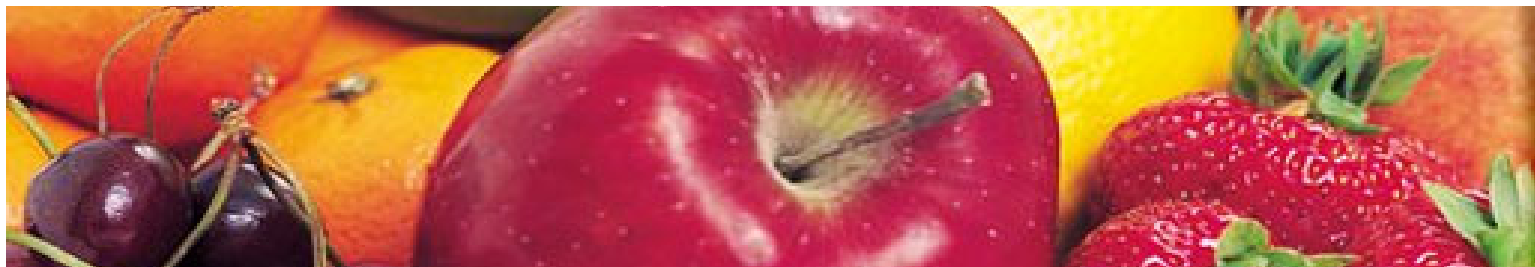




## March is National Nutrition Month!



**National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association (ADA). The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.**

**HealthSTAT wants to help you make healthful food choices. First take a quiz to determine how much you already know about nutrition, then read on for expert advice from the ADA on how to read food labels and how to determine how much of each food group YOU need. Finally, we've pulled together some nutritious recipes for you and your family to try!**

### How much do YOU know about NUTRITION?

Take this **QUIZ** to find out (see page 3 for answers), then read on for important nutritional information and helpful tips for becoming more healthful!



1. When selecting from the fruit group:
  - a. Only fresh fruits can be considered
  - b. Fresh, canned, frozen, dried and 100% fruit juice count
  - c. Frozen fruits should not be eaten more than twice a month
  - d. Don't be concerned about washing fresh fruit unless it looks dirty
2. A one-ounce serving of grain is approximately
  - a. One slice of bread
  - b. One cup of cereal
  - c. One-half cup cooked rice
  - d. All of the above
3. Children and teenagers should be physically active for how many minutes most days?
  - a. 10
  - b. 20
  - c. 40
  - d. 60
4. Which of the following is equivalent to a one-half cup serving of cooked vegetables?
  - a. 1 medium-sized tomato
  - b. 6 asparagus spears
  - c. 7 or 8 baby carrots
  - d. 1 cup of raw leafy vegetables
  - e. All of the above
5. If you eat 100 more calories a day than you burn:
  - a. You will become stronger and healthier
  - b. You will be able to ride a bicycle faster
  - c. You will gain about one pound in a month
  - d. Nothing will change as long as you take vitamins
6. **True or False:** To follow a healthful eating pattern moderate in fat, every single food must be low in fat.

**7. For a healthier you, keep these low:**

- a. Saturated fats, trans fats, cholesterol, sodium and added sugars
- b. Potassium, fiber, calcium and iron
- c. Vitamin A, Vitamin C, dark vegetables and fruit
- d. Calcium, orange vegetables, fruit, iron

**8. True or False:** The calcium content of low-fat dairy products is equivalent to that of full-fat dairy foods.

**9. True or False:** Snacking may keep you from becoming ravenously hungry and overeating at mealtime.

The END! Turn to page 3 to see how you did...

## Get Smart: Get the Facts on Food Labels

Become a smart shopper by reading food labels to find out more about the foods you eat...

### Start with the Serving Size

Look for both the serving size (the amount for one serving) and the number of servings in the package. Remember, if the label serving size is one cup, and you eat two cups, you are getting **twice** the calories, fat and other nutrients listed on the label.

### Check Out the Total Calories and Fat

Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and fat if you are watching your weight!

### Let the % Daily Values Be Your Guide:

Use % Daily Values (DV) to help you evaluate how a particular food fits into your daily meal plan:

- Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5% DV means 5% of the amount of fat that a person consuming 2,000 calories a day would eat.
- Remember percent DV are for the entire day not just for one meal or snack.
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100% DV.

### Get Enough Vitamins, Minerals and Fiber

Eat more fiber, vitamins A and C, calcium, and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.

**Nutrition Facts**  
Serving Size 1/2 cup (114g)  
Serving Per Container 4

**Amount Per Serving**  
**Calories 90**    Calories from Fat 30  
0% Daily Value\*

<b>Total Fat</b> 3g	5%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	13%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
<b>Protein</b> 3g	

Vitamin A 80%    •    Vitamin C 60%  
Calcium 4%       •    Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000:	2,500:
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Callouts:**  
 - Pay close attention to serving sizes.  
 - Look for foods with lower levels of saturated fats.  
 - This tells you how much salt is in food.  
 - Calcium is important for bones and teeth.  
 - Use this section as a guide for daily planning.  
 - The amount of calories a person needs each day depends on many factors, including exercise.  
 - Products labeled "light" or "lite" must have 1/3 fewer calories or 1/2 the fat of the foods to which they are compared. "Light" also can mean that salt has been reduced by 1/2.  
 - Look for products that have more fiber and less sugar.  
 - Vitamins and minerals help your body function properly.

### Limit Fat, Cholesterol and Sodium

Eating less of these nutrients may help reduce your risk for heart disease, high blood pressure and cancer:

- Total fat includes saturated, polyunsaturated and monounsaturated fat. Limit to 100% DV or less per day.
- Saturated fat and trans fat are linked to an increased risk of heart disease.
- Sodium – high levels can add up to high blood pressure.
- Remember to aim low for % DV of these nutrients!



**One size DOESN'T fit all...**

MyPyramid has replaced the traditional Food Guide Pyramid with which most of us are familiar. Part of an overall food guidance system, MyPyramid emphasizes the need for a more *individualized approach to improving diet and lifestyle.*

MyPyramid Plan can help you choose the foods and amounts that are right **FOR YOU**. For a quick estimate of what and how much you need to eat, go to <http://mypyramid.gov/> and enter your age, sex, and activity level in the MyPyramid Plan box. Sample results are provided below:

Based on the information you provided and the average needs for your age, gender and physical activity [**Age: 36, Sex: Male, Physical Activity: Less than 30 Minutes**] your results indicate that you should eat these amounts from the following food groups daily.

▶ <b>Grains</b> <sup>1</sup>	8 ounces
▶ <b>Vegetables</b> <sup>2</sup>	3 cups
▶ <b>Fruits</b>	2 cups
▶ <b>Milk</b>	3 cups
▶ <b>Meat &amp; Beans</b>	6.5 ounces

**1 Make Half Your Grains Whole**

**2 Vary Your Veggies**

Aim for this much every week:  
 Dark Green Vegetables = 3 C weekly  
 Orange Vegetables = 2 C weekly  
 Dry Beans & Peas = 3 C weekly  
 Starchy Vegetables = 6 C weekly  
 Other Vegetables = 7 C weekly

**Remember...  
 MyPyramid results are still general guidelines. Talk to your onsite HealthSTAT clinician for expert advice and guidance on what is right for YOU.**



**Quiz Answers:  
 How much do you already know about nutrition?**

- 1. The answer is b.** Mix up your choices within each food group. Choose fresh fruits in season as well as canned, frozen and dried. You need at least 2 cups of fruit each day. And, always wash fresh fruit, even if you're going to peel it.
- 2. The answer is d.** All of these portions constitute a serving of grain. Choose whole-grain varieties of bread, cereal, rice and pasta most often. Make half your grains whole. Replace some refined grain foods with whole grain choices to make sure you get at least 3 servings a day.
- 3. The answer is d.** Children and teenagers should be physically active for 60 minutes every day, or most every day. To reduce the risk of chronic disease, it is recommended that adults be physically active for at least 30 minutes on most days of the week.
- 4. The answer is e.** Vegetables, like fruits, are naturally low in fat and provide many essential nutrients and other food components important for health. Vary your veggies with at least 2½ cups each day, and eat more dark green and orange vegetables.
- 5. The answer is c.** Balancing food intake with physical activity helps you control body weight, and is important for overall health and fitness. Get the most nutrition out of your calories by choosing foods that are packed with vitamins, minerals, fiber and other nutrients but are lower in calories.
- 6. False.** Keeping total fat intake within 20% to 35% of calories doesn't mean every single food must be low in fat. You can balance high-fat and low-fat selections over the course of one or two days and still end up with a healthful eating pattern. Look for foods low in saturated fats, trans fats and cholesterol. Most of the fats you eat should be polyunsaturated and monounsaturated fats.
- 7. The answer is a.** Foods lower in saturated fat, trans fat and cholesterol help reduce the risk of heart disease, and eating less sodium in your diet may reduce the risk of high blood pressure. Sugars contribute calories with few, if any nutrients.
- 8. True.** Get 3 servings a day of low-fat or fat-free varieties of milk, cheese, and yogurt to control your fat intake without losing out on calcium. If you can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.
- 9. True.** Healthful snacking can help the body stay fueled so that you will be less inclined to overeat at your next meal.

# HEALTHSTAT IN THE NEWS: WELLNESS WORKS!

## Businesses adding nurse practitioners in move to cut costs

AMANDA RIDLEY, Staff Writer

Published March 5, 2006, Herald-Journal, Spartanburg, SC; Published March 6, 2006, American Academy of Nurse Practitioners (AANP) SmartBrief Newsletter

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Shandrell Holcombe says when it comes to his health, he's like a lot of guys. "I put off going to the doctor until the last minute."

Holcombe, the 32-year Spartanburg resident and Southeastern Paper Group employee, said he's often too busy with work or family to schedule an appointment. But now that his employer has an on-site nurse practitioner he can see without taking time off, Holcombe has no excuse. "Now instead of putting it off, I'll go and get checked out."

And seeing a health care provider not only helps him, but his employer as well. Health care-related costs are rising to all-time highs with little relief in sight. By 2015, one in every five dollars will be spent on health care, totaling annual spending of more than \$4 trillion, according to federal forecasters.

One company is trying to help businesses save every penny they can while also improving the health of their employees. Charlotte-based HealthSTAT offers on-site primary care by placing a nurse practitioner inside businesses to not only care for employees when they aren't feeling well but also to help them make healthy lifestyle changes.

Shannon Green is starting this month at Southeastern Paper Group, where she will work several times a week on first and second shifts. She has already seen many of the 329 employees to begin a plan of care for each one's health needs based on habits and health history. She also has begun to identify those employees who have greater risks of diabetes, high blood pressure or other health problems. Identifying those risks can help employees reduce their chances of having those health problems and also eliminate those health care expenses in the future.

"The HealthSTAT service model represents a win-win situation," said Dr. Eric Hart, HealthSTAT's chief medical officer. "By focusing on those individuals most at risk for major diseases, the costs for providing health insurance benefits decrease while the health of employees improves, lessening the impact of increasing health care costs for both of them."

HealthSTAT will send employees personalized letters with their health screening results, pointing out what health concerns should be monitored or changed and when the employees should plan to see the nurse practitioner again or whether they need to be seen by their primary care physician or specialist.

# **HEALTHSTAT IN THE NEWS: WELLNESS WORKS!**

The employer also gets aggregated reports detailing the health status of the employees without identifying them. HealthSTAT also sends the nurse practitioner concise reports for use in clinics to determine the best plan of care for the employee.

The nurse practitioner can treat ear infections, colds, flu or muscles strains as well as order lab tests or X-rays and prescribe medications.

Southeastern Paper Group employee Sharon Pickens, 50, said she's grateful that her employer sees her health as a priority. "This is going to save us time and money. I'm amazed that I can see (the nurse practitioner) while I'm at work," said Pickens of Spartanburg.

"This is going to save us time and money. I'm amazed that I can see (the nurse practitioner) while I'm at work," said Pickens of Spartanburg.

"We have a lot of single moms here and people who don't see their doctor regularly because they don't have the time. This is what we need."

Southeastern's president Lewis Miller said he immediately knew this service was right for his business. "We try to do our best to care for our employees, but health care costs are becoming catastrophically high. This service helps everyone take better care of themselves," Miller said.

Insurance brokers Scott Gant and Lem Walker, who helped bring Miller and HealthSTAT together, said most employers want to offer their employees better health care but can't afford to do it. HealthSTAT, they said, can make it happen.

Pam Davis, human resource generalist for Tietex International in Spartanburg said their nurse practitioner hasn't been on-site long enough to say how much the company has saved, but she's sure that they are saving.

"She stays booked," Davis said.

Hart said employees aren't required to see the nurse practitioner, but they are encouraged.

"Essentially, the clinic provider becomes not only a health care purchasing agent for the employer, but also a health care adviser for the employee in navigating our increasingly complex health care delivery system," she said.

"Many people today can't even name their primary care provider. This will benefit everyone."

# Nutritious Recipes

## Easy One-Pot Red Beans and Rice

1/2 pound andouille sausage  
1 large onion, chopped  
3 cloves garlic, chopped  
2 ribs celery, chopped  
1 14 1/2-ounce can diced tomatoes w/ liquid  
1 15-ounce can kidney beans, drained/rinsed  
1/2 teaspoon salt  
1/4 to 1 teaspoon black pepper  
2 teaspoons ground thyme  
2 teaspoons dried sweet basil  
1 to 2 teaspoons cayenne  
1 tablespoon paprika  
2 to 5 drops hot pepper sauce  
1 bay leaf  
1 cup uncooked brown rice  
1 green bell pepper, chopped

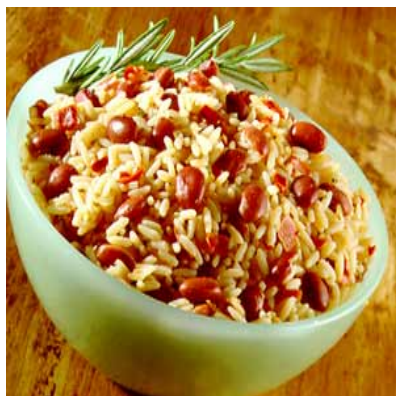


Brown the sausage with the onion, garlic, and celery for about 4 to 6 minutes. Add the tomatoes, kidney beans, 2 cups water, salt, pepper, thyme, basil, cayenne, paprika, hot sauce, bay leaf, and rice. Bring to a boil. Add the rice, decrease heat, cover, and simmer 45 minutes. Remove from heat. Add the green pepper, stir well, cover, and let stand 10 minutes. Stir before serving.

**Serving Size: 2 cups**

### **Nutrition Facts per Serving:**

Calories 515  
Total Fat 20 g  
Cholesterol 0 mg  
Saturated Fat 0.426 g  
Sodium 720 mg  
Carbohydrates 65 g  
Dietary Fiber 13 g  
Protein 21 g



## Garden-Fresh Tomato Basil Pasta

2 pounds fresh tomatoes, chopped  
1 sweet onion, chopped  
1 medium green bell pepper, finely chopped  
1/4 cup olive oil  
1 tablespoon balsamic vinegar  
2 tablespoons granulated sugar  
1 teaspoon salt  
1 teaspoon black pepper  
1 teaspoon ground oregano  
1 cup basil leaves, chopped  
2 to 4 cloves garlic, minced  
8 ounces fettuccine  
4 tablespoons grated Parmesan

Combine all the ingredients except the fettuccine and cheese in a large glass or ceramic bowl (not metal); stir well and cover tightly. Allow to sit at room temperature at least 4 hours; or overnight in the refrigerator.

Cook the pasta; drain but do not rinse. Toss the pasta with the fresh tomato sauce; divide among four plates. Sprinkle each serving with up to 1 tablespoon Parmesan cheese.

Serve dish just slightly warm.

**Serving Size: 1 cup cooked pasta, 1 1/2 cups sauce, and 1 tablespoon Parmesan cheese**

### **Nutrition Facts per Serving:**

Calories 430  
Total Fat 18 g  
Cholesterol 5 mg  
Saturated Fat 3.5 g  
Sodium 840 mg  
Carbohydrates 60 g