves memory and problem solving

The brain organizes our memories and reviews important information we learned during the day

Improves mood

The brain rests its social and emotional parts while we sleep, "recharging" our desire to interact with those around us

Maintains good health

During sleep your body produces hormones that help cellular growth and repair, as well as support the immune system to fight infections

...AND WHAT HAPPENS WHEN YOU DON'T GET ENOUGH

You are more likely to develop chronic depression

You are at a higher risk of having high blood pressure and heart disease, and more likely to be overweight

Children ages 5-12 who don't get enough sleep are more likely to:

develop behavioral problems
have mood swings
perform poorly in school

Adolescents ages 13-18 who don't get enough sleep are more likely to:

be overweight
develop symptoms of depression
perform poorly in school

Tips For Getting Enough Sleep:

- Set a nightly routine. Go to bed and wake up around the same time each night
- Avoid large meals, caffeine and exercise before bed
- Keep your sleep environment relaxing, avoid TV, electonics and loud noises
- Don't nap after 3 pm and always keep naps under one hour

Check out other programs offered at your local Health Department.....

Purchase Area Health Connections

AMERICAN LUNG ASSOCIATION

FREEDOM FROM SMOKING

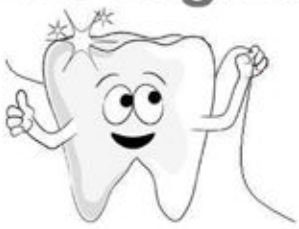
Kentucky's HANDS
Every parent needs a second pair of HANDS

PURCHASE AREA DIABETES CONNECTION

WYMAN TEEN OUTREACH PROGRAM

COMMUNITY HEALTH WORKER
PURCHASE AREA HEALTH CONNECTIONS

floss & gloss



COPAT
Childhood Obesity Prevention Action Team

CARE COLLABORATIVE
Cardiovascular Assessment, Risk Reduction, and Education

Purchase District Health Department

Promoting Health. Preventing Disease. Protecting You.

P: (270) 444-9625 F: (270) 575-5458
www.purchasehealth.org