



Immunizations...just for kids?

As adults most of us forget about getting our immunizations. There are important immunizations we as adults need. Just because you are all grown up doesn't mean you're finished with all of your shots. We should set good examples for our kids and take care of ourselves as well as we take care of them.

Many diseases are preventable through vaccines. Some vaccines are very important for adults, especially important for senior citizens. Listed below are the vaccine-preventable adult diseases:

➤ **Diphtheria**

➤ A respiratory disease caused by bacteria

➤ **Haemophilus influenzae type b (Hib)**

➤ A severe bacterial infection.

➤ **Hepatitis A**

➤ A disease of the liver caused by the hepatitis A virus (HAV).

➤ **Hepatitis B**

➤ A disease of the liver caused by the hepatitis B virus (HBV).

➤ **Herpes Zoster (Shingles)**

➤ Painful skin rash caused by the varicella zoster virus (VZV).

➤ **Human Papillomavirus (HPV)**

➤ A type of virus that invades the cervical cells.

➤ **Influenza (flu)**

➤ Highly infectious virus illness.

➤ **Measles**

➤ A respiratory disease caused by a virus.

➤ **Meningococcal**

➤ A severe bacterial infection.

➤ **Mumps**

➤ A disease of the parotid salivary glands caused by a virus.

➤ **Pertussis (whooping cough)**

➤ A respiratory disease caused by bacteria.

➤ **Pneumococcus**

➤ A type of bacteria.

➤ **Polio**

➤ A viral disease of the nervous system.

➤ **Rubella (German measles)**

➤ An acute viral disease.

➤ **Tetanus (lockjaw)**

➤ A disease of the nervous system caused by bacteria.

➤ **Varicella (chicken pox)**

➤ A viral disease.

Talk with your *HealthSTAT* clinician or healthcare provider to determine if any of these would benefit you. There are certain guidelines provided by the *Center for Disease Control* (CDC) with each vaccine as to whether or not you should receive the vaccine.

For more information go to www.cdc.gov and search for "Vaccine-Preventable Adult Diseases."

National Nutrition Month

March is **National Nutrition Month**. This is a great opportunity to set a goal for yourself to change **ONE** thing about your eating habits. It doesn't have to be something big. The smallest change can make the biggest difference!

Here are some suggestions:

- * Replace one soft drink with the same amount of water.
- * Have fruit for dessert instead of the usual.
- * Choose whole wheat bread for your sub instead of white.
- * Use whole grain pasta.
- * Ask for light cream cheese for your bagel instead of regular.
- * Cut the amount of condiments (mayo, ketchup, etc.) you use in half.
- * Try one new fruit or vegetable everyday this month.
- * Drink at least one 8 oz. glass of 100% juice every morning for breakfast.
- * Try not adding salt to at least one meal a day.
- * Take along your favorite fruit for a snack during work.
- * Try using ground turkey meat for your chili or meat sauce instead of red meat.
- * Choose a turkey sandwich instead of ham.
- * Use only egg whites instead of the whole egg.
- * Drink low fat milk instead of whole milk.
- * Use olive oil or canola oil instead of vegetable oil when cooking.



Making changes in your diet or exercise habits are all about taking "**Baby Steps**." You have probably heard that phrase a million times, but it truly works. Making small changes a little at a time is a lot easier to adjust to rather than changing everything over night. It just isn't that simple. We didn't become good at doing what we do overnight, it took us days, months, or years to get to the point we are now. So relax, believe in yourself, and it will happen.



African FuFu

Ingredients:

5 cups water
4 ripe plantains
1 Tbsp butter
1 clove of garlic, minced
4 scallions, chopped

Nutrition information per serving:

Calories-250kcal	Protein- 3g
Fat- 3.5g	Vit A- 45%
Sodium- 40mg	Vit C- 60%
Carb- 58g	Calcium- 2%
Fiber- 5g	Iron- 8%

Try this quick & easy traditional recipe to add something new to your meal time.

Directions:

- 1- Peel plantains and slice into 1-inch pieces.
- 2- Bring water to a boil. Add plantain pieces and cook on medium-high for 20 minutes until most water is absorbed.
- 3- Add butter and garlic to plantains. Mash with potato masher.
- 4- Garnish with green onions and serve.

Variation: For a creamy texture, add ¼ cup of skim milk or soy milk to plantains when mashing.

Servings: 4
Time: 30 minutes

For more recipes like this one visit
www.fruitsandveggiesmatter.gov.

Foods with BENEFITS

It is important to eat your fruits and vegetables because they contain nutrients that help protect you against chronic diseases. Making healthy lifestyle choices in your diet and exercise can also help to reduce the risk of chronic diseases.

Where can you find these beneficial nutrients?

Nutrient	Benefits	Source
Fiber	Eating a diet high in fiber has been shown to reduce the risk of coronary artery disease among other benefits.	navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes
Folate	Diets with adequate folate are proven to reduce the risk of a woman having a child with a brain or spinal cord defect.	black eyed peas, cooked spinach, great northern beans, asparagus
Potassium	Eating a diet rich in potassium may help maintain a healthy blood pressure	sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice
Vitamin A	For healthy skin, and eyes eat a diet rich in vitamin A. It also helps to protect against infections.	sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage
Vitamin C	Vitamin C helps to keep you teeth and gums healthy. It also helps to heal cuts and wounds.	Red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower

Squeezing those **fruits** & **veggies** into your day. . .

According to *MyPyramid.gov* as adults we need two cups of fruit everyday, and 2 ½ cups of vegetables everyday (based on a 2,000 calorie diet). In order to determine exactly how many servings you need per day visit *MyPyramid.gov* to find out. How can we work the recommended amount into our everyday eating habits? It's simple! Below is a list of fruits & veggie servings that equal one cup to help you to better understand the amount needed.

Examples=one cup of fruit or vegetable:

FRUITS

1 small apple
 1 large banana
 2 medium cantaloupe wedges
 1 medium grapefruit
 1 large orange
 1 large peach
 1 medium pear
 2 large plums
 3 small plums
 8 large strawberries
 1 small watermelon wedge
 2 small boxes of raisins
 2 small boxes dried fruit

VEGETABLES

3 spears of broccoli
 1 cup of cooked greens
 2 cups of raw greens
 2 medium carrots
 12 baby carrots
 1 large sweet potato
 1 large ear of corn
 1 medium potato
 2 stalks of celery
 1 large bell pepper
 1 large tomato
 ½ can of beans
 1 large raw tomato

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Helpful Tips:

- ✓ Look for fruits & veggies that are in season. They will have the best flavor and probably less expensive.
- ✓ Look for prepackaged fruits already cut up for easy snacks. Be sure they do not have added sugar.
- ✓ Look for prepackaged green leafy vegetables to create a quick salad by adding some carrots, cucumbers, etc.
- ✓ Look for veggies in the frozen section and stock pile them for a quick addition to any meal.
- ✓ Place a fruit bowl out where it is visible and put all other snack foods out of site.
- ✓ Try new fruits & veggies often to keep you meals interesting.