

Building A Solid Platform for Healthy Living



Minimize Added Sugar...enjoy your sweet treats but keep them small and well spaced. Avoid overdoing the sugar by not eating packaged cookies and pastries, ice cream, etc. Satisfy your sweet tooth by eating fresh or frozen (no added sugar) fruit or read carefully package labels for “no sugar added” or “low sugar” sweets. If you still want cookies or a piece of cake - go ahead and enjoy a proper portion size after you make the yummy from *scratch!* That’s right, after putting in the work and time to make your sweet treat, you will be less likely to want to repeat it very often!



Start Your Day Off Right...engines need fuel! You probably ate your dinner about ten to twelve hours before you wake up in the morning. You need to give your body something to kick start your metabolism and give you the energy necessary to get you to the mid-day point for lunch. A well-balanced breakfast includes fiber, a small amount of sugar, some calcium and a must – protein! What could you find all those ingredients in? Try a wrap with scrambled eggs, cheese, some chopped veg-gies. Add a light smoothie of milk and fruit and you have an awesome, easy to prepare and easy to eat on-the-run meal.



Focus On a Balanced Diet...plan on a nutrition plan that includes:
Quantity - Be careful about the sizes of your portions. Many times we simply eat too much. Use measuring cups when preparing foods, you will be surprised how much you are over-eating! Also use smaller plates and bowls to avoid over-filling.
Quality - The fewer the ingredients on the label, the better the food will be for your body. Fresh food is best, next is frozen, finally canned. If you read the label and can't pronounce the words or don't know what an ingredient is or what it does - don't eat that food!

Frequency - Eat by a regular schedule as much as possible. When you go too long without food, you tend to overeat or binge on foods. Plan three meals a day and two or three snacks. Make sure you include protein in your snacks as well as the other meals.

Balance - Have a balanced diet, not too many carbohydrates or sugars, more vegetables and protein. Some people like using the color method of planning meals - make sure you have dark, vibrantly colored food to ensure good nutrition.



Think EVOLUTION, not REVOLUTION...too many changes made too fast almost always ensure failure! Slowly exchanging unhealthy foods for fresher, healthier foods will help you make lasting changes. Wean yourself from sodas and sweet tea slowly, over a few weeks, not a few days. A diet that is too restrictive only makes what you can't have look even better. Evolve into a better life style and healthier eating habits. Go slowly, choose one food item a week to change, exchange or omit. Keep a running list of the foods you improve on and what you have dropped out of your daily diet. You will impressed at the progress you make!

Women and Heart Disease.... Did you know?

- ♥ 13% more women than men will die within a year of their first heart attack.
- ♥ In 2008, 26,583 women in Florida died of heart disease
- ♥ Most women ignore the warning signs of a heart attack for as long as two weeks to a month.
- ♥ 1/3 of women experience no chest pain at all when having a heart attack.

Some of the symptoms of heart attack are:

- ♥ Shortness of breath
- ♥ Persistent coughing or wheezing
- ♥ Swelling in the feet, ankles, legs and abdomen
- ♥ Tiredness, fatigue
- ♥ Lack of appetite, nausea
- ♥ Confusion, impaired thinking
- ♥ Increased heart rate

What should you do?

- ♥ Don't wait...call 911 immediately and get help!



Have you heard about the new Hands-Only CPR?

Each month at the Wakulla County Health Department offers a Hands-only CPR class. Hands-only CPR is much less intimidating to learn, it includes no mouth-to-mouth rescue breathing and is being adopted all

over the nation by the American Heart Association and the Red Cross. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person.

Electronic Community Resource Referral Kiosk

Navigating health care and general assistance systems of *any* area can be difficult. Trying to find services for all ages makes it even more difficult. Finding services in Wakulla County can be nearly impossible. So, how do you find doctors, financial assistance, childcare, parent education or tax help?

Come to the Wakulla County Health Department! The department now has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the health department, which is open Monday through Friday, from 8 a.m. to 5 p.m. The touch-screen computer is very easy to use and understand.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding scales for those families in crisis.

You can find all types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area. The kiosk and electronic referral system were made possible through a grant sponsored by the Blue Foundation of Florida.

Is there a topic you want to know more about? Just tell us! And for more information about fitness, education and nutrition, or other health programs, contact Grace Keith, Health Educator, 850.926.0400 x. 215 or Grace_Keith@doh.state.fl.us