

Men's Health

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For more information on ways to lead a healthier lifestyle
visit our website getheathyct.org



June 2018





Are you ready to QUIT SMOKING?

The Fairfield, Stratford, and Trumbull Health Departments are offering a

FREE 5-week Smoking Cessation Program

developed by the American Cancer Society to help you quit.

*Program includes 2 FREE weeks worth of Nicotine Replacement Therapy.

To register, for an upcoming program or to find out more information,
please contact:

Kelley Meier—Health Educator, Stratford Health Department
at 203-385-4090 or email at kmeier@townofstratford.com.

Call today, space is limited!**

**Upon referral to CT Quit Line. May chose patches, gum, or lozenges. **Minimum of 5 participants to run a class*



Health Department



Freshstart®



Public Health
Prevent. Promote. Protect.

Trumbull Health Department



Join Get Healthy CT for the 6th Annual Event in Honor of National Dance Day

Family Fitness Day

2018



**SATURDAY,
July 28**



11:00 AM-2:00 PM

Paradise Green in Stratford
(Corner of Main St & Huntington Rd)

Come prepared to get up and moving!
Join in the fun with interactive performances by local dance studios, fitness demonstrations, family-friendly activities & much more!

Free Raffle
Prize
Drawings &
Healthy
Snacks!

Pop-Up
Produce
Market with
Items for
Sale

Free
Zumba,
Yoga,
Dancing,
Music &
More!



**Please bring a healthy food donation item to benefit a local food pantry.
See donation list on the back of this flyer for healthy food donation ideas.**



Visit www.GetHealthyCT.org

Healthy Food Donation List

Choose Healthy  Eat Well

Fruits

- ☐ Canned fruit in 100% fruit juice or water
- ☐ Applesauce, unsweetened
- ☐ Dried fruit, such as raisins & prunes
- ☐ 100% fruit juice



Use the nutrition facts label to determine how much:

- Saturated Fat
- Sodium
- Dietary Fiber
- Sugar



Vegetables

- ☐ Canned vegetables, no salt added (Sodium 140mg or less)
- ☐ Canned tomatoes, no salt added (Sodium 140mg or less)
- ☐ Tomato sauce, no salt added (Sodium 480mg or less, Sugar 8g or less)
- ☐ Spaghetti sauce, low sodium (Sodium 480mg or less, Sugar 8g or less)
- ☐ Salsa (Sodium 140mg or less)



Whole Grains

- ☐ Whole grain or whole wheat pasta
- ☐ Brown rice, wild rice or quinoa
- ☐ Oatmeal or whole grain cream of wheat, unflavored
- ☐ Whole grain crackers (Fiber 3g or more)
- ☐ Whole wheat or corn tortillas, non-refrigerated (Fiber 3g or more)
- ☐ Whole grain cereal (Sugar 6g or less, Fiber 3g or more)
- ☐ Popcorn, kernels or microwave 94% fat free



Dairy

- ☐ 1% Low fat or fat free milk, shelf-stable (such as Parmalat), dry, evaporated
- ☐ Soy milk, non-refrigerated, unsweetened



Combination Foods

- ☐ Soups, stews or chili (Sodium 480mg or less)
- ☐ Broth or stock, unsalted, or low sodium (Sodium 140mg or less)
- ☐ Mac & cheese, whole grain



Beverages

- ☐ Tea bags
- ☐ Coffee
- ☐ Water, seltzer, unsweetened



Proteins

- ☐ Peanut butter
- ☐ Canned beans, peas, lentils, no salt added or low sodium (Sodium 140mg or less)
- ☐ Dried beans, peas, lentils
- ☐ Canned tuna, salmon, chicken or sardines in water, low sodium
- ☐ Nuts or seeds, unsalted



Condiments & Oils

- ☐ Lite salad dressings
- ☐ Vinegar
- ☐ Vegetable, olive, or canola oil
- ☐ Dried herbs and spices
- ☐ 100% fruit spread



Helpful Hints:

- Choose pop-top lids
- Check food expiration dates



This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP. SNAP helps low income people buy nutritious food for a better diet. To get more information contact the CT Department of Social Services at 1-(833) 626-6632 or www.ct.gov/dss. USDA does not endorse any products, services, or organizations. Provided by Department of Public Health. This institution is an equal opportunity provider. Inspired by: <https://www1.nyc.gov/assets/doh/downloads/pdf/public/donation-checklist.pdf>

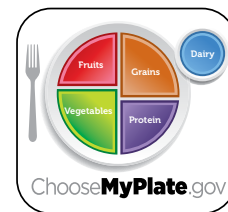
10 tips

Nutrition Education Series



get the facts to feel and look better

10 tips for men's health



Take charge of your eating habits by choosing the types and amounts of foods you need. Make your food choices a priority and be physically active so you can be the healthy man you want to be.

1 magic foods do not exist

There's no magic food or way to eat. There are some foods men need to eat such as vegetables; fruits; whole grains; protein foods like beans, eggs, or lean meats; and dairy like 1% milk. You'll get nutrients you need for good health—including magnesium, potassium, calcium, vitamin D, fiber, and protein.



2 if it's there, you'll eat it

Keep healthy foods in your kitchen that need little preparation. Keep your fridge filled with carrots, apples, oranges, low-fat yogurt, and eggs. Stock up on fresh, canned, or frozen vegetables and fruits, lean meats, canned beans, and tuna or salmon. Find healthier heat-and-eat options to replace heating up a frozen pizza.

3 whole grains help you feel full

Make sure half your grains are whole grains. Whole grains can help give a feeling of fullness and key nutrients. Choose whole-wheat breads, pasta, and crackers; brown rice; and oatmeal instead of white bread, rice, or other refined-grain products.



4 build habits that don't add pounds

Cut calories by skipping foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon, and hot dogs. Cakes, cookies, candies, and ice cream should be just occasional treats. Use smaller plates to adjust the amount of food you eat.

5 water is your friend

Water is a better choice than many routine drink choices. Beverages can add about 400 calories a day to men's diets. So limit high-calorie beverages, including those with alcohol. Skip soda, fruit drinks, energy drinks, sports drinks, and other sugary drinks.



6 find out what men need to eat

Men's energy needs differ from women's needs. Find exactly *how much* and *what* foods you need, based on your height, weight, age, and physical activity level at www.SuperTracker.usda.gov.

7 get beyond survival cooking

Start cooking more often. Try steaming vegetables, roasting a chicken, and making a tasty veggie sauce for spaghetti from scratch. Eating your own home-cooked meals allows you to control what and how much you eat.



8 wise-up about what's in food

Use both Nutrition Facts and ingredient labels to discover what nutrients foods and beverages contain. Cut back on foods that have sugar or fat as the first ingredient. Use SuperTracker's **Food-A-Pedia** to compare more than 8,000 foods.

9 sweat is not bad

Be active whenever you can. Have friends or family join you when you go for a long walk, bike, or jog. Vary activities to stay motivated. Set a goal of 2½ hours or more of moderate physical activity a week. Include strengthening your arms, legs, and core muscles at least 2 days a week. Being active just 10 minutes at a time makes a difference.



10 fill your plate like MyPlate

Learn more at www.ChooseMyPlate.gov. MyPlate is based on the Dietary Guidelines for Americans (www.DietaryGuidelines.gov).



HOW TO MANAGE BLOOD PRESSURE

1 UNDERSTAND READINGS AND LEVELS

The first step to managing blood pressure is to understand what the levels mean and what is considered normal, elevated, high blood pressure (hypertension), and hypertensive crisis.

heart.org/BPlevels



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

117
76

Read as "117 over 76 millimeters of mercury."

Systolic¹

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

Diastolic²

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

THE AHA DEFINES THESE CATEGORIES AS³:

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	Less than 120	and	Less than 80
Elevated Blood Pressure	120–129	and	80
High Blood Pressure (Hypertension) Stage 1	130–139	or	80–89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	and/or	Higher than 120

2 LEARN AND TRACK LEVELS



Check.
Change.
Control.™

Medical providers can take blood pressure readings and provide recommendations.

Check. Change. Control. helps track and manage progress in reducing blood pressure.

Track online with ccctracker.com/aha



Check.



Change.



Control.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/HBP

3 TIPS FOR SUCCESS



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.⁴

heart.org/EatSmart



GET ACTIVE

Physical activity helps control blood pressure, weight and stress levels.⁵

heart.org/MoveMore



MANAGE WEIGHT

If you're overweight, even a slight weight loss can prevent high blood pressure.⁶

heart.org/LosingWeight



QUIT SMOKING

Every time you smoke, it can cause a temporary increase in blood pressure.⁷

heart.org/BeWell



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

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3. Whelton PK, et al. ACC/AHA/AAPA/ABC/ACPM/AGS/APHA/ASH/ASPC/NMA/PCNA guideline for the prevention, detection, evaluation, and management of high blood pressure in adults: executive summary: a report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. Hypertension. 2017.
4. http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia_UCM_445084_Encyclopedia.jsp?title=DASH-diet
5. Warburton DE, Nicol CW, Bredin SS. Health benefits of physical activity: The evidence. CMAJ. 2006;174(6):806.
6. Appel LJ, Brands MW, Daniels SR, Karanja N, Elmer PJ, Sacks FM. Dietary approaches to prevent and treat hypertension. Hypertension. 2006;47(2):297. doi: 10.1161/01.HYP.000.0202568.01167.B6.
7. Najem B, Houshore A, Pathak A, et al. Acute cardiovascular and sympathetic effects of nicotine replacement therapy. Hypertension. 2006;47(6):1164. doi: 10.1161/01.HYP.000.0219284.47970.34.

The Top 10 Reasons Men Put Off Doctor Visits

Updated: Feb 6, 2018



Visiting your physician for an annual checkup is a simple – and essential – step to keeping your heart healthy and yourself healthy.

Why, then, do some men refuse to go to the doctor regularly? Here are 10 reasons why many men skip this important appointment. (And, more importantly, 10 ways to counter those reasons and get yourself or a person you care about to see a doctor.)

1. "I don't have a doctor."

Step one toward staying healthy is finding a doctor you trust. But you'll never know if you trust one unless you try. Check your insurance company or local listings for doctors in your area. Call their offices and ask questions, or check around online. It's also a good idea to check with friends and family for recommended doctors.

2. "I don't have insurance".

Everybody should have insurance under the Affordable Care Act. If you still don't, here's all the information you need to get signed up in our [Consumer Health Care](#) section.

3. "There's probably nothing wrong."

You may be right but ... you're not a doctor. That's why you need one, to be sure. Some serious diseases don't have symptoms. [High blood pressure](#) is one, and it can cause [heart attack](#) and [stroke](#). (That's why they call it "the silent killer.") [High cholesterol](#) is another often symptomless condition. Ditto [diabetes](#). Finding a health problem early can make a huge difference in the quality and length of your life.

4. "I don't have time."

There are about 8,766 hours in a year, and you want to save ... two? When those two hours could save your life if you really DO need a doctor? If you want to spend more time with your family, these two hours aren't the ones to lose. Try some of these tips to find time for the whole family to get moving.

5. "I don't want to spend the money."

It makes more sense to spend a little and save a lot than to save a little and spend a lot. If you think spending time with a doctor is expensive, try spending time in a hospital.

6. "Doctors don't DO anything."

When you see a barber, you get a haircut. When you see the dentist, your teeth get cleaned. But when you get a checkup, the doctor just gives you tests. It may seem like you don't get anything, but you do. You get news and knowledge that can bring better health, if you act on it.

7. "I don't want to hear what I might be told."

Maybe you smoke, drink too much, have put on weight. Even so, your doctor's there to help you. You can deny your reality, but you can't deny the consequences. So be smart: Listen to someone who'll tell you truths you need to hear. Be coachable.

8. "I've got probe-a-phobia."

You don't need a prostate cancer exam until you're 50. Even then, remember that your chances of survival are much better if it's caught early. So it's worth the exam. But it's only one small portion of a physical. Don't let one test stop you from getting all the benefits of an annual physical.

9. "I'd rather tough it out."

If pro athletes can play hurt and sacrifice themselves for the team, you ought to be able to suck it up, right? Wrong! The Game of Life is about staying healthy for a long time – a lifetime.

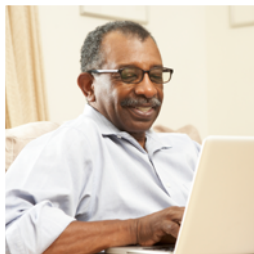
10. "My significant other has been nagging me to get a checkup."

OK, so you don't want to give in. But isn't it POSSIBLE you could be wrong? Give in on this one. See the doctor.

When it comes down to it, there are no good reasons not to see the doctor, only excuses. Don't wait. Schedule your annual physical today.



Men, reduce your cancer risk and get your tests to find cancer early.



Reducing your risk for cancer and getting regular cancer screening tests to find cancer early, when it's small and hasn't spread, give you the best chance for staying well and living a long life.

Take control of your health and reduce your cancer risk by making healthy lifestyle choices:

- Stay away from all forms of tobacco.
- Stay at a healthy weight.
- Get moving with regular physical activity.
- Eat healthy with plenty of fruits and vegetables.
- Limit yourself to no more than 2 alcoholic drinks a day, if you drink at all.
- Protect your skin from the sun.
- Know yourself, your family history, and your risks.
- **Have regular check-ups and cancer screening tests.**

Visit **cancer.org** or call
1-800-227-2345 to learn more
about reducing your risk of cancer.

Take control of your health, and get regular cancer screening tests:

- **Colorectal cancer:** Starting at age 50, talk to a health care provider about the testing option that's best for you, and get regular testing.
- **Prostate cancer:**
 - ◆ Starting at age 50, talk with a health care provider about the benefits and harms of prostate cancer testing, then decide if testing is right for you.
 - ◆ If you are African American or have a close relative who had prostate cancer before age 65, have this talk with a provider starting at age 45.
- **Lung cancer:** If you are between 55 and 74 years of age, are in fairly good health, have smoked for many years AND still smoke OR have quit within the past 15 years, talk to a health care provider about whether you should be tested for lung cancer.



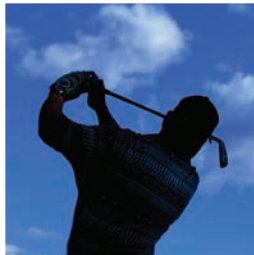
Written March 2016

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Hombres, reduzcan su riesgo de cáncer y háganse pruebas para detectar el cáncer temprano.



Reducir su riesgo de cáncer y hacerse pruebas de detección del cáncer en forma periódica para detectar el cáncer temprano le otorga las mejores posibilidades para estar bien y vivir una vida larga.

Tome el control de su salud y reduzca su riesgo de cáncer haciendo elecciones de estilo de vida saludable:

- Manténgase alejado del tabaco.
- Mantenga un peso saludable.
- Sea físicamente activo mediante el ejercicio de forma habitual.
- Coma sano con muchas frutas y verduras.
- Si consume alcohol, límitese a no más de 2 bebidas alcohólicas por día.
- Proteja su piel del sol.
- Conózcase a usted mismo, sus antecedentes familiares y sus riesgos.
- Hágase pruebas de rutina y pruebas de detección del cáncer regularmente.

Tome el control de su salud y hágase pruebas de detección del cáncer en forma periódica:

- **Cáncer colorrectal:** a partir de los 50 años de edad, hable con su médico sobre la opción de pruebas de detección que sea adecuada para usted y hágase dichas pruebas con regularidad.
- **Cáncer de piel:** pídale a su médico que examine su piel durante su revisión médica regular.
- **Cáncer de próstata:**
 - A partir de los 50 años de edad, hable con su médico sobre los beneficios y las desventajas de las pruebas de detección del cáncer de próstata, luego decida si dichas pruebas son adecuadas para usted.
 - Si usted es una persona de raza negra o es afroamericano, o tiene un familiar cercano que tuvo cáncer de próstata antes de los 65 años de edad, tenga esta charla con su médico a partir de los 45 años de edad.



Visite **cancer.org** o llame al **1-800-227-2345** para aprender más sobre cómo reducir su riesgo de cáncer.



La Sociedad Americana Contra El Cáncer cumple con los estrictos estándares sobre donaciones caritativas del Better Business Bureau.

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No. 0047.47 | Screening Flyer - Men
Modelos empleados sólo para propósitos ilustrativos.

PARA QUE CUMPLAS
MUCHOS MÁS.™



Screening for Prostate Cancer: A Decision for You and Your Doctor

Most prostate cancers grow slowly and don't cause any health problems in men who have them. Most prostate cancers found by screening are small and slow growing. Many men will never have symptoms.

The decision to get screened is a personal one, and men can work with their doctor to understand the benefits and harms of screening. If you decide not to get screened, you can always change your mind later. If you decide to get screened and a cancer is found, it does not mean you have to be treated right away. Treatment can cause serious side effects. You should discuss each step with your doctor.



- ▶ You may have a greater risk for prostate cancer if you have a father, brother, or son who has had prostate cancer; if you are over 50 years old; or if you are African-American.
- ▶ Your prostate makes a substance called prostate-specific antigen (PSA). A PSA test measures the amount of PSA in your blood.
- ▶ A PSA test can be abnormal (high PSA) for several reasons besides prostate cancer. The only way to know if an abnormal test is due to cancer is to do a biopsy.
- ▶ A biopsy removes a sample of the prostate gland cells to look at under a microscope. The biopsy is done by a specialist.
- ▶ If the biopsy shows that there are cancer cells, your doctor will talk to you about treatment options.

-
- If the cancer is small and low risk, you and your doctor may decide on active surveillance, which means close monitoring with PSA tests and biopsies over time to see if the cancer is growing faster than expected.
 - Treatment for prostate cancer can involve radiation therapy, surgery to remove the prostate, hormone therapy, and other types of treatment.
 - Radiation therapy or surgery can cause problems like impotence, loss of bladder control, or problems with your bowels.

**Talk with your doctor
or nurse to decide
together if prostate
cancer screening is
right for you.**



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

Get in the Game

Tips for Healthy Eating and Physical Activity

With busy lives, it's easy to let your health and fitness slide. Below are a few tips on getting in the game with healthy habits. Chances are, you will find it's not as hard as you think!



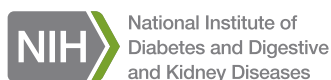
- Keep portion sizes under control to avoid eating too much.
- Sneak in fruits by adding berries to your cereal. Eat more whole grains, vegetables, lean meats, and low-fat or nonfat dairy products.
- Sit less. Reduce time spent watching TV, gaming, and surfing the web.
- Fuel up by drinking more water and other low-calorie drinks. Cut down on sugary sodas, sports drinks, and juices. Watch alcohol, as it can also hide calories.
- Get active with 30 to 60 minutes of moderate aerobic exercise 5 or more days a week. Aerobic activities like tag football move your large muscles and make your heart beat faster.

Want more facts on **healthy** eating and exercise?

CONTACT

Weight-control Information Network | 1 WIN Way Bethesda, MD 20892-3665

Toll-free Number: 1-877-946-4627 | Email: WIN@info.niddk.nih.gov | Internet: <http://www.win.niddk.nih.gov>



NIH...Turning Discovery Into Health®

Updated June 2011

Ideal Weight and BMI

Maintaining a healthy weight is an important part of your overall health. When you are overweight or obese, you are at higher risk of developing certain conditions. These could include high blood pressure, type 2 diabetes, or heart disease. But how do you know what your ideal weight is? One way to measure it is called BMI.

Path to improved health: What is BMI?

Every person has a BMI, or body mass index. It is a number that estimates how much body fat you have. It is calculated using your weight and your height. It is a good way to see if your weight is healthy for how tall you are. There are many BMI calculators on the internet that you can use to see what your BMI is. There are also charts that can tell you what it is. You can even calculate it yourself:

- Multiply your weight in pounds by 703.
- Divide that answer by your height in inches.
- Divide that answer by your height in inches again.

For example, take a man who weighs 200 pounds and is 6 feet tall (72 inches).

- $200 \times 703 = 140,600$
- $140,600 / 72 = 1,953$
- $1,953 / 72 = 27.1$
- This man's BMI would be 27.1

What does my BMI mean?

A BMI that is low could mean you don't have enough body fat and are underweight. A high BMI could mean that you have too much body fat and are overweight. To understand what is a healthy BMI and what is not, use the following chart.

BMI	Category	What it means
Below 19	Underweight	You might need to gain some weight. Talk to your doctor.
19 to 24	Healthy	You are at a healthy weight. Try to maintain this weight.
25 to 29	Overweight	Don't gain any more weight. You may need to lose weight. Check with your doctor.
30 or higher	Obese	You probably need to lose weight. Talk to your doctor about the best ways to lose weight.

Are there other ways to measure your ideal weight?

Another tool doctors can use to see if you are at a healthy weight is your waist measurement. This measures how much fat you have around your waist. Research has shown that higher levels of fat around your waist (sometimes called “belly fat”) increases your risk of developing obesity-related conditions, such as heart disease or type 2 diabetes. For men, a waist measurement of more than 40 inches means they are at increased risk of developing obesity-related conditions.

For women, a waist measurement of more than 35 inches means they are at higher risk of developing these conditions.

Things to consider

BMI is not always the best way to tell if you are at a healthy weight. There are some people whose BMIs may not be a good reflection of how much body fat they have. These include:

- **Athletes.** Athletes usually have more muscle than the average person. Muscle weighs more than fat. So an athlete’s weight will not be a good indicator of how much fat he or she has in their body. They will tend to have higher BMIs.
- **Older adults.** People tend to lose muscle mass as they age. So the elderly have more body fat than the average person. Their BMIs could be higher. It is often better for an older person to have a BMI of 25 to 27 instead of under 25. This can help prevent osteoporosis (thinning of the bones).
- **Children.** For children and teens, their BMIs also depend on their age and their sex. They have a different calculation for their BMI.
- Because of these limitations, BMI should only be used as a screening tool. This means it can be the starting point for a conversation with your doctor about your weight. It should not be used to determine if you are overweight or not.

Questions to ask your doctor

- ✓ Where does my BMI fall on the chart of what is a healthy weight for my height
- ✓ What other factors tell you if I am overweight or not?
- ✓ Do I need to lose weight?
- ✓ What is the best way for me to lose weight?

Men's Health: "The Better Protein Supplement"



Food Sources of Protein

Protein is an important part of a healthy diet and a major trend in the Men's Health world. Many men use protein supplements to build and maintain muscle but it usually isn't needed! This is true even for men who work out 3-5 times a week.

Protein supplements can have a lot of added sugars and are costly. It is possible to get all the protein you need from food sources!

The Academy of Nutrition and Dietetics recommends about 0.4 gram of protein per pound of body weight. A man who weighs 180 pounds needs 72 grams of protein, spaced evenly throughout the day.

Here are examples of protein-containing foods:

- beef (steak, ground beef)
- poultry (turkey, chicken)
- seafood (fish, shellfish)
- eggs
- dairy (milk, cheese, and yogurt)
- legumes (beans, lentils)
- soy (tofu, tempeh, edamame)
- ancient grains (quinoa, amaranth)

Get your protein from fish, skinless poultry, low fat dairy, lean meats and plant based sources!

Ways to get more protein in your diet through food:

1. Have a protein source at every meal and snack!

Food Examples:	Protein (grams)	Calories
1 egg	7	80
1 ounce cheese	7	100
1/2 cup cooked dried beans	7	90
1/2 cup cooked quinoa	4	100
2 Tbsp. peanut butter	8	200
1/4 cup nuts	6	170
1/2 cup tuna in water	14	60
1 cup of plain 0% fat Greek yogurt	20	120
4 ounces of boneless skinless chicken	28	100
1 cup of edamame	17	180
Upgraded oatmeal (1/2 cup oatmeal made with 1 cup 1% milk or soymilk and 1/4 cup slivered almonds)	20	422
Upgraded PB&J (2 slices Ezekiel bread, 2 tablespoons nut butter, 1/2 cup sliced strawberries, 1 tablespoon chia seeds)	20	430



2. Your protein source should be a fourth of your plate, vegetables and fruit taking up half of your plate, and starch being the last fourth.
3. Switch sugary cereal in the morning for eggs or Greek yogurt to add in more protein.
4. Have a post workout protein snack ready to eat once you get home from the gym. This could be something as simple as a hard boiled egg with one stick of string cheese, and some fruit.
5. Make your own protein pack egg muffins! – see the recipe below

Reference:

Academy of Nutrition and Dietetics. *Nutrition Care Manual*. <https://www.nutritioncaremanual.org/>. Accessed May 3, 2018.

Southwest Egg Muffin Recipe

Yield: 12 egg muffins (4 servings)

Ingredients:

Whole eggs, 10, whisked	Olive oil, 1 teaspoon
Onion, 1 cup, diced	Garlic, 4 cloves, minced
Red bell pepper, 1, diced	Spinach, 1 cup, chopped
Cumin, ½ teaspoon	Cayenne pepper, ¼ teaspoon
Chili powder, 1 teaspoon	Black pepper, to taste
Salt, ½ teaspoon (or to taste)	Jalapeno, 1/2, diced (optional)
Cilantro, ¼ cup, minced	

Instructions:

1. Collect all ingredients and preheat the oven to 350 degrees.
2. Keep whisked eggs in a bowl at room temperature.
3. Heat oil over medium high heat and sauté onions for 5 minutes or until softened and clear. Reduce heat to medium-low.
4. Add garlic, peppers, spinach, spices, and jalapenos (if using). Cook for 3 minutes stirring frequently.
5. Take mixture off the heat. When mixture is cool, stir in cilantro and add to whisked eggs in the bowl. Stir to combine.
6. Spray a little cooking spray in muffin tin or use liners. Fill each tin with about ¼-1/3 cup of egg mix.
7. Bake muffins for 10-15 minutes or until lightly browned and spring back when touched.

Nutritional Analysis (3 muffins):

Calories 245, Fat 14 grams, **Protein 17 grams**, Carbohydrates 12 grams, Fiber 3 grams

Adapted from: Hyman, M., “Southwest Egg Muffin Recipe”. *10-Day Detox Diet*. Lenox, MA: 2015.



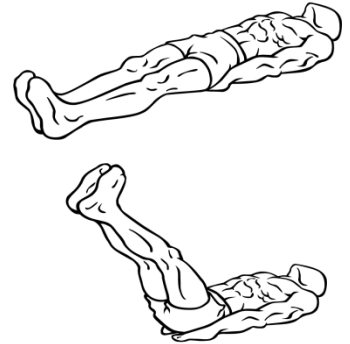
Monthly Health Challenge - Leg Raise Challenge



Would you like to tone and strengthen the muscles in your legs? You can start with the leg raise challenge. The leg raise is the perfect exercise for the somewhat neglected lower abdominals and hip flexors. Regular performance of leg raises can help to strengthen the lower back and, therefore, reduce the risk of injuries.

How to perform the perfect leg raise:

1. Lie flat on the floor (on a mat) place your arms out to the side on the floor with your palms facing down.
2. Make sure that your head, legs and bottom are all in contact with the floor.
3. Engage your stomach muscles and grasp the sides.
4. Slowly lift your legs to a 90-degree angle, keeping your legs straight and not bending at the knees.
5. Pause for a second then slowly lower the legs back down.



*You will need a mat to lie on for this exercise and some people who experience lower back pain may want to pop a towel under their lower back area.

*For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C).

1 (E) 5 (C) 10	2 (E) 5 (C) 10	3 (E) 10 (C) 20	4 (E) Rest Day (C) Rest Day	5 (E) 10 (C) 20	6 (E) 15 (C) 25	7 (E) 15 (C) 25
8 (E) Rest Day (C) Rest Day	9 (E) 20 (C) 30	10 (E) 20 (C) 30	11 (E) 25 (C) 35	12 (E) Rest Day (C) Rest Day	13 (E) 25 (C) 35	14 (E) 30 (C) 40
15 (E) 30 (C) 40	16 (E) Rest Day (C) Rest Day	17 (E) 35 (C) 45	18 (E) 35 (C) 45	19 (E) 40 (C) 50	20 (E) Rest Day (C) Rest Day	21 (E) 40 (C) 50
22 (E) 45 (C) 55	23 (E) 45 (C) 55	24 (E) Rest Day (C) Rest Day	25 (E) 50 (C) 60	26 (E) 50 (C) 60	27 (E) 55 (C) 65	28 (E) Rest Day (C) Rest Day
29 (E) 55 (C) 65	30 (E) 60 (C) 70	31 (E) 60 (C) 70				

Source: <https://www.pinterest.com/pin/53621051789508422/>

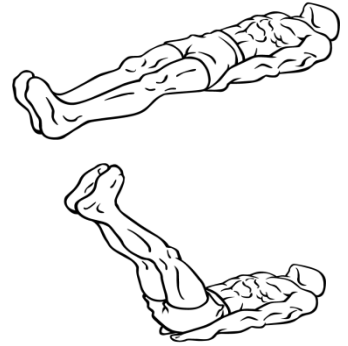


El Reto del Mes - Elevación de las Piernas

¿Te gustaría tonificar y fortalecer los músculos de tus piernas? Puedes comenzar con el desafío de la elevación de piernas. La elevación de la pierna es el ejercicio perfecto para los abdominales inferiores un tanto descuidados y flexores de la cadera. El rendimiento regular de las piernas levantadas puede ayudarte a fortalecer la espalda baja y reducir el riesgo de lesiones.

Cómo realizar la elevación perfecta de piernas:

1. Acuéstate en el piso (sobre una colchoneta) y coloque los brazos hacia el lado del suelo con las palmas hacia abajo.
2. Asegúrese de que su cabeza, las piernas y la parte inferior estén en contacto con el piso.
3. Envuelva los músculos del estómago y agarre los lados.
4. Levante lentamente las piernas hasta un ángulo de 90 grados, manteniendo las piernas rectas y sin doblar las rodillas.
5. Tome una pausa durante un segundo y baje lentamente las piernas hacia abajo.



* Necesitarás una colchoneta o tapetito para acostarse para este ejercicio y algunas personas que experimentan dolor de espalda inferior pueden querer poner una toalla debajo de su espalda baja.

* Para principiantes, siga las instrucciones más fáciles (F). Para los ejecutantes avanzados, sigue las instrucciones difíciles (D).

1 (F) 5 (D) 10	2 (F) 5 (D) 10	3 (F) 10 (D) 20	4 (F) Rest Day (D) Rest Day	5 (F) 10 (D) 20	6 (F) 15 (D) 25	7 (F) 15 (D) 25
8 (F) Rest Day (D) Rest Day	9 (F) 20 (D) 30	10 (F) 20 (D) 30	11 (F) 25 (D) 35	12 (F) Rest Day (D) Rest Day	13 (F) 25 (D) 35	14 (F) 30 (D) 40
15 (F) 30 (D) 40	16 (F) Rest Day (D) Rest Day	17 (F) 35 (D) 45	18 (F) 35 (D) 45	19 (F) 40 (D) 50	20 (F) Rest Day (D) Rest Day	21 (F) 40 (D) 50
22 (F) 45 (D) 55	23 (F) 45 (D) 55	24 (F) Rest Day (D) Rest Day	25 (F) 50 (D) 60	26 (F) 50 (D) 60	27 (F) 55 (D) 65	28 (F) Rest Day (D) Rest Day
29 (F) 55 (D) 65	30 (F) 60 (D) 70	31 (F) 60 (D) 70				



Baby Spinach, Scallion & Ricotta Frittata

Serves 6

Chef Raquel Rivera-Pablo, owner of A Pinch of Salt, graduated with highest honors from the culinary program at the Institute of Culinary Education (ICE) after completing her externship at Le Bernardin in NYC. Chef Raquel served as the nutrition/chef instructor at the West Side Campaign Against Hunger providing patrons of the food pantry with a 12-week hands-on cooking curriculum aimed at teaching healthy, budget-friendly meals incorporating pantry staples with farmer's market produce, while covering culinary lessons like food safety and classical French techniques. Chef Raquel recently ran a pilot, A Pinch of Salt: The Restaurant Edition a free, 12-week, hands-on culinary training for low-income Bridgeport residents aspiring to be chefs and food entrepreneurs

A Bridgeport resident, Chef Raquel provides cooking programming for children and adults at Hall Neighborhood House, YMCA Ralphola Center, Wakeman Boys & Girls Club, LifeBridge/FreshConnections, local senior centers and for the 7 Bridgeport Farmers markets.

Chef Raquel is a board member of the Bridgeport Food Policy Council and the Bridgeport Farmers Market Collaborative.

Ingredients:

12 large eggs
¼ cup milk
1 ½ tablespoon of olive or canola oil
1 bunch of scallions, cut at a bias
2 cups of baby spinach
½ cup fresh ricotta
Salt & Pepper, to taste

Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl whisk eggs and milk until well combined. Season with salt and pepper.
3. Pour egg mixture into a sprayed baking dish. Sprinkle in scallions, baby spinach and then add dollops of ricotta cheese.
4. Bake for 20-30 minutes until egg is cooked through, but slightly jiggles. Remove from oven and serve immediately or at room temperature.

Chef Raquel Rivera-Pablo

A Pinch of Salt, LLC

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Tortilla de Espinacas, Cebolletas y Ricotta

Sirves 6

La chef Raquel Rivera-Pablo, propietaria de A Pinch of Salt, se graduó con los más altos honores del programa culinario en el Instituto de Educación Culinaria (ICE) después de completar su pasantía en Le Bernardin en Nueva York. La chef Raquel fue la instructora de nutrición / chef en West Side Campaign Against Hunger y brindó a los clientes de la despensa de alimentos un plan de cocina práctico de 12 semanas para enseñar comidas saludables y económicas que incorporan productos básicos de despensa con productos del mercado de agricultores, mientras cubriendo las lecciones culinarias como la seguridad alimentaria y las técnicas clásicas francesas. La chef Raquel dirige un programa piloto, A Pinch of Salt: The Restaurant Edition, una capacitación culinaria práctica y gratuita de 12 semanas para residentes de bajos ingresos de Bridgeport que aspiran a ser chefs y emprendedores de alimentos.

Residente de Bridgeport, Chef Raquel ofrece programación de cocina para niños y adultos en Hall Neighborhood House, YMCA Ralphola Center, Wakeman Boys & Girls Club, LifeBridge / FreshConnections, centros para personas mayores y para los 7 mercados de Bridgeport Farmers. La Chef Raquel es miembro de la junta del Consejo de Política Alimentaria de Bridgeport y miembro de Bridgeport Farmers Market Collaborative.

Ingredientes:

12 huevos grandes
¼ taza de leche
1 ½ cucharada de aceite de oliva o canola
1 manojo de cebolletas, cortadas con sesgo
2 tazas de espinaca baby
½ taza de ricota fresca
Sal y pimienta, al gusto

Direcciones:

1. Precaliente el horno a 350 grados.
2. En un tazón grande bata los huevos y la leche hasta que estén bien combinados. Condimentar con sal y pimienta.
3. Vierta la mezcla de huevo en una fuente para hornear rociada. Espolvoree cebolletas, espinaca tierna y luego agregue porciones de queso ricotta.
4. Hornee durante 20-30 minutos hasta que el huevo esté bien cocido, pero se agita ligeramente. Retire del horno y sirva inmediatamente a temperatura ambiente.

Chef Raquel Rivera-Pablo

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