2018: Looking Back on a Year of Health Tips

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

Find us on Facebook and Twitter!

January 2019
Information about “Our Special Edition January 2019” Monthly Health Feature

For our January 2019 Monthly Health Feature, we looked back at our favorite articles from 2018 and put them all together in one place just for you! These next 12 pages will help you learn about a variety of health topics so that you can have a happy and HEALTHY 2019 “making the healthy choice the easy choice!”

Ready to make some healthy changes in the New Year?
Be sure to visit us online at www.GetHealthyCT.org to read all of our many healthy living tips that will help make 2019 your healthiest year yet!
Chronic stress and inflammation have been linked to reduced ability to fight off viruses (from HIV to the common cold), increased risk for heart disease, headaches, intestinal problems, sexual dysfunction, diabetes, and even cancer.

No one likes to be stressed out – especially when we know it can be linked to poor health. Learning how to manage your stress can be a small change with a big positive impact on your physical and mental health.

Stress is a normal part of life. You can feel stress in your body when you have too much to do or when you haven't slept well. You can also feel stress when you worry about things like your job, money, relationships, or a friend or family member who is struggling with illness or difficult circumstances.

In response to these strains, your body releases chemicals that cause increases in blood pressure, heart rate, breathing, availability of cell energy, and blood flow to your muscles. At the same time, it also releases chemicals to slow down less urgent bodily functions that deal with digestion, growth, sex, and aspects of the immune system.

These stress responses are intended to help your body react quickly and effectively to dangerous or high-pressure situations – known as the “fight or flight” reaction - and were especially important when our ancestors were living in the wilderness, facing exposure to predators and extreme weather conditions.

When stress comes and goes relatively quickly the body can return to functioning in a normal, healthy way. When you are constantly reacting to stressful situations (chronic stress), cells in your immune system can cause inflammation that doesn't go away.

Chronic stress and inflammation have been linked to reduced ability to fight off viruses (from HIV to the common cold), and increased risk for heart disease, headaches, intestinal problems, sexual dysfunction, diabetes, and even cancer.

Stress can also cause a number of other physical symptoms, including:

- Acne and other skin problems
- Muscle aches and tension
- Nausea, stomach pain, and heartburn
- Diarrhea, constipation and other digestive issues
- Irregular or painful periods
- Changes in appetite and weight
TEN TIPS FOR DEALING WITH STRESS

BE REALISTIC
You may be taking on more responsibility than you can or should handle for yourself or your family. If you feel overwhelmed by how many things are on your schedule, it’s ok to say “No” to new activities! You may also decide to stop doing an activity that is not 100% necessary. If friends or family criticize your decisions, give reasons why you’re making the changes. If you are a parent and your kids’ activities are part of your stress, be willing to listen to their concerns and stay open to compromise.

NO ONE IS PERFECT
Shed the “superman/superwoman” urge. Don’t expect perfection from yourself or others. Ask yourself, “What really needs to be done? How much can I do? Is the deadline realistic? What adjustments can I make?” Don’t hesitate to ask for help if you need it.

MEDITATE
Just ten to twenty minutes of quiet reflection may bring relief from chronic stress as well as increase your tolerance to it. Use the time to listen to music, relax and try to think of pleasant things or nothing.

VISUALIZE
Use your imagination and picture how you can manage a stressful situation more successfully. Whether it’s a business presentation or moving to a new place, many people find visual rehearsals boost self-confidence and help them to take a more positive approach to a difficult task.

ONE THING AT A TIME
For people under tension or stress, their day-to-day workload can sometimes seem unbearable. You may feel like you have to multi-task, but that often leads to more stress. Take one task at a time. Make a list of things you need to get done and start with one task. Once you accomplish that task, choose the next one. The feeling of checking items off a list is very satisfying and can motivate you to keep going.

EXERCISE
Regular exercise is a popular way to relieve stress. It gives an outlet to energy your body makes when it is preparing for a “flight or fight” response to stress or danger. Twenty to thirty minutes of physical activity benefits both the body and the mind.

GET A HOBBY
Take a break from your worries by doing something you enjoy. Whether it’s gardening, painting, doing jigsaw puzzles or playing video games, schedule time to indulge your interests. The “zoned out” feeling people get while doing these types of activities is a great way to relax.

VENT
Talking with a friend or family member lets you know that you are not the only one having a bad day, caring for a sick child or working in a busy office. Try to limit complaining and keep conversations constructive. Ask them how they have dealt with a similar situation that may be “stressing you out.” Let them provide love, support and guidance. Don’t try to cope alone.

BE FLEXIBLE
If you find you’re meeting constant opposition in either your personal or professional life, rethink your approach. Arguing only intensifies stressful feelings. Make allowances for others’ opinions and be prepared to compromise. If you are willing to be accommodating, others may meet you halfway. Not only will you reduce your stress, you may find better solutions to your problems.

GO EASY ON CRITICISM
You may expect too much of yourself and others. Try not to hold on to frustration or disappointment when another person does not measure up. The “other person” may be a coworker, spouse, or child whose behavior you are trying to change or don’t agree with. Avoid criticisms about character, such as “You’re so stubborn,” and try providing helpful suggestions for how someone might do something differently. Also remember to be kind to yourself. Negative self-talk doesn’t fix problems and will make you feel worse.

TAKE THE #4MIND4BODY CHALLENGE!
Join Mental Health America this May as we challenge ourselves each day to make small changes – both physically and mentally – to create huge gains for our overall fitness. Follow us on Facebook, Twitter or Instagram for the challenge of the day and share your successes by posting with #4mind4body.

Mental Health America
B4Stage4

If you are taking steps to live a healthy lifestyle but still feel like you are struggling with your mental health, visit www.mhascreening.org to check your symptoms. It’s free, confidential, and anonymous. Once you have your results, we’ll give you information and help you find tools and resources to feel better.

For a complete list of sources, download the complete 2018 May is Mental Health Month toolkit for end notes or visit the corresponding page on our website, www.mentalhealthamerica.net.
It’s true:

Women, you can take control of your health.

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

Stay away from all forms of tobacco.
Limit yourself to no more than 1 alcoholic drink a day.
Stay at a healthy weight.
Protect your skin from the sun.
Get moving with regular physical activity.
Know yourself, your family history, and your risks.
Eat healthy with plenty of fruits and vegetables.
Have regular check-ups and cancer screening tests.

Talk to your doctor to know what’s right for you.
Visit cancer.org or call 1-800-227-2345 to learn more about reducing your risk of cancer.
Evitar el consumo del tabaco en cualquiera de sus formas.

Mantener un peso saludable.

Incorporar el hábito del ejercicio en su vida cotidiana.

Alimentarse sanamente con suficientes frutas y verduras.

Limitar el consumo de alcohol a no más de una bebida por día.

Proteger la piel de la exposición a los rayos del sol.

Familiarizarse con su propio historial médico y con el de su familia, para estar al tanto de los riesgos.

Acudir a sus revisiones médicas de rutina y hacerse las pruebas de detección del cancer.

Consulte con su médico para saber qué es lo más adecuado para usted.

Visite cancer.org/es o llame al 1-800-227-2345 para más información sobre cómo reducir su riesgo de cáncer.
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.
**WHAT IS IT?**

- Heatstroke occurs when core body temperature rises to more than 104°F
- A stroke occurs when a blood vessel to the brain is either blocked by a clot or bursts.

**CAUSES**

- Some people may be at higher risk due to:
  - Weight
  - Age
  - Medical history
  - Medications they are taking

- Being outside in excessive heat

- 80% OF STROKES ARE PREVENTABLE

- Some risk factors that can be treated or controlled:
  - Heart disease
  - Obesity
  - Diabetes
  - Poor diet
  - Atrial fibrillation
  - High blood pressure
  - Cigarette smoking
  - Atrial fibrillation
  - High cholesterol

- Some risk factors that can't be changed:
  - Age
  - Race
  - Family history
  - Gender
  - Medical history

**SIGNS**

- HIGH BODY TEMPERATURE
  - A body temperature of 104°F or higher is the main sign.

- Muscle cramps or weakness
- Strong and rapid pulse
- Rapid, shallow breathing
- Nausea and/or vomiting
- Confusion and/or unconsciousness
- Headache
- Flushed/red skin
- Hot and dry skin (if not exercising)

**WHAT TO DO**

- While waiting for emergency care, try to cool the person by moving him/her to a shaded area and by using ice packs, cold wet towels and/or a fan.

- CALL 9-1-1 OR YOUR LOCAL EMERGENCY SERVICES NUMBER IMMEDIATELY

- Stroke patients who arrive at the hospital by ambulance have a greater chance of living through the stroke, and a greater chance of preserving independence and having a full recovery.
What Is High Blood Pressure?

Blood pressure is the force of blood pushing against blood vessel walls. It is measured in millimeters of mercury (mm Hg).

High blood pressure (HBP) means the pressure in your arteries is higher than it should be. Another name for high blood pressure is hypertension.

Blood pressure is written as two numbers, such as 112/78 mm Hg. The top, systolic, number is the pressure when the heart beats. The bottom, diastolic, number is the pressure when the heart rests between beats.

Normal blood pressure is below 120/80 mm Hg. If you’re an adult and your systolic pressure is 120 to 129, and your diastolic pressure is less than 80, you have elevated blood pressure. High blood pressure is a pressure of 130 systolic or higher, or 80 diastolic or higher, that stays high over time.

High blood pressure usually has no signs or symptoms. That’s why it is so dangerous. But it can be managed.

Nearly half of the American population over age 20 has HBP, and many don’t even know it. Not treating high blood pressure is dangerous. HBP increases the risk of heart attack and stroke.

Make sure you get your blood pressure checked regularly and treat it the way your doctor advises.

Am I at higher risk of developing HBP?

There are risk factors that increase your chances of developing HBP. Some you can control, and some you can’t.

Those that can be controlled are:

- Smoking and exposure to secondhand smoke
- Diabetes
- Being obese or overweight
- High cholesterol
- Unhealthy diet (high in sodium, low in potassium, and drinking too much alcohol)
- Physical inactivity

<table>
<thead>
<tr>
<th>BLOOD PRESSURE CATEGORY</th>
<th>SYSTOLIC mm Hg (upper number)</th>
<th>DIASTOLIC mm Hg (lower number)</th>
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</thead>
<tbody>
<tr>
<td>NORMAL</td>
<td>LESS THAN 120 and LESS THAN 80</td>
<td></td>
</tr>
<tr>
<td>ELEVATED</td>
<td>120 – 129 and LESS THAN 80</td>
<td></td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</td>
<td>130 – 139 or 80 – 89</td>
<td></td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</td>
<td>140 OR HIGHER or 90 OR HIGHER</td>
<td></td>
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<tr>
<td>HYPERTENSIVE CRISIS (consult your doctor immediately)</td>
<td>HIGHER THAN 180 and /or HIGHER THAN 120</td>
<td></td>
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</tbody>
</table>
Factors that cannot be modified or are difficult to control are:

- Family history of high blood pressure
- Race/ethnicity
- Increasing age
- Gender (males)
- Chronic kidney disease
- Obstructive sleep apnea

Socioeconomic status and psychosocial stress are also risk factors for HBP. These can affect access to basic living necessities, medication, healthcare providers, and the ability to adopt lifestyle changes.

**How can I tell I have it?**

The only way to know if you have high blood pressure is to get it checked regularly by your healthcare provider.

For proper diagnosis of high blood pressure, your healthcare provider will use an average based on two or more readings obtained on two or more occasions.

**What can I do about HBP?**

- Don’t smoke and avoid secondhand smoke.
- Reach and maintain a healthy weight.
- Eat a healthy diet that is low in saturated and trans fats and rich in fruits, vegetables, whole grains, and low-fat dairy products.
- Aim to consume less than 1,500 mg/day of sodium (salt). Even reducing you daily intake by 1000 mg can help.
- Eat foods rich in potassium. Aim for 3,500 – 5,000 mg of dietary potassium per day.
- Limit alcohol to no more than one drink per day if you’re a woman or two drinks a day if you’re a man.
- Be more physically active. Aim for at least 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week, and/or three sessions of isometric resistance exercises per week.
- Take medicine the way your doctor tells you.
- Know what your blood pressure should be and work to keep it at that level.

**How can I learn more?**

1. Call 1-800-AHA-USA (1-800-242-8721), or visit heart.org to learn more about heart disease and stroke.
2. Sign up to get Heart Insight, a free magazine for heart patients and their families, at heartinsight.org.
3. Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/supportnetwork.
¿Qué es la presión arterial alta?

La presión arterial es la fuerza de la sangre contra las paredes de los vasos sanguíneos. Se mide en milímetros de mercurio (mmHg).

La presión arterial alta (HBP) significa que la presión en las arterias es mayor de lo que debería. Otra denominación de la presión arterial alta es hipertensión.

La presión arterial se expresa en dos números, como por ejemplo 112/78 mm Hg. El primer número es la sistólica, la presión cuando late el corazón. El segundo número, la diastólica, es la presión cuando el corazón descansa entre latidos.

La presión arterial es normal si está por debajo de 120/80 mm Hg. Si usted es adulto y su presión sistólica mide entre 120 y 129, y su presión diastólica mide menos de 80, entonces tiene presión arterial elevada. La presión arterial alta es una presión sistólica de 130 o superior o diastólica de 80 o superior, que permanece en el tiempo.

La presión arterial alta generalmente no presenta signos ni síntomas. Por eso es tan peligrosa. Pero se puede controlar.

Alrededor de la mitad de la población de Estados Unidos de más de 20 años tiene presión arterial alta, y muchos ni siquiera lo saben. No tratar la presión arterial alta es peligroso. La presión arterial alta aumenta el riesgo de ataque al corazón y ataque cerebral.

Asegúrese de controlar su presión arterial regularmente y de tratarla como su médico le aconseje.

¿Tengo mayor riesgo de desarrollar presión arterial más alta?

Hay factores de riesgo que aumentan sus posibilidades de desarrollar presión arterial alta. Algunos se pueden controlar, otros no.

Aquello que se pueden controlar son estos:

- El tabaquismo y la exposición pasiva al humo del cigarrillo
- Diabetes
- La obesidad o el sobrepeso
- Colesterol alto
- Dieta no saludable (alta en sodio, baja en potasio; y beber mucho alcohol)
- Falta de actividad física

Los factores que no se pueden modificar o que son difíciles de controlar son estos:

- Antecedentes familiares de presión arterial alta
- Raza/etnia
- Envejecimiento
- Sexo (masculino)
- Enfermedades renales crónicas
- Apnea obstructiva del sueño

El estado socioeconómico y el estrés psicosocial también son factores de riesgo para la presión arterial arterial.

(continuado)
¿Qué es la presión arterial alta?

Son factores que pueden afectar el acceso a las necesidades básicas para vivir, los medicamentos, los proveedores de atención de la salud y la capacidad de adoptar cambios en el estilo de vida.

¿Cómo sé si tengo HBP?
La única forma de saber el estado de su presión arterial es acudiendo al proveedor de atención de la salud para que la controle regularmente.

Para elaborar un diagnóstico adecuado de la presión arterial alta, su proveedor de atención de la salud utilizará un promedio que se basa en dos o más lecturas obtenidas en dos o más ocasiones.

¿Qué puedo hacer al respecto?
• No fume y evite ser fumador pasivo.
• Alcance y mantenga un peso saludable.
• Lleve una dieta saludable que sea baja en grasas saturadas y grasas trans, y rica en frutas, vegetales, granos integrales y productos lácteos bajos en grasa. Intente consumir menos de 1,500 miligramos de sodio (sal) al día. Reducir el consumo diario en 1000 miligramos por día también puede ayudar.
• Coma alimentos ricos en potasio. Intente consumir de 3,500 a 5,000 miligramos de potasio dietético por día.
• Limite el consumo de alcohol a no más de un vaso por día en el caso de las mujeres y dos vasos por día en los hombres.
• Ser más activo físicamente. Intente realizar por lo menos 90 a 150 minutos de ejercicio aeróbico y/o dinámico por semana y/o tres sesiones de ejercicios de resistencia isométrica por semana.
• Tomar los medicamentos como el médico le indica.
• Conocer cuál debe ser su presión arterial y trabajar para mantenerla en ese nivel.

¿Dónde puedo obtener más información?
1. Llame al 1-800-AHA-USA1 (1-800-242-8721) o visite heart.org para aprender más sobre las enfermedades del corazón.
2. Suscribase para recibir Heart Insight, una revista gratuita para pacientes cardíacos y sus familias en heartinsight.org.
3. Conéctese con otras personas que comparten vidas similares con enfermedad del corazón y ataque cerebral, uniéndose a la red de apoyo en heart.org/supportnetwork.

¿Tiene alguna pregunta para su médico o enfermero?
Tómese unos minutos y escriba sus propias preguntas para la próxima vez que consulte a su proveedor de atención de la salud:
¿Siempre tendré que tomar medicamentos?
¿Cuál debería ser mi presión arterial?

Tenemos muchas otras hojas de datos para ayudarlo a tomar decisiones más saludables para reducir su riesgo, controlar su enfermedad o cuidar a un ser querido. Visite heart.org/respuestasdelcorazon para aprender más.
All About Prediabetes

What is prediabetes?
Prediabetes is a condition that can lead to type 2 diabetes and heart disease. When you have prediabetes, your blood glucose (sugar) levels are higher than normal but are not high enough to be called diabetes. Diabetes can lead to many health problems, so it’s better to prevent it in the first place. You can take steps to prevent or delay type 2 diabetes and heart disease.

Why do I have prediabetes?
You are likely to develop prediabetes when you have certain risk factors. Your chances of having prediabetes go up if you
- are age 45 or older
- are African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander
- have a parent, brother, or sister with diabetes
- are overweight
- are physically inactive
- have high blood pressure or if you take medicine for high blood pressure
- have low HDL cholesterol and/or high triglycerides
- are a woman who had diabetes during pregnancy
- have been diagnosed with Polycystic Ovary Syndrome (PCOS)

How can I prevent or delay diabetes?
You can prevent or delay type 2 diabetes from developing by
- cutting back on calories and saturated fat
- losing weight
- increasing your daily physical activity

If you’re overweight, losing 7% of your total weight can help you a lot. For example, if you weigh 200 pounds, your goal would be to lose 15 pounds.

How do I decide what to do?
You don’t have to make big changes. Small steps can add up to big results. Check out the ideas for eating less and moving more.

Your health care team can help you make a plan. Talk about ways to be active, such as
- walking briskly for at least 30 minutes a day, 5 days a week
- being more active throughout the day by parking further from the store, or taking the stairs.

Make a plan to eat less fat and calories. You can meet with a dietitian to talk about what to eat and how to lose weight. You might try
- starting each dinner with a salad of leafy greens. Salad provides nutrients and fills you up. Then you might eat less of any high-calorie foods that might come later.
- switching from regular soda and juice to no-calorie water.
Are there any medicines to treat prediabetes?
If you’re at very high risk for diabetes, your health care provider might give you a medicine to help prevent or delay diabetes. For most people, eating less, being more active, and losing weight work better than taking medicines.

How often should I be checked for prediabetes?
If you have been told you have prediabetes, have your blood glucose levels checked every year. Your health care provider may want to check your glucose levels more often, especially if you’re taking a medicine for prediabetes.

What else should my health care provider check?
When you have prediabetes, your health care provider should also check for signs of heart disease and blood vessel problems. For example, your health care provider might check your blood pressure and your cholesterol. Talk with your health care team about what to do if your blood pressure or cholesterol levels are too high. Making wise food choices, staying active, and taking medicines (if needed) can help you stay healthy.

What does having prediabetes mean for my health in the future?
Having prediabetes is your early warning system. Take action now and avoid the problems that diabetes and heart disease could bring. Small steps can make a big difference in your health. Choose 2 or 3 small steps today.

Real-Life Stories from People with Prediabetes
I had my blood glucose level checked last year and was shocked to find out I had prediabetes. I was a little overweight then. And I hadn’t been exercising because I was busy working and taking care of the kids. But it really scared me to learn I was at risk for type 2 diabetes. I cut back on sweets and ate veggies and fruit instead. I also bought a pedometer—a step counter. When I first started, my goal was 7,500 steps every day. Then after a couple of months I changed my goal to 10,000 steps, 5 days a week. I lost 15 pounds! I feel much better now. Today I found out my blood glucose level is back to normal. I feel good about what I’ve done for my health.

—Julia B., age 49 diagnosed with prediabetes last year

Online resources from the American Diabetes Association
• Visit diabetes.org/prediabetes to learn more about managing your prediabetes.
• Learn about CheckUp America, the Association's program to help people lower their risk for type 2 diabetes and heart disease, at checkupamerica.org.
• For recipes and information about meal planning, see Recipes for Healthy Living at diabetes.org/recipes.
REDUCE YOUR RISK OF DIABETES

86 million American adults have prediabetes. Embracing a healthy lifestyle can reduce your risk for type 2 diabetes. Start today with these tips.

1. Focus on maintaining a healthy weight, or losing weight gradually toward your optimal weight range.

   **ACTION:** Skip extreme diets and focus on small changes to eat healthier.

2. Make healthier food choices and include foods from all five food groups, as outlined in MyPlate, to get the nutrients you need.

   **ACTION:** Include at least three food groups at meals and two food groups for snacks.

3. Don’t skip meals. Eat balanced meals and snacks, with appropriate portion sizes, to keep energy levels constant throughout the day.

   **ACTION:** Spend some time each week planning your meals and snacks.

4. Get active. Include 30 minutes of physical activity most days of the week.

   **ACTION:** Get a few extra steps in each day by taking the stairs or a walk at lunch.

Take the Next Step with Healthy Eating Planner

Trying to be healthier or get your weight under control? Use the Healthy Eating Planner online tool to assess your eating and activity, set a goal and make a plan for improvement.

HealthyEating.org/Plan

(1) American Diabetes Association
DISMINUYE TU RIESGO DE DESARROLLAR DIABETES

86 millones de adultos en los Estados Unidos son pre-diabéticos. Adoptar un estilo de vida saludable puede reducir tu riesgo de desarrollar diabetes tipo 2. Comienza hoy mismo con estos consejos.

1. Enfócate en mantener un peso saludable o en bajar de peso gradualmente hasta alcanzar tu rango de peso ideal.
   **ACCIÓN:** Olvídate de las dietas extremas y enfócate en hacer pequeños cambios hacia una alimentación sana.

2. Para obtener todos los nutrientes que necesitas, elige alimentos sanos que incluyan los cinco grupos alimenticios que se detallan en MyPlate.
   **ACCIÓN:** Incluye como mínimo tres grupos alimenticios en las comidas y dos grupos en los bocadillos entre comidas.

3. No omitas comidas. Consume comidas y bocadillos balanceados en porciones adecuadas, así tus niveles de energía estarán estables durante el día.
   **ACCIÓN:** Dedica tiempo cada semana a planear tus comidas y bocadillos.

4. Ponte activo. Practica al menos 30 minutos de actividad física la mayoría de los días de la semana.
   **ACCIÓN:** Actívate un poco más cada día subiendo por las escaleras o saliendo a caminar en tu hora del almuerzo.

**Toma el Siguiente Paso con el Healthy Eating Planner**

¿Estás tratando de comer más sano o controlar tu peso? Usa la herramienta en línea Healthy Eating Planner para evaluar tu alimentación y actividad física, ponte una meta y crea un plan para mejorar.

HealthyEating.org/Plan

(1) American Diabetes Association
Eating better on a budget

Get the most for your budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 Plan, plan, plan! Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

2 Get the best price Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 Compare and contrast Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

4 Buy in bulk It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 Buy in season Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 Convenience costs... go back to the basics Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

7 Easy on your wallet Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.

8 Cook once... eat all week! Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won’t have to spend money on take-out meals.

9 Get creative with leftovers Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

10 Eating out Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Ask for water instead of ordering other beverages, which add to the bill.
Comer mejor dentro del presupuesto

¡Haga rendir su presupuesto de comidas! Hay muchas maneras de ahorrar dinero en la comida. Los tres pasos principales son planificar antes de comprar, comprar los artículos al mejor precio y preparar comidas que hagan rendir su presupuesto.

1 Planificar, planificar, planificar
Antes de dirigirse al supermercado, planifique sus comidas de la semana. Incluya comidas como guisos, cazuelas o sops, las cuales hacen rendir los productos caros en más porciones. Verifique cuales ingredientes tiene y haga una lista de los que necesita comprar.

2 Obtenga el mejor precio
Busque ofertas y cupones en el periódico local, internet o supermercados. Para lograr ahorros adicionales, pregunte por tarjetas de afiliado en la tienda donde hace sus compras. Busque ofertas en carnes y productos marinos, los cuales a menudo son los productos más caros de su lista.

3 Compare y busque diferencias
Busque el “precio unitario” mostrado en el estante, directamente debajo del producto. Utilícelo para comparar diferentes marcas y tamaños del mismo producto y determinar que es una compra mejor.

4 Compre a granel
Casi siempre es más barato comprar alimentos a granel. Buenas elecciones son contenedores grandes de yogurt bajo en grasa y bolsas grandes de vegetales congelados. Antes de comprar, recuerde verificar si tiene suficiente espacio en el congelador.

5 Compre de acuerdo con las estaciones
Comprar frutas y vegetales de temporada puede disminuir el costo y añadir productos frescos. Si no va a utilizarlas inmediatamente, compre las que necesitan tiempo para madurar.

6 Costos de conveniencia… regrese a lo básico
Los alimentos procesados como cenas congeladas, fruta y vegetales cortados y comida para llevar frecuentemente cuestan más que si lo prepara en casa. Ahorre preparándolos usted mismo.

7 Impacto en su bolsillo
Ciertos alimentos son opciones de bajo costo durante todo el año. Ensaye con los frijoles para obtener comidas baratas con proteínas. Para vegetales, compre repollo, camotes, o tomates enlatados bajo de sodio. En cuanto a las frutas, las manzanas y los plátanos son buenas opciones.

8 Cocine todo de una vez… coma durante toda la semana
Prepare lotes grandes de sus recetas favoritas en su día libre (doble o triplique la receta). Congele en recipientes individuales. Utilícelos durante toda la semana y no tendrá que gastar dinero en comidas para llevar.

9 Que sea creativo con las sobras
Utilice las sobras en nuevas formas. Por ejemplo, pruebe el pollo sobrante frito, en una ensalada o haga aji de pollo. Recuerde, desechar alimentos es tirar el dinero.

10 Comer afuera
Los restaurantes pueden resultar caros. Ahorre dinero obteniendo promociones especiales, salga a almorzar en lugar de ir a cenar, o busque ofertas de “2 por 1.” Pida agua en lugar de otras bebidas, las cuales suman a la cuenta final.
Compare labels to choose foods lower in sugar.

Think sugar gives you a lift? Think again. Too much sugar will leave you feeling tired and sluggish soon after you eat. Healthy foods give you the energy you need to play, do well in school, and be active all day long.

Have you ever seen the Nutrition Facts Panel on a food package? That’s where you can find out how much sugar is in your food or drink. Look for sugar is circled in red on the label where you can find out how much sugar is in your food or drink. Look for it on the side or back of the package. Sugar is circled in red on the label to the right.

The next time you reach for a soda or other sugary drink, think about eating 16 packets of sugar. That’s how much sugar is in a 20 ounce soda! Instead, try mixing 100% fruit juice with sparkling water.

Compare the food labels below. Circle which food or drink is lower in sugar.

a. Soda

OR

b. “Frosted” whole grain cereal

OR

c. Plain yogurt

OR

Plain milk

Unfrosted whole grain cereal

Strawberry yogurt

TRY THIS!

Next time you go food shopping with an adult or on your own, look at how much sugar is in a food or drink you would normally buy. See if you can find a similar food with less sugar that you would be willing to try.
**Fruit Smoothies**

*Chef Susan Goss • Chicago, Ill.*

Serves 2, 1 cup per serving  
Prep time: 10 minutes • Cook time: None

### Ingredients
- 1 medium banana
- ½ cup ice cubes
- 1 cup low-fat plain yogurt
- ½ cup 100% orange juice
- 4 frozen strawberries

**Optional Ingredients**
- ½ teaspoon ground cinnamon

### Materials
- Measuring cups
- Blender

### Directions
1. Peel banana. Place in blender.  
2. Add remaining ingredients to the blender. If using cinnamon, add now.  
3. Cover and blend until smooth.

### Chef’s Notes
- Use any fresh or frozen fruit, such as peaches, blueberries, raspberries, or mangoes. Use fruits in season when you can.  
- For a creamier smoothie, use nonfat, soy, or 1% milk instead of orange juice.  
- Freeze slices of fruits that are about to go bad. Use these in your smoothies.  
- If smoothie is too thick, add water or ice. If smoothie is too thin, add more fruit.  
- If you don’t have a blender, use a fork to mash the fruit. Whisk in the other ingredients. Serve over ice.

### Nutrition Info (per serving)

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### This is Your Brain on Breakfast

A balanced breakfast includes foods from at least 3 MyPlate food groups. Match these popular breakfast foods with the food group they belong to. **Hint:** Some foods may have ingredients from more than one food group!

**Foods**
- Bagel  
- Cereal  
- Eggs  
- Apple  
- Veggie omelette  
- Oatmeal  
- Yogurt  
- Waffle  
- Banana  
- Bean burrito  
- Milk  
- Toast  
- Peanut butter

**Food groups**
- Fruits  
- Vegetables  
- Grains  
- Protein  
- Dairy

**TIP:** You can make or buy all of these grain foods as whole grains.

### DID YOU KNOW?

- Most schools serve breakfast every day. They can include many of your favorite foods from this activity. Ask your teacher or principal about your school breakfast program.
- Visit MyPlate Kids Place for fun videos, games, and activity sheets. Go to [www.choosemyplate.gov/kids](http://www.choosemyplate.gov/kids).

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Got a taste for something sweet? Have fun with fruit! Try a cool and tasty fruit smoothie in place of a sugary drink, snack, or dessert.  

**Want more tasty recipes to make with your friends and family?**  
Get all Cooking Matters recipes right on your phone at [CookingMatters.org/app](http://CookingMatters.org/app).
Interruption Fasting 101: What you should know

Interruption fasting (IF) is currently one of the world’s most popular health and fitness trends. Currently, it is unclear whether IF is superior to other weight loss methods in regards to the amount of weight loss, biological changes, appetite, and long-term effects. If you are interested in IF, here are the basics you should know.

IF is an eating pattern that cycles between periods of fasting and eating. Unlike many other diets, it doesn’t specify which foods you should eat but rather when you should eat them. It involves a process of eating within a specific time period, then fasting the rest of the time.

There are three most common IF methods:
- Eat-stop-eat – You restrict all foods for 24 hours, once or twice a week.
- The 5:2 diet – You eat normally 5 days out of the week but eat only 500-600 calories for the other 2 days.
- The 16:8 method – You eat all of the daily calories within a shortened period, 8 hours, then fast for the remaining 16 hours. This can be either every day of a few times a week.
  ❖ This method is the most popular because many people find it to be the simplest, most sustainable, and easiest to stick to.

How might IF help you lose weight?

Not eating any food for a set period of time can cause changes to certain hormones in the body, which may lead to burning stored fat for energy.

In addition, all IF methods involve skipping meals during the fasting periods. This can lead to an automatic reduction in calorie intake, which also results in weight loss.

While many studies found that IF does result in significant weight loss, it’s important to remember that if you binge and eat massive amount of food during your eating periods, you may not lose any weight at all.

For more information: https://www.healthline.com/nutrition/intermittent-fasting-guide#weight-loss
Is IF safe for everyone?

Like many other diets, IF is certainly not for everyone. Consult with a health professional first before fasting if you:

- Have diabetes
- Have problems with blood sugar regulation
- Have low blood pressure
- Take medications
- Are underweight
- Have a history of eating disorders
- Are a woman who is planning for pregnancy or is pregnant or breastfeeding
- Are a woman with a history of abnormal menstruation

Tips from the dietitians:

- **Stay hydrated** - Water, coffee, tea, and other non-caloric beverages are fine during the fast. Drink at least EIGHT 8-ounce glasses of water a day.
- **Keep up your protein intake** - All weight loss methods can cause muscle loss, so it’s important to eat your protein! Protein will also help you feel full for longer. But be mindful - don’t go overboard.
- **Eat a balanced meal** - Half of your meal should consist of fruits and vegetables while the other half consists of grain and protein, plus a serving of dairy.
- **Eat more fiber** - Fiber takes longer to digest, making you feel full longer on fewer calories! It also helps to prevent constipation, lower blood cholesterol levels, and reduce the risk of bowel diseases and colon cancer. Try to get 25 to 30 grams of fiber each day!
- **Increase physical activity** - Burning more calories will help you lose fat while lowering the risk of many diseases.

**Recipe: Butternut Squash with Black Beans**

This is a hearty dish that is delicious and full of fiber and protein!

**Ingredients**
- 2 3/4 cups Butternut squash, cubed (1 small squash, about 1 pound)
- 1 teaspoon vegetable oil
- 1 onion (small, chopped)
- 1/4 teaspoon garlic powder
- 1/4 cup red wine vinegar
- 1/4 cup water
- 2 cans black beans (16 ounces each, rinsed and drained)
- 1/2 teaspoon oregano

**Directions**
1. Heat the squash in the microwave on high heat for 1-2 minutes to soften the skin.
2. Carefully peel the squash and cut it into 1/2 inch cubes.
4. Peel and chop the onion.
5. In a large pan, heat the oil. Add the onion, garlic powder, and squash.
6. Cook for 5 minutes on medium heat.
7. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
8. Add the beans and oregano. Cook until the beans are heated through.

**Nutrition Facts**

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https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/butternut-squash-black-beans
Regular physical activity is essential for good health and happiness.

People with very active jobs (i.e. construction worker, mail carrier) and those who frequently exercise typically reach the weekly recommended activity level of 150 minutes. However, the majority of Americans do not reach this amount because they either have less active jobs or are simply not ready to commit to an exercise routine (or both). If you need be more active, make sure that you are always on the lookout for little ways to move more.

Here are 35 small ways to increase physical activity throughout your day:

1) Take the stairs instead of the elevator
2) Park farther away from the front door
3) Stand instead of sitting (this burns more calories)
4) Take a walk on your lunch break
5) Walk or bike to your destination instead of driving
6) Sit on an exercise ball at your desk instead of a chair (this builds core strength)
7) Do stretches or ride a stationary bike while watching TV
8) During commercial breaks do abdominal crunches, jumping jacks, push-ups, or simply get up and walk around
9) Take a 10 minute walk in the morning and/or evening
10) Play outside with your kids
11) Take the baby or kids for a stroller or wagon ride
12) Walk or run as your kids ride their bikes
13) Instead of sitting, walk around while watching your child’s sporting event
14) Take your dog for a walk (if you already do this, try making the walk longer or faster)
15) Do squats or lunges while waiting for your food to cook in the microwave
16) Do a few squats while brushing your teeth
17) Do calf raises while getting ready in front of the bathroom mirror
18) Take a walk when you are frustrated or bored (instead of eating)
19) Plant a garden
20) Maintain your garden (weeding, pruning, etc.)
21) Go for a walk with a friend instead of meeting for coffee
22) Have “walking meetings” at work when meeting with small groups of people (instead of meeting in a room, get up and walk around while talking)
23) Keep hand weights at your desk. Do bicep and tricep exercises while on phone calls
24) Turn on the music and dance around the house
25) Instead of making piles around the house, put things back in their place right away
26) Do house work regularly
27) Wash the car by hand instead of the drive-through car wash
28) Take an extra walk through the grocery store aisles before you check out
29) Get off the bus one stop early and walk to your destination
30) Shovel instead of using the snowblower
31) Rake leaves instead of using a leaf blower
32) Walk through your golf game instead of driving a cart
33) Get up and walk around after sitting for 30 minutes
34) Take a short walk on your lunch break
35) Wear a good quality pedometer and aim for 10,000 steps per day

Source: http://www.acefitness.org
Actividad física regularmente es esencial para la salud y felicidad.

Personas con trabajos muy activos (por ejemplo, trabajadores de construcción, carteros) Las personas con trabajos muy activos (es decir, trabajador de la construcción, del cartero) y aquellos que ejercen con frecuencia suelen alcanzar el nivel recomendado de actividad semanal de 150 minutos. * Sin embargo, la mayoría de los estadounidenses no llega a esta cantidad, ya sea porque tienen trabajos menos activos o simplemente no están dispuestos a comprometerse con una rutina de ejercicios (o ambos). Si necesita ser más activo, asegúrese de siempre estar en busca de pequeñas maneras de mantenerse en movimiento.

Aquí hay 35 maneras pequeñas para aumentar la actividad física durante el día:

1) Use las escaleras en vez del ascensor
2) Estacione el carro más lejos de la puerta principal
3) Póngase de pie en vez de sentarse (esto quema más calorías)
4) Tome un paseo durante el almuerzo
5) Camine o utilice la bicicleta a su destino en lugar de conducir
6) Siéntese en una pelota de ejercicio en su escritorio en lugar de una silla (esto aumenta la fuerza del núcleo)
7) Haga estiramientos o use una bicicleta estacionaria mientras que vea la televisión
8) Durante las pausas comerciales hagan abdominales, saltos, flexiones, o simplemente levántese y camine alrededor
9) Tome un paseo de 10 minutos por la mañana y/o noche
10) Juegue con sus hijos
11) Tome un paseo con los niños/bebé en el coche o vagón
12) Camine o corra mientras sus hijos pasean en bicicletas
13) En lugar de sentarse, camine mientras que vea un evento deportivo de su hijo
14) Pasee a su perro (si ya hace esto, trate de hacer el paseo más largo o más rápido)
15) Haga sentadillas o estocadas mientras que espera que su comida se cocine en el microondas
16) Haga sentadillas mientras se cepilla los dientes
17) Parece en la punta de los pies intermitentemente mientras que se prepara delante del espejo del baño
18) Tome un paseo cuando se siente frustrado o aburrido (en lugar de comer)
19) Plante un jardín
20) Mantenga un jardín (deshierbe, recorte, etc.)
21) Tome un paseo con un amigo en lugar de encontrarse para comer
22) En lugar de reunirse en un grupo pequeño caminen mientras hablan
23) Mantenga pesas de mano pequeñas escritorio. Haga ejercicios de bíceps y tríceps, mientras este en las llamadas telefónicas
24) Ponga música y balle alrededor en su casa
25) En lugar de hacer montones alrededor de la casa, guarde las cosas en su lugar inmediatamente
26) Haga el trabajo de casa regularmente
27) Lave el coche a mano en vez de llevarlo a un lavado de coches “drive-through”
28) Tome un paseo extra a través de los pasillos del súper mercado antes de salir
29) Bájese del autobús una parada antes y camine a su destino
30) Use una pala en lugar de utilizar el quitanieves
31) Use un rastrillo para las hojas en lugar de usar un soplador de hojas
32) Camine a través de su juego de golf en vez de manejar un carrito
33) Levántese y camine después de estar sentado durante 30 minutos
34) De un paseo durante su tiempo de almuerzo
35) Use un podómetro de buena calidad con el objetivo de dar 10,000 pasos por día

Source: http://www.acefitness.org