



## For Healthy Living in Eastern and Northern Maine Communities

[www.WhatYouDoMatters.org](http://www.WhatYouDoMatters.org)



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### Healthy Meals for 4 Under \$10

A healthy diet for children and adults means eating an average of five servings of fruits and vegetables every day. Eating lots of fruits and veggies may sound expensive, but it can cost less than many fast foods meals, and it's a lot better for you. With careful planning and smart shopping, you can stay within your budget AND give your family the nutrition they need.

To get started, here are four healthy meals that can feed a family of four for under \$10.

Menu	Grocery List	Staples
<a href="#">Squash &amp; Eggplant Chicken Casserole</a> Sliced Pears	8 oz. Boneless, Skinless Chicken Breasts 1 lg. Yellow Squash 1 med. Eggplant 1 8 oz. can Tomato Sauce	Olive Oil Balsamic Vinegar Lemon Juice Garlic Parsley Basil
<a href="#">Shrimp Bok-Choy Stir-Fry</a> Brown Rice Pineapple	1½ lg. Bok Choy 1 tsp. of Grated Fresh Ginger ½ lb. Frozen Shrimp	Garlic Canola OR Sesame Oil Brown Rice
Red Beans w/ Beef Brown Rice or Noodles Tossed Salad	8 oz. Stew cans Kidney Beans 1 Green Pepper 1 14.5 oz. can Diced Tomatoes with Juice	Onion Low-Sodium Beef Broth Brown Rice OR Noodles
<a href="#">Vegetable Fajitas</a> Cornbread	1 Green Pepper 1 Red Pepper 1 med. Zucchini 1 Avocado 1 Tomato 1 pkg. Whole Wheat Tortillas 1 15 oz. can Pinto Beans	Onion Canola Oil

### KEEP ME WELL!

Whether its support with that New Year's resolution to quit tobacco or help with a real lifestyle change instead of just another diet, KeepMEWell.org is a great place to start!

[KeepMEWell.org](http://KeepMEWell.org) can help you:

- Learn your risk for chronic diseases
- Learn how to reduce risks if you have them
- Connect you with local community supports and programs that can help you improve your health.

By answering a few basic questions, Maine residents age 18 or older can get great information that can lead to health improvements. KeepMEwell.org can even help you find low cost healthcare services in your area if you don't have insurance.

Take 10 minutes for your health.

Visit [www.KeepMEwell.org](http://www.KeepMEwell.org).  
It's easy....private....and free.

### What You Do For You

Try reducing the clutter in your office and home if you are trying to lose weight.

Disorganization can lead to stress which can raise cortisol, then blood sugar, then insulin and can lead to poor food choices and weight gain.





## Are You Getting Enough Vitamin D?



Vitamin D plays an important part in developing strong bones in children and preventing bone loss in adults that can lead to falls and fractures. In addition to building strong bones, new research shows that the right amount of Vitamin D in the diet can reduce risks for:

- Colon, breast, and prostate cancers.
- High blood pressure, and cardiovascular disease.
- Osteoarthritis, and rheumatoid arthritis.
- Type 1 diabetes
- And even autoimmune disorders like multiple sclerosis

Take a multivitamin everyday (all year long) so that you know you're protected

Every tissue in the body, including the brain, heart, muscles, and immune system, has receptors for vitamin D, meaning that this nutrient is needed for these tissues to function as well.

### Great Sources of Vitamin D

The sun's ultraviolet rays absorbed through the skin are the body's main source of vitamin D. Maine winters can make it difficult to get enough sun to remain healthy, and the sunscreen we need to apply to protect ourselves and our children from the sun's harmful UV rays keep vitamin D from getting into our system.

So what's the best solution?

**The following foods are a great source of vitamin D.**

- Fortified milk and baby formula (breast milk only has a small amount of vitamin D)
- Fortified orange juice
- Cereal
- Egg yolks
- And wild-caught oily fish such as salmon, mackerel, bluefish, and canned tuna.

### When Antibiotics Aren't The Solution

When we visit the doctor we're sometimes disappointed when we aren't prescribed an antibiotic to help treat our illness. Antibiotics can be life savers, but misuse has increased the number of drug resistant germs, and in many cases an antibiotic can't even treat the ailment we're seeking relief for.

Antibiotics are effective against bacterial infections, certain fungal infections and some kinds of parasites. **Antibiotics don't work against viruses.** The chart shows common illnesses and whether they're caused by bacteria or viruses. Taking an antibiotic when you have a viral infection won't make you feel better — and can cause antibiotic resistance.

#### Risks of Misusing Antibiotics

If antibiotics are used too often for things they can't treat — like colds, flu or other viral infections

Bacterial infections	Viral infections
Some ear infections	Most ear infections
Severe sinus infections	Colds
Strep throat	Influenza (flu)
Urinary tract infections	Most coughs
Many wound and skin infections	Most sore throats
	Bronchitis
	Stomach flu

— they become less effective against the bacteria they're intended to treat. Not taking antibiotics exactly as prescribed also leads to problems. For example, if you take an antibiotic for only a few days — instead of the full course — the antibiotic may wipe out some but not all of the bacteria. The surviving bacteria become more resistant and can be spread to other people.

For more information visit [www.what;lkdjhf;dkj.com](http://www.what;lkdjhf;dkj.com)