
COMMUNITY HEALTH NEWS

YOU CAN USE

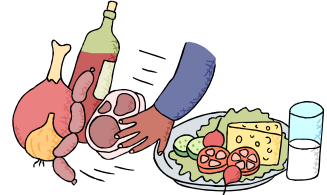


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Be 100% 'Fad' Free!

Every year since 1980, March has been named National Nutrition Month by the American Dietetic Association. This year's theme, **Be 100% Fad Free**, reminds us that 'fad' diets may come and go, but making healthy choices can last a lifetime. **What is a fad?** Bell-bottom pants? Hooola Hoops? Pet rocks? Fads are trends that are popular at the time, but in reality are just a passing phase. And this includes the current trend of low carbohydrate/high protein diets. We often follow the latest dieting fad in an attempt to lose weight, but often gain it back once the diet ends. Being fad free means focusing on the nutrition and activity needed to maintain overall good health rather than quick, weight loss that is hard to maintain. Successful weight loss means making small life long changes toward living a healthy lifestyle.



How Can You Live a Fad Free Life?

Develop an eating plan for lifelong health - Too often, people adopt the latest diet trend rather than focusing on overall health. Get back to basics by eating more fruits, vegetables, whole grains and less fat and sugar.

Choose foods sensibly by looking at the big picture - A single food or meal won't make or break a healthful diet. When consumed in moderation and appropriate portions, all foods can fit into a healthful diet.

Find your balance between food and physical activity - Regular physical activity is important for your overall health and fitness. Plus, it helps control body weight, promotes a feeling of well-being, and reduces the risk of chronic diseases.



Food and nutrition misinformation can have harmful effects on your health

and well-being-As well as your wallet. Talk with your doctor to develop a diet plan that meets your individual needs.

Resource: The American Dietetic Association at www.eatright.org

For easy, healthy recipes and snack ideas log on to www.5aday.gov, www.eatright.org, or www.kidshealth.org.

Since canned goods are a staple in most homes, www.mealtime.org is your website for easy, free, healthy recipes featuring canned foods. Here you will find many canned food recipes, health and nutrition facts and mealtime solutions.

Canned Tomatoes

1) For a Mediterranean meat loaf, add sliced canned olives to your regular meat or turkey loaf recipe. Then sauce with diced canned tomatoes. 2) Spread seasoned canned tomato sauce, canned artichoke hearts and shredded mozzarella cheese on English muffins. Heat and serve.

Canned Beans

1) Mix canned red, black and green beans with garlic vinaigrette and a dash of chili powder for a spicy, southwest three-bean salad. 2) Add canned white beans to your favorite tomato pasta sauce and toss with fanciful pasta shapes for a true Tuscan main course.



Canned Chicken Broth

1) Use canned chicken broth to enhance the flavor and reduce the fat in your creamy mashed potatoes. 2) Create an Asian-style chicken soup by simmering thin egg noodles in canned chicken broth. Then stir in some drained, canned mushrooms, diced cooked chicken and season with ginger and soy sauce.

Canned Fruit

1) For a lively salad, combine chunks of store bought rotisserie chicken, canned mandarin oranges and canned pineapple chunks. Dress the salad with light mayonnaise thinned with a little Dijon mustard and reserved canned mandarin orange juice.

Canned Corn

1) To create a hearty soup, add some canned corn to your favorite canned soups, such as clam chowder or cream of tomato. 2) Give your scrambled eggs an extra kick by mixing them with canned corn and canned diced green chilies.

Poison Prevention

Be aware of what is in your house! Keep your family safe – avoid poisonings. Here are some tips to help:

- Make sure to watch over children in the bathroom at all times....Bathrooms are loaded with poisons.
- Do not put look-a-like containers in the same location. Never leave medicine lying around in easy to reach places.
- Some plants can be poisonous too so keep them out of reach. Keep everything on high shelves...that includes alcohol and vitamins!
- Never call medicine candy! A lot of medicines look like candy and sometimes even taste like candy.
- We really don't think of mouthwash as a poison, but it contains as much as 60% alcohol and can be dangerous to children.
- Most poisonings reported are accidental and occur in the home. Common household products such as cleansers, detergents, plants and even cosmetics are involved in over 50% of poisonings.



Teach your children about *Mr. Yuk and the dangers of household poisons*. When they see Mr. Yuk they should stay away. Place *Mr. Yuk* stickers on all poisonous products in your home so they will know what they can and can't put in their mouths. Call the Poison Control Center at 1-800-222-1122 to get your *Mr. Yuk* stickers.

The Poison Control Center at The Children's Hospital was established in 1985. You can visit their website for more poison information at www.poisoncontrol.chop.edu.



Quit Smoking – We Can Help!



Free American Lung Association's Freedom from Smoking Programs

Orientation Meetings: Delaware County Memorial Hospital, Monday, March 5, 2007, at 5:30 pm
Springfield Hospital, Monday, April 9, 2007 at 5:30 pm

For more information and to register call: CKHS Community Health Education at 610-447-6009 (15-6009)

PA FREE Quitline: 1-877-724-1090

www.tobaccofreedelco.com

In collaboration with Delaware County Office of Behavioral Health

Funding Provided by:



Upcoming Programs at Crozer-Keystone Health System

Contact 1-800-CK-Health for more information or check out the Community Health Outreach Calendar under Public Folders, All Public Folders in Outlook Today.

Adult & Pediatric CPR courses at DCMH. Call Healthline Services for more info 610-284-8158.

Alzheimer's Assoc. Caregiver Support Group, CCMC, Silberman Ctr 3rd Floor Rm 306, 2nd Tues./month, 10:00-11:30 am. Please call 610-447-2935 for more information.

Bereavement Support Group, Crozer- Information call Leslie Eames at 610-447-2158.

Blood Pressure Screenings – CCMC, DCMH, Springfield, and Taylor Hospital every month.

Childbirth Education Classes – CCMC and DCMH

Dining At Dusk: Please call 1-800-CK-HEALTH for more info and to register for the following-
These Feet are Made for Walking-March 14th, 4:30-6:30 pm at DCMH Cafeteria.

Family & Friends Cancer Support Group - Springfield Hospital Call 610-284-8112 for more info.
April 9th, 5:30 pm at Springfield Hospital

Human Motion Institute-Please call 1-877-CK-MOTION to register for the following-

Golf Conditioning Lecture Series, March 3rd, 9 am, Healthplex Sports Club

Treatments for Trigger Finger, Wrist Tendonitis and Thumb Arthritis, March 21st, 2 pm, Folsom Fire House

Physician Lecture Series-Please call 1-800-254-3258 to register for the following-

Nips, Tucks and Botox: Are these Anti-Aging Therapies Right for You? March 8th, 5:30-7:30 pm
at Media Medical Plaza, Suite 306

Feeling the Burn: Understanding GERD, March 21st, 1 pm at Brinton Lake Community Room

Pregnancy Bereavement Support - 4th Thursday of every month, Springfield Hospital 7:30 pm