



Public Health
Prevent. Promote. Protect.

Princeton Regional Health Department Community Health Newsletter

March is National Nutrition Month

Eating Right for a Healthy Weight

Reaching and maintaining a healthy weight contributes to your overall health and well being. Losing even a few pounds or preventing further weight gain has health benefits.

Are you ready to make changes in your lifestyle and move toward a healthier weight? Here are some tips to get you started.

Know when you've had enough to eat. Quit before you feel full or stuffed. It takes about 20 minutes for your brain to get the message that your body is getting food. So, fast eaters—slow down and give your brain a chance to get the word.



Get plenty of fiber from fruits, vegetables, beans and whole grains. Fiber can help you feel full longer and lower your risk for heart disease and type-2 diabetes.

Watch portion sizes to manage your calories. Watching portion sizes is just as important as choosing the foods you eat when trying to maintain a healthy weight. Eating too much of even a healthy food can add unwanted fat and calories to your diet, so remember to be mindful the next time you decide to eat out.

Cook & eat at home. Cooking and eating at home can be much healthier than dining out. The meals can be prepared healthier than fast food, and portion sizes can be smaller and lower in fat, salt and sugar than what you find in a restaurant. Eating at home gives the entire family time to talk about their day and it can save you money, too!



Eat at least three meals a day and plan your meals ahead of time. Whether you're eating at home, packing a lunch or eating out, an overall eating plan for the day will help keep you on track and prevent over-eating.

Balance your plate with a variety of foods.



Half your plate should be filled with fruits and vegetables, about one fourth with lean meat, poultry or fish, and one fourth with grains. To round out your meal, add fat-free or low-fat milk, yogurt or cheese.

Snack smart. Plan for nutritious snacks to prevent hunger between meals. Keep healthy snacks at work, in your backpack or car.



Reduce the amount of sugary drinks & foods you eat – they are EMPTY & EXTRA calories.

The average American child eats about **300 calories** of added sugar each day. The major food and beverage sources of added sugars for Americans are:

- non-diet soda, sweetened teas, energy & sports drinks (240-400 calories a serving)
- candy, cookies, cakes, pies, sweet rolls, donuts and sweetened **cereals**
- fruit drinks, fruit punch & 100% juice
- ice cream and popsicles
- ketchup, salad dressing, syrup, jam & jelly



Everyone must choose one of two pains:
The pain of discipline or the pain of regret. ~ Jim Rohn

20 Ways to Lower the Fat in Your Cooking



1. Use nonstick cookware to reduce the amount of butter or oil used to cook
2. Use cooking spray instead of butter or oil; or at least choose liquid oils over solid fats (preferably canola oil or olive oil)
3. Use herbs, spices, fruits and salsas to flavor your food. You can grow your own herbs in a window pot
4. Add vegetables, beans, brown rice or barley to replace some of the meat or chicken content of recipes
5. Substitute 2 to 3 meat dishes each week for fish or vegetarian meals
6. Replace some of the fat in baked goods with a fruit puree like applesauce or use creamy plain nonfat Greek style yogurt. To make your own thick yogurt simply dump some non-fat yogurt into a cheesecloth or coffee filter and basket and let the liquids drain out.
7. Substitute reduced fat cheeses for full-fat ones, and cut the amount you use
8. Choose reduced fat sour cream or yogurt instead of full-fat versions for dips and spreads.
9. Use reduced fat or fat-free cream cheese instead of the regular version for cheesecakes.
10. Bake rather than fry breaded foods - breading absorbs fat as it fries.
11. Coat skinless chicken and fish in bread-crumbs (Japanese style Panko is light & crispy) rather than batter, spray lightly with oil and bake instead of frying
12. Top your pies or line your tarts with phyllo dough instead of regular pastry
13. Use fat-free chicken broth or fat-free milk in mashed potatoes, soups, gravies and stews
14. Grill, broil, bake, braise, steam, poach, and microwave foods instead of frying them. Sauté with a minimal amount of oil, or use nonstick spray or broth instead
15. Oven-fry potatoes instead of making or buying French fries
16. Choose extra-lean meats and chicken or turkey breasts (cook with skin on and remove before serving). Cook lower fat meats and poultry very slowly to retain moisture and make them tender.
17. Choose chicken or turkey sausages instead of pork or beef sausages
18. Choose Canadian bacon or turkey bacon instead of regular bacon
19. Trim all visible fat from meat, drain fat from cooked meats and blot them with a paper towel
20. Try fat-free evaporated milk in creamy soups, casseroles and pies instead of heavy cream



March 18-24 is: Poison Prevention Week

Children Act Fast ... So Do Poisons!

Young children will eat and drink almost anything, often without respect to taste, color or consistency.

Nationwide, Poison Control Centers handle one poison exposure every 15 seconds. *9 out of 10 unintentional child poisonings occur in the home.* About 50% of the calls involve children less than five years of age.

Fortunately, careful planning can prevent most accidents from happening.



- ✓ Keep household products and medicines in a locked cabinet or closet. Use special child safety latches on any cabinet without locks. Return all medicines and household products to their proper place when you are through with them, even if you will be using them again shortly - children move quickly.
- ✓ Iron-containing supplements are the leading cause of poisoning deaths for children under 6 in the U.S. Always keep all vitamins and supplements out of reach, even if the bottle has a "safety cap". They're marketed to look like candy or cartoon characters; therefore, to a child, they look like candy and don't seem like medicine.
- ✓ Teach your children that medicine, vitamins and supplements are NOT CANDY.
- ✓ Keep all products properly labeled. Read the label before using, even if you are familiar with the directions. Keep all items in their original containers (don't use an old soda bottle or cup for storage).
- ✓ If children attend daycare, home care or school and are taking medication, ask the pharmacist for a spare labeled bottle with the medicine's name and dosage instructions.

- ✓ Never put filled containers directly into the trash. Pour old medicine down the drain, rinse the container and then discard it. Since children tend to imitate adults, avoid taking medicine in front of them.
- ✓ Turn on the light when giving or taking medicine ... many bottles and containers look similar and are easily confused in the dark.
- ✓ Always read and follow medicine labels exactly and use a measuring device – not a regular teaspoon.
- ✓ Teach children to ask permission **before** touching any non food item.
- ✓ Houseplants, flowering, garden and wild plants can cause serious illness or even death if eaten (ingested). Many plants are brightly colored, smell sweet, and look like they are good to eat. Supervise children that are too young to understand that plants are not food.
- ✓ Lead poisoning can occur whenever a child has access to older (made before 1976) lead based paint chips and dust used on house walls, doors and woodwork. Clean up all loose pieces of paint and dust by damp mopping – do not vacuum.



Been Exposed to a Poison? Speak to a live health expert at the NJ Poison Control:

1. Call **1-800-222-1222**
2. Explain your situation and symptoms.
3. Have the name of the product and container ready or the name of the suspected source of exposure.
4. Don't rely on the Internet for emergency poisoning information.



March is also Developmental Disabilities Awareness Month

Did You Know?

Developmental disabilities or learning disabilities (LD) are not caused by economic disadvantage, environmental factors, or cultural differences.

LD is a group of diverse disorders that have a negative impact on learning. They may affect a person's ability to speak, listen, think, read, write, spell or compute. The most prevalent LD is in the area of reading, known as dyslexia

- ✓ Currently 2.4 million students are diagnosed with LD and receive special education services in our schools, representing 41% of all students receiving special education.¹
- ✓ They are life-long however, the effects of an LD may be lessened to help support learning, living and earning, particularly when identified in early childhood and dealt with effectively.
- ✓ Intellectual disability (once referred to as mental retardation), autism, deafness, blindness, behavioral disorders, and ADD/ADHD **are not learning disabilities.**

Outcomes of Learning Disabilities:

While some educational outcomes for students with LD have shown improvements in recent years, overall they remain unacceptably low.

- ✓ Close to half of secondary students with LD perform more than three grade levels below their enrolled grade in essential academic skills (45% in reading, 44% in math).
- ✓ Only 67% of students with LD graduate from high school with a regular diploma vs. 74% of students in the general population.
- ✓ 20% of students with LD drop out of high school vs. 8% of students in the general population.
- ✓ Only 10% of students with LD are enrolled in a four-year college within two years of leaving school, compared with 28% of the general population.



Understanding Your Child's LD

Your child can still have hope for a wonderful future if given the proper tools and learning strategies.



Recognizing LD

It's not always easy to recognize LD. There is no single indicator or universal profile that fits everyone. However, the following checklist may be helpful. If you or someone you know displays these signs, it may be time to seek additional information or help – signs of LD:

- ✓ Often spelling the same word differently in a single document
- ✓ Reluctance to take on reading or writing tasks
- ✓ Trouble with open-ended questions on tests
- ✓ Weak memory skills
- ✓ Difficulty in adapting skills from one setting to another
- ✓ Slow work pace
- ✓ Poor grasp of abstract concepts
- ✓ Inattention to details or excessive focus on them
- ✓ Frequent misreading of information
- ✓ Trouble filling out applications or forms
- ✓ Easily confused by instructions
- ✓ Poor organizational skills

Many people who do not have LD experience some of these signs from time to time. The time for concern is when a person repeatedly encounters these types of difficulty and when these challenges have a negative impact on everyday life. If that's the case with you or someone you know, then an evaluation done by a qualified professional that is trained to identify LD should be scheduled.

LD professionals may be clinical, educational or school psychologists, neuropsychologists, or learning disabilities specialists. It is important that the professional have training and direct experience working with and evaluating LD.