



# live well, work well

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March 2011

## Healthy Colors

The 2011 National Nutrition Month® theme is “Eat Right with Color,” which means making sure your plate has a variety of color and nutrients at each meal. The American Dietetic Association offers a color guide:

**Red** fruits and vegetables are heart-healthy, help immunity and may reduce cancer risks. Try beets, cherries, cranberries, pomegranate, red grapefruit, red potatoes, red grapes, rhubarb, tomatoes and watermelon.

**Orange and yellow** fruits and vegetables contain nutrients that contribute to vision, immunity and may reduce the risk of some cancers. Great choices include apricot, cantaloupe, carrots, grapefruit, mango, papaya, peach, pineapple, sweet potatoes, yellow corn and yellow peppers.

**Green** fruits and vegetables have a high antioxidant potential. Try artichoke, asparagus, avocado, apples, broccoli, grapes, green peppers, honeydew, kiwi, lime and spinach.

**Blue and purple** fruits and vegetables may have antioxidant and anti-aging benefits. They may also help with memory, urinary tract health and reduce cancer risks. Great choices include blackberries, blueberries, eggplant, plums, purple cabbage and raisins.



**White, brown and tan** fruits and vegetables promote heart health and may reduce cancer risks. Try bananas, brown pears, cauliflower, dates, mushrooms, onions, parsnips, turnips, white potatoes, white corn and white peaches.

Choose a variety of colors when shopping for produce. And if you're looking for fruits or vegetables that are out of season, opt for frozen or dried choices that are available throughout the year. Colorful meals are not only more flavorful, they contain a variety of nutrients that are essential to you and your family's health.

For more information on National Nutrition Month, visit [www.eatright.org](http://www.eatright.org).

## Poison Prevention

National Poison Prevention Week is March 20-26 – are you informed on how to protect yourself and your family from hazardous substances?

According to the Poison Prevention Week Council, more than 2 million instances of poisoning are reported each year in the United States – and more than 90 percent of these poisonings occur in the home.

Prevent poisonings by following these tips:

**Lock or secure all medications and chemicals.** This is the easiest way to keep children away from hazardous substances in your home.

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## Did You Know?

March is National Nutrition Month and Poison Prevention Week is March 20-26.



## Poison Prevention, cont...

**Never leave loose pills out.** Even if you're leaving the room for a few seconds, this can be enough time for children or pets to ingest the pills.

**Be mindful when children or pets visit your home.** You may not have children or pets of your own, but it's important to put away any medications or chemicals when you have visitors.

**Never use cups or soft drink bottles for household chemicals or cleaners.** Both children and adults could mistake these for actual drinks.

**Never refer to medicine as "candy" when administering it to a child.** The child may remember this and be tempted to take medicine on his or her own.

**Pay attention to tamper-proof and child-resistant packaging.** If a product looks like it's been tampered with, do not risk using it.

**Always read the labels and instructions of potentially hazardous products and medications.** This is the best way to avoid adverse effects or recognize an adverse effect should the product or medication be ingested.

**Never create your own cleaning solutions.** A poison control center will not be able to give you proper instructions should anyone ingest the cleaning solution.

**Keep children out of the way when using pesticides.** Make sure toys are removed from the area before applying, and never leave pesticides unattended while in use.

If you think someone has been poisoned from ingesting medication or a household chemical, call 1-800-222-1222 to be connected to your local Poison Control Center any time, 365 days a year. Post this number by your home telephone or save it in your cell phone in case of an emergency.



## Watch for IRS Tax Return Scams



Protect yourself from online identity theft and other scams that increase during the tax filing season by taking the following precautions. Tax return scams have been known to impersonate the logo, names and design of the IRS or U.S. Department of Treasury to mislead taxpayers and lure them into providing personal and financial information.

### Watch for e-mails that:

- Threaten to add additional taxes or withhold the tax refund should you not respond to the e-mail.
- Request personal or financial information. The IRS does not request such information through e-mail, nor do they send any communication requesting tax account information, PINs, passwords or similar access information for credit cards, banks or financial accounts.

If you receive a suspicious IRS-related e-mail do not reply, do not open any attachments and do not click any links. Forward the e-mail to the IRS at [phishing@irs.gov](mailto:phishing@irs.gov). After forwarding the e-mail delete it from your inbox and outbox.

## Turkey Meatloaf

Looking for a low-fat, low-sodium twist to an old favorite? Try this heart-healthy recipe for turkey meatloaf.

- 1 lb. lean ground turkey
- ½ cup regular dry oats
- 1 large egg
- ¼ cup chopped sweet onion
- ¼ cup low-sodium ketchup

Combine all ingredients and mix well. Bake in a loaf pan at 350 degrees F for 25 minutes or until the internal temperature reaches 165 degrees F. Slice and serve with your favorite side of vegetables. Serves 5.



# Eating Out Can Be Healthy

Though it may seem like an impossible feat, you can still maintain your diet while enjoying a meal out with friends and family.

Furthermore, it can still be an enjoyable – and more importantly, tasty – experience. Since restaurants (especially fast food chains) tend to serve meals with more fat, salt and sugar than a meal prepared at home, it is important to understand what foods to avoid and which ones to select from the menu.

## Foods to Avoid

There are many foods full of excess fat and calories that can destroy your healthy diet. Steer clear of these foods while dining out:

- Condiments such as salad dressings, cheese sauces, tartar sauce, gravy and guacamole
- Butter and cheese
- Fried foods such as chicken or French fries
- Beverages such as regular soda, whole milk and various alcoholic drinks

## Foods to Try

To make healthier decisions while out enjoying a meal, try some of these foods to keep your diet on track and your waistline thin:

- Soups made with juices and broth versus cream

- Raw vegetables without a marinade
- Fresh fruit
- Steamed seafood
- Poached or boiled eggs
- Salads with low-calorie or fat-free dressing on the side
- Whole-grain breads and crackers
- Baked, boiled and steamed potatoes without sour cream, butter or cheese on top
- Roasted, baked, broiled and grilled meats and poultry
- Diet soda, low-fat or non-fat milk, or water
- Yogurt
- Whole wheat tortillas

## General Suggestions

In addition to opting for healthier foods, there are many other things you can do as a restaurant patron to make your dining experience less fattening. First, order your food to go. Research suggests that Americans eat less at home on their own plates than they do in a restaurant. Plus, you can prepare a healthy side dish to accompany the meal you purchased from the restaurant. Also, avoid buffets whenever possible. They promote over-eating with so many choices

and the option to return for seconds and thirds.

In addition, remember that you have the option to special order your meal. Ask the wait staff if the chef can prepare your vegetables with olive oil as opposed to butter, or bake your chicken breast instead of frying it.

Finally, one of the most important proactive approaches to healthy eating you can do is to watch your portion sizes. Either request a smaller portion of the desired meal or leave at least one-third to one-half of the meal on the plate. Since restaurant portions are typically double what you would normally eat at home, avoid overeating by simply asking the wait staff to wrap up half the meal right away and take it home to eat the next day.



## Go Online...

Many restaurants, especially chains, post their menus on their websites. Visit the site before you go out to dine and select your meal. Then, when it's time to order, you will not be tempted to order a less healthy alternative because you have already decided what you are going to eat.