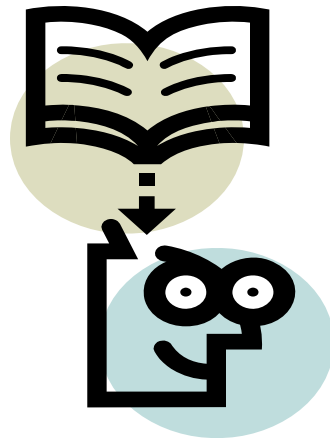


Read It And Eat :

Walter C. Young Health Clinic Newsletter

Healthy Nutrition Ideas Sweeping the Campus!!

Be SMART about what you eat. Be educated and know the importance of nutrition. You should know that you don't have to choose between eating well and looking good. Did you know that eating well will help you look and feel your best?



Deal with changes!

If your family doesn't eat healthy, you have the power to make a change. Start something new! Make a vegetable for a side dish with dinner!

TAKE CHARGE!

Eating the right snacks will supply you with the energy you need to get through the day!!

Example: Make a fruit and yogurt shake with your favorite fruits like strawberries, bananas, and blueberries.

GREAT IDEAS!



Eating fruits, veggies or whole grains along with a protein will make you feel full longer! For example, an apple with slice of low fat cheese and 5 whole grain crackers will soothe the after school hunger pains until dinner time!!

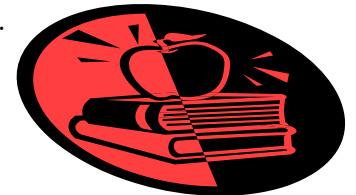
A diet which is unhealthy along with not enough exercise may contribute to various health problems, including diabetes, heart disease, and high blood pressure.

Acknowledgements

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Have Fun - Look Great!

Grain Group

Foods from the grains group provides nutrients like vitamin B, minerals and fibers. Whole grains can help reduce the risk of heart disease and some cancers. Grains can help control weight management as well.

Vegetable group

Foods from the vegetable group provide important nutrients such as potassium which is good for muscles. Vitamin C helps keep you healthy and vitamin E is good for your skin. Fiber helps improve digestion.

Fruits Group

Fruits provide nutrients like potassium, foliate, vitamin C and fiber. Not only do these minerals and vitamins help maintain your body's cells, they help your body function better. Fresh colorful fruits are rich in nutrients. Some examples are blueberries, strawberries and oranges. Eat at least two servings a day.

Milk Group

Milk and milk products such as cheese, yogurt, and frozen yogurt provide 9 essential nutrients some are calcium, potassium, vitamin D, and protein. The building of bone mass is maintained by those nutrients. Also, osteoporosis which is a bone thinning disease can be avoided by a diet rich in milk. Potassium also helps regulate the body's fluid balance and blood pressure.

Meat Group

Lean meats and skinless poultry are excellent food choices from the meat group. A diet that includes fish, beans, eggs, nuts and seeds will meet the recommended servings of 2 meats per day as well. The nutrients from a diet with protein will contain B vitamins, iron and zinc, which can help boost the immune system, build and repair muscles and help supply the brain with fuel to function.

Fats, Oils and Sweets

Foods from the oils group supply the body with vitamins A, D, E and K and some essential fatty acids that maintain healthy skin and keep our brain and nervous system functioning properly. These oils are found in vegetable oils that are used when cooking and other foods like nuts, olives, avocados, and certain fish. Also condiments like mayonnaise, salad dressing, and soft margarine contain oils.

Eating Healthy

For as long as you can remember, your parents, your teachers, perhaps even your doctor, have been telling you to eat your vegetables, limit sweets, and drink your milk. All kids who eat a healthy portion size and make good food choices will benefit throughout their lives. Specialists consider this critically important if we are to prevent diseases later in life. Most experts say regular exercise each day and a well balanced diet, which includes plenty of fruits and vegetables will live a healthier life. Everyone will benefit from a healthy diet and regular exercise!

Weird Words

Anorexia Nervosa— An eating disorder which causes people to lose their appetite for food, characterized by a fear of gaining weight or becoming fat.

Bulimia Nervosa- An eating disorder characterized by eating large amounts of food in short time periods resulting in behavior like self-induced vomiting or the abuse of laxatives to control weight; another symptom includes strict dieting, fasting, or excessive exercising.

Cholesterol- A fat-like substance in the body. The body makes and needs some cholesterol, which also comes from foods such as butter and egg yolks. Too much may cause a disease that that clogs the blood vessels which slows or stops blood flow.

Dehydration- When the body loses too much water and becomes over heated. The initial symptoms of dehydration are headache, stomach ache, and nausea.

WHAT YOU NEED TO BE YOUR BEST: → →

- Water : 2/3 of our body is made up of water. Drinking water helps the body work better by improving digestion, helping to absorb nutrients and to get rid of wastes. It also helps to regulate body temperature. Try to drink eight glasses of water a day.
- Protein : Is very important to maintain strong and healthy cells. It is used to repair cells and to help cells grow. It helps fight off infections and diseases in the body as well. The best sources of protein are found in lean meats, poultry, fish, nuts, eggs, beans and low-fat or nonfat dairy products.
- Carbohydrates : _Supplies our body with quick energy. Whole grain foods are a good source of carbohydrates. They are digested better and supply extra nutrients as well. Pasta fruit and vegetables are another form of carbs.
- Fats: Helps to provide energy, digest food and allow the body to use certain vitamins. Too much fat in the diet is not good, especially saturated fats. Always check the labels for the fat content that is in the food. Limit fat to about 3 to 4 teaspoons a day.
- Vitamins: Help your bones, teeth, vision, immune system and many other parts of the body to function properly. The best source of vitamins are fruit, vegetables, and dairy foods.
- Minerals: Help keep your bones and teeth strong. They regulate your body functions and your fluid balance. Minerals come in dairy products, fruits and vegetables.

Calorie- Calories measure the energy your body gets from food. Your body needs calories that are created by “fuel” to perform all of its functions such as breathing, circulating the blood, and physical activity.

“I’ve got to eat all of this stuff, everyday?”

Relax. Everything you need can be found naturally in different kinds of foods. Getting all the nutrition you need may mean making a few adjustments. But you don’t have to give up your favorite foods. You can still eat them in moderation! And most important **Never skip a meal!** You are stressing your brain out when you don’t supply it with glucose which is from the food you eat!

Did you know...

1-One serving of French fries is 400 calories!

2-Three slices of pepperoni pizza is 2040 calories!

3-One serving size of meat at dinner-time should be the size of your palm.

!More Wacky Terms!

Hydrogenated Fat- A fat that has been chemically altered by the addition of hydrogen atoms to convert it to a semi-solid form such as margarine or shortening.

Osteoporosis- A disease that causes bones to become thin and brittle. This is a result of a lack of enough calcium, which is a mineral found in dairy products and dark green vegetables which promotes bone health.



Being healthy allows you to have fun with your friends.



Health Tips From the Health Clinic

As the school nurse at Walter C. Young I am faced with health related challenges that many students may experience on a daily basis. From headaches, stomachaches, asthma problems, diabetic issues to cuts and sprains. I try to fix the problem. But many times I find that after a little investigating, an finding out the cause of the problem, I see that it can be easily avoided if the student follows a few practical health tips.....

I see many students with complaints of stomachaches and headaches, and I find out that they never ate breakfast or lunch! When you skip a meal you are depriving your body and brain of glucose, which provides the energy that makes your body work! Glucose is the body's fuel and without it, you can experience such symptoms as general weakness, dizziness, lightheaded, fatigue and stomach discomfort.

With just a little planning you can easily avoid this problem. The night before school put a nutrient bar or a bag of raisins and nuts in your backpack to have on hand if you missed breakfast or you didn't like the lunch menu that day. And then your body will feel much better if it is not deprived of the nutrients it needs to too work well!

As the weather begins to warm up again, it is very important to stay well hydrated. I must see at least 10 students a day who complain of a headache, stomachache or just feeling tired. After a few questions and a physical assessment I find out that they barely drank any fluid the entire day! Their lips are dry, and their eyes look dry. Sure enough after a few glasses of water, they are feeling better! That is because they were dehydrated and their body was sending signals that they needed to be re-fueled with water! Drinking water helps with digestion, using nutrients, getting rid of wastes, and regulating the body's temperature.

Another common complaint that I often see are girls with severe menstrual cramps. I did some research and found some helpful tips: **A regular exercise regimen** that includes stretching and any kind of exercise that will increase your heart rate. Make sure you get enough sleep. A well rested body is less vulnerable to pain. Drink plenty of water. Eight 8 ounce glasses of water keeps the body well hydrated. Other suggestions are using a heating pad on your lower stomach, massage your abdomen, avoid salty foods, eat more green leafy vegetables to increase your magnesium levels. Try to eat more whole grain bread instead of white bread, and include a tablespoon of fatty acids like olive oil in your diet.. And finally try to lie on your back and support your knees with a pillow.

Finally, I have come up with my own remedies that have been quite successful in our clinic. I found a cup of ginger ale and some saltine crackers can be a quick cure to the common stomach ache. Washing hands is so important not to spread germs. A good night's sleep can really make a difference on your daily health.

It's been a pleasure being your nurse. Always feel free to stop by and say hello.

Good Nutrition



The Pyramid Is The Key!

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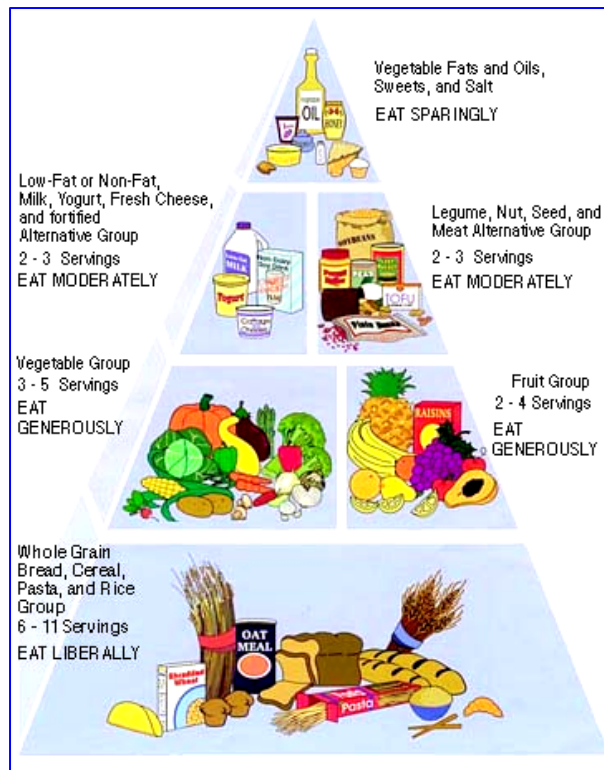
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The key is to eating well requires important knowledge about good nutrition and putting it into practice. Eating foods from the food pyramid will help you grow and stay healthy . Eat vegetables (especially bright-colored ones) to get vitamin A, which helps your vision. Eat fruits to get vitamin C, which helps heal cuts and bruises. You can eat fats and sweets in moderation. For example a teaspoon of salad dressing is 1 serving of fat. Also skipping a meal is not healthy. Why? What happens is that if you miss breakfast then there is no glucose in your blood to supply your brain with nutrients to work well. You're depriving your body of its nutritional needs, and it will not perform as it should.

The Kids' Food Pyramid



Using the food pyramid as a guide to plan your daily diet will help you stay healthy and feeling well. Starting from the bottom of the pyramid you can choose the number of servings for each food group per day. It is also important that a teen eats enough healthy calories each day because this time in their life they are experiencing dramatic growth and changes in their bodies. For example Healthy munchies like low-fat, low-salt pretzels and light popcorn are healthy foods that are examples from the food pyramid. Each food represents one serving. For example 6 to 8 gram crackers equals one grain serving. The food pyramid is a great guide to eating healthy and keeping you physically fit.