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Philipians 2:3-4 says "… in humility consider others better than yourselves, each of you should look not only to your own interests, but also to the interests of others." When we are good listeners, we show compassion and concern for others. We make them feel special. James 1:19 says: "My dear brothers (or sisters), take note of this: Everyone should be quick to listen, slow to speak…" It isn't an accident that God gave us two ears and one mouth. The ratio sends a message: Listen twice as much as you talk.  Proverbs 1:5 says "… let the wise listen and add to their understanding." Listening takes effort, energy and it takes concentration. Without a willingness to be disciplined, we won't be good listeners. A wise person is a good listener.  But like all biblical principles, when we practice good listening, we receive the benefits as well. It's a win-win situation. Here's some wisdom from Mary Whelchel, host of "Christian Working Women".  "The better I listen…   * the less I embarrass myself or put my foot in my mouth. * the more information I have: and information is power. * the more I improve my relationships; people like people who listen. * the fewer problems I have to deal with, because good listening solves problems before they start. * the more successful I'll be in my career. Because good listening promotes success. * the better my decisions will be because they'll be more informed and thought out."   If you appreciated the above information you might enjoy Mary Whelchel's book, How to Thrive from 9 to 5. For info visit [www.christianworkingwomen.org](http://www.christianworkingwomen.org), call 1-800-292-1218 or write, Mary Whelchel, The Christian Working Woman, PO Box 1210, Wheaton, IL 60189.  **spacer** | | **Non-Judgmental Listening** When we are engaged in a conversation with someone, we tend to decide what the outcome is going to be and how we feel about it before we see the big picture. Do you ever interrupt or tend to correct someone before they finish talking? Try giving them the courtesy of listening. You may be surprised to find out the end was different then you thought.  **What inhibits us from beneficial listening?**   * Distractions * Attitude * Personal biases * Self-centeredness   **What is non-judgmental awareness?**   * The art of seeing something as it is, without distortion. * Finding something to get interested in. * Learning to listen for more than we are used to hearing * Discover what there is to see, feel and hear.   **What is the outcome of non-judgmental listening?**   * Skills of awareness develop. * Our minds become concentrated and quiet. * Quiet minds can be more productive. * Quiet minds enjoy listening to others. * Valuable insights into others and ourselves   **spacer** | | **The Art of Listening** As you begin to listen with intent, it is good to make sure or validate that you understand what the person is saying. You can do this by restating what you think the person is communicating. Sometimes you will be listening "between the lines'" or "to the music or feelings" behind the words. As you verbalize what you perceive to be hearing, you can help the person discover his or her own underlying thoughts and feelings. This type of listening can show true concern and empathy. It can reflect the love of Jesus.  Here are some phrases that could help you get started in you listening adventure.   * "As I get it, you felt that . . . * "If I'm hearing you correctly . . . * "Listening to you it seems as if . . . * "What I hear you saying . . . * "I'm picking up that you . . . * "I wonder if you're expressing a concern that . . . * "You place a high value on . . . * "I'm not sure if I am with you, but . . . * "It sound as if you are indicating . . . * "You're kind of feeling . . . * "To me it's almost like you're saying, " I . . . * "I gather . . . * "You must have felt . . . * " I read you as . . . * " So from where you sit . . . * " The thing you feel the most right now . . . | | | |  |  |  |  |  | | --- | --- | --- | | |  | | --- | | ****Bulletin Insert: February 2003****http://www.valleyparishnurseministry.org/images/colorrule.jpg **Are we a Heart-Healthy Community?** According to a recent Columbiana County Health Assessment "chronic diseases are the most common and most preventable diseases that county residents face. Dietary habits, smoking and physical activity are three lifestyle practices that play significant roles in the development of heart disease and cancer which are the two leading causes of death in the county…"  The study was done over an 18 month period. It used 18 community health indicators identified by the Centers for Disease Control and Prevention, asset and capacity indicators, and a Behavioral Risk Factor Survey completed by random telephone calling of 350 adult county residents. It also included 20 face-to-face interviews with a cross section of community leaders from across the county.  It highlighted that "80% of what effects our health is our lifestyle." What can we do to improve our heart-health?   * increase exercise * develop better nutrition habits * receive age and gender specific health screenings * reduce smoking * reduce the use of alcohol   Choose to do something that is good for you heart this month. Make it a February that will change your lifestyle. Even small improvement in lifestyle can make a significant difference over a period of time.  **spacer** | | **February is Heart Health Month** The American Heart Association is an excellent resource for information and programs about ways to improve your health and reduce your risk for heart attack and stroke. Here is a sampling of some of the information from them. They also recommend that you consult your doctor and work as a team for your healthy heart.  Most health-conscious Americans are aware that high cholesterol is a leading risk factor for coronary heart disease. However, many people may not know what cholesterol is, what it does or even how to control cholesterol levels.  **What is Cholesterol?** It is a waxy substance produced by the liver and supplied in the diet through meats, poultry, fish and dairy products. Cholesterol is needed in the body to insulate nerves, make cell membranes and produce certain hormones.  **What is "good" cholesterol?** High-density lipoprotein (HDL) is called "good" cholesterol because it carries cholesterol away from the tissues.  **What is "bad" cholesterol?** Low-density lipoprotein (LDL) is called "bad" cholesterol because it promotes the deposit of cholesterol in artery walls.  For more information, ask your doctor for booklets or contact the American Heart Association at 1-800-242-8721 or online at [americanheart.org](http://www.americanheart.org). You can also get helpful information about nutrition from the American Cancer Society at 1-800-ACS-2345 and from the National Institutes of Health at the National Heart, Lung and Blood Institute online at [nhlbi.nih.gov](http://www.nhlbi.nih.gov).  **spacer** | | |  | | Top of Form |   **Blood Pressure Sunday, 2003** Blood Pressure Sunday is coming up May 4, 2003. Last year 386 persons were screened at 24 area churches. Some were advised to see their doctor. One was treated for hypertension at the emergency room that same day. Preventing or properly managing high blood pressure can save lives. It can promote quality of life.  If you are a health professional interested in participating in Blood Pressure Sunday, let us know at Valley Parish Nurse Ministry by calling 330-382-9440. Please leave your name, address and church affiliation. We will provide you with a packet that includes information about performing this valuable service in your faith community. It includes the American Heart Association suggestions for appropriate advice to give according to the BP reading that you get. It also includes educational material to hand out to participants.  Each one of you should use whatever gift he has received to serve others, faithfully administrating God's grace in its various forms. - I Peter 4:1  If you are a church member wanting this service at your church, seek out others interested in this service. Identify members who are trained in taking Blood Pressures. Talk with them and your pastor about the event.  So that there should be no division in the body, but that its parts should have equal concern for each other. *- I Corinthians 12: 25 NIV*  If you are a minister that would like to see your church involved in this health ministry, identify interested health professionals. Involve an individual to send for a packet. Mobilize a committee to organize the event.  One man helps another, one says to the other, "Keep on!" - Isaiah 41:6  **spacer** | | **What Is Health Ministry?** Health ministry emphasizes the wholeness of body, mind and spirit in congregational life. It provides a means in which health, healing and wellness can be promoted among members and the community. The church's healing ministry is as old as the scripture. Current health ministry brings religious practices and medical knowledge together, complementing each other.  As churches begin health ministries they are reclaiming their role in health and healing. A health cabinet or health committee, working with a health minister or parish nurse usually directs this ministry. This team approach trains and utilizes individuals to be a listening, caring, praying and healing force within the congregation.  In the stress of our busy society, people enter into marital, financial, social, relational, emotional crisis's one after another. During the crisis the church can be a powerful source of strength, hope and healing. Health ministry is the opportunity to meet these daily needs and in doing so point individuals to Jesus.  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The recipe is then displayed with dietary information that includes calories, fat cholesterol and carbohydrates. Links to low sodium and diabetic cookbooks are provided as well.  **spacer** | | |  | |  |  |  | | --- | | ****Bulletin Insert: April 2003****http://www.valleyparishnurseministry.org/images/colorrule.jpg **Integration of Faith and Health** Numerous studies have shown that people who regularly attend religious services tend to live longer, stay healthier and be more resilient than those that don't. So should attending church be prescribed like an aspirin? Of course, the benefits from attending church don't come from just entering the church building. So, where does this health improving status come from?  A psychologist, from the University of Michigan, Neal Krause and his colleagues collected data from a three-year study of clergy, elders, and rank-and-file members of the Presbyterian Church (USA). They discovered that people are most likely to use religious coping methods when their fellow congregation members give them spiritual support - defined as "encouragement to integrate religious beliefs and practices into daily life."  In this study, those who attended services and didn't receive spiritual support from their peers proved less likely to learn religious coping methods or to apply them in every day or crisis situations. Other studies over the past 30 years have witnessed the positive clinical and social-scientific effects of various "spiritual" practices in mental and physical health. This is another study that attests to the positive and healthful importance of not forsaking the assembly of believers. It shows that physical and spiritual benefits come from participating in the caring and loving relationships of fellow believers.  The Best Prescription? Don't just attend church. Be spiritually supportive with those you meet at church. 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We thank individuals who have prayerfully supported, donated time, and or resources to Valley Parish Nurse Ministry.  **spacer** | | **Prescription Drug Costs- Is There Help?** Perhaps you have heard of our local Medication Assistance Program sponsored by the Retired Senior Volunteer Program. They can help individuals fill out drug company forms for expensive medications. Each drug company has its own income level requirements. Call RSVP at 330-424-7877 for information about proof of income, sites and dates.  For those people who have access to the internet, the Medicare website [www.medicare.gov](http://www.medicare.gov) list various sources that might be helpful. After connecting to the site, choose the heading "Prescription Drug Assistance." From there you may navigate by state and choose such areas as Medigap, Veterans Benefits and more. Ohio currently has no state assistance program except coverage available for the Medicaid-approved. Pennsylvania residents may qualify for PACE or PACENET.  In searching the area of Pharmaceutical Company Assistance there are two programs that must be mentioned specifically. Both of the following programs require that:   1. the applicant be enrolled in Medicare 2. have neither public or private drug coverage.   A newer program is called Together Rx Card ([www.Together-Rx.com](http://www.Together-Rx.com) or 1-800-865-7211) and extends coverage to a multitude of prescription drug manufacturers. Annual income requirements are "less that $28,000 for individuals and $38,000 for couples" with special guidelines for Alaska, Hawaii and household of three or more.\*  Another program is the Pfizer for Living Share Card. ([www.Pfizerforliving.com](http://www.Pfizerforliving.com) or 1-800-717-6005). 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Last year 386 persons were screened at 24 area churches. Some were advised to see their doctor. One was treated for hypertension at the emergency room that same day. Preventing or properly managing high blood pressure can save lives. It can promote quality of life.  If you are a health professional interested in participating in Blood Pressure Sunday, let us know at Valley Parish Nurse Ministry by calling 330-382-9440. Please leave your name, address and church affiliation. We will provide you with a packet that includes information about performing this valuable service in your faith community. It includes the American Heart Association suggestions for appropriate advice to give according to the BP reading that you get. It also includes educational material to hand out to participants.  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Many people know the higher the blood pressure numbers, the greater the risk for death and disability. Fewer people know that optimal blood pressure is 120/80, that even slightly elevated or high normal blood pressure can cause strokes and heart attacks. Your doctor knows lowering you blood pressure number will reduce your risk - a lot. When taken regularly, medicines can lower blood pressure and prevent heart attacks, strokes and heart failure. Lifestyle changes make the medicines work better and for some people, can control high blood pressure and even prevent it. Lose weight if you are overweight, cutback on salt, choose foods that are low in salt and sodium, eat plenty of fruits and vegetables and low-fat dairy products and participate in 20 minutes of physical activity for most days. So, for heaven's sake (as well as your own), take action to lower your blood pressure and keep it from rising. Talk to your doctor about your blood pressure and how to keep it down, before your number is up.  **Categories for Blood Pressure Level in Adults\*** (Ages 18 years and Older)   |  |  |  | | --- | --- | --- | | **Category** | **Systolic** | **Diastolic** | | Optimal \*\* | <120 | <80 | | Normal | <130 | <85 | | High Normal | 130 - 139 | 85 - 89 |   **High Blood Pressure**   |  |  |  | | --- | --- | --- | | **Category** | **Systolic** | **Diastolic** | | Stage 1 | 140 - 159 | 90 - 99 | | Stage 2 | 160 - 179 | 100 - 109 | | Stage 3 | > or = to 180 | > or = to 110 |   \* For those not taking medicine for high blood pressure and not having a short term serious illness. These categories are from the National High Blood Pressure Education Program. [www.nhlbi.nih.gov/hbp](http://www.nhlbi.nih.gov/hbp)  \*\* Optimal blood pressure with respect to heart disease risk is below 120/80 mm Hg. However, unusually low readings should be evaluated for clinical significance.  **spacer** | | **Questions to Ask Your Doctor if You Have High Blood Pressure** What is my blood pressure reading in numbers?  What is my goal blood pressure?  Is my blood pressure under adequate control?  Is my systolic pressure too high (over 140)?  What would be a healthy weight for me?  Is there a diet to help me lose weight (if I need to) and lower my blood pressure?  Is there a recommended healthy eating plan I should follow to help lower my blood pressure (if I don't need to lose weight)?  Is it safe for me to start doing regular physical activity?  What is the name of my blood pressure medication?  Is that the brand name or generic name?  What are the possible side effects of my medication (Be sure the doctor knows about any allergies you have and any other medications you are taking, including over-the-counter drugs, vitamins and dietary supplements.)?  What time of day should I take my blood pressure medicine?  Should I take it with food?  Are there any foods, beverages or dietary supplements I should avoid when taking this medicine?  What should I do if I forget to take my blood pressure medicine at the recommended time?  Should I take it as soon as I remember or should I wait until the next dosage is due?  **spacer** | | **Quick Facts on Salt\*** Try to have less than 2,400 milligrams of sodium a day - that's the same as 6 grams of salt a day, or about 1 teaspoon (if no restriction). Processed foods account for most of the sodium and salt consumed. Check food labels - sodium is in some foods you might not expect such as soy sauce and some antacids. Reducing salt in the diet can lower blood pressure.  **spacer** | | **Flavor that Food!\*** Make foods tasty without using salt. Try these flavorings, spices and herbs:   |  |  | | --- | --- | | **For Meat, Poultry and Fish:** | | | Beef | Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme | | Lamb | Curry powder, garlic, rosemary, mint | | Pork | Garlic, onion, sage, pepper, oregano | | Veal | Bay leaf, curry powder, ginger, marjoram, oregano | | Chicken | Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme | | Fish | Curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper | | **For Vegetables:** | | | Carrots | Cinnamon, cloves, marjoram, nutmeg, rosemary, sage | | Corn | Cumin, curry powder, onion, paprika, parsley | | Green Beans | Dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme | | Green Peas | Onion, pepper, ginger, marjoram, onion, parsley, sage | | Potatoes | Dill, garlic, onion, paprika, parsley, sage | | Summer Squash | Cloves, curry powder, marjoram, nutmeg, Rosemary, sage | | Winter Squash | Cinnamon, ginger, nutmeg, onion | | Tomatoes | Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper |   \* Information from the National Heart, Lung and Blood Institute's Education Program. Visit them at [www.nhlbi.nih.gov/hbp](http://www.nhlbi.nih.gov/hbp) for much more information.  **spacer** | | **New Prescription for Good Health?**  We have all heard that 20 minutes of moderate to vigorous exercise three times a week is an important and effective strategy for maintenance of physical health. Now another prescription for good health may be on the horizon. Perhaps you have recently heard of a day devoted to "random acts of kindness." Kindness is one of the fruits of the spirit mentioned in Galatians 5:22-23. Acts of volunteering are not new to Americans. In fact, our president is encouraging all Americans to volunteer and spread compassion to every corner of our great nation. So what connection might compassion an volunteering have with good health?  First, several recent studies have tried to find out what types of helping are the most beneficial to health. They suggest that we all need *regular doses of face to face* helping experiences. Secondly, findings from the first national survey to look at the kind of helping that could strengthen personal health and the nation's unity were included in recent articles in "Spirituality and Health.\*" According to recent findings, this healthy "helping connection" should include:   * Personal contact with those helped * Repetition - at least four hours a month * Helping strangers rather that just family or friends   Perhaps a minimum requirement for good health will be spending at least one hour a week, face to face, helping someone who is not related to you. The benefits of volunteering could soon be likened to the health benefits one receives as an active member in a health club. "Like going to the gym, face to face volunteering is not always convenient, easy or fun but afterwards there is no doubt that it was a good thing - the right thing - to do.\*" Won't you consider regularly helping others? It just might turn out that some of those "in need" might really be helping you.  *\* This information is from June's issue of "Health and Spirituality." You can reach them at* [*www.SpiritualityHealth.com*](http://www.SpiritualityHealth.com) *or (212) 602-0705*  **spacer** | | |  |  |  | | --- | | Bulletin Insert: June 2003  http://www.valleyparishnurseministry.org/images/colorrule.jpg  Tips On How To Make Healthier Meals\* Begin by choosing foods low in saturated fat, low in sodium and low in calories:   * Try fat free (skim) milk or low fat (1%) milk * Only buy cheese marked "low fat" or "fat free" on the package * Choose to eat fruits and vegetables without butter or sauce * Serve rice, beans, cereals, pasta, whole grains (e.g., couscous, barley, bulgar, etc.) * Choose lean cuts of meat, fish and skinless turkey and chicken * When available, buy low or reduced sodium or no salt added versions of food   Use these recipe substitutions:   * Use two egg whites for each whole egg * Use margarine instead of butter * use light mayonnaise instead of the regular variety * Use nonfat yogurt instead or sour cream * Use low fat cheese instead of regular cheese * Use 1% milk or skim milk instead of whole milk * Use fresh poultry, fish and lean meat rather than canned or processed types   Try these meal tips:   * Make a meatloaf with lean ground turkey * Make tacos with skinless chicken breast * Cool soups and gravies and skim off fat before reheating them * Try adding salsa on baked potato instead of butter * Make a spicy baked fish - season with green pepper, onion, garlic, oregano, lemon or cilantro * Eat fruit for dessert, instead of pie or cake   *\*Information from the National Heart Lung and Blood Institute website,* [*www.nhlbi.nih.gov*](http://www.nhlbi.nih.gov)  spacer | | A Word About Fats\* Fats - *especially saturated fat* - affect the health of your heart and blood vessels. There are various types of fat. Saturated fat is often found in foods from animals. This includes fatty meats, the skin of poultry and whole milk dairy products such as butter, cheese, cream and ice cream. It also is in coconut, palm kernel and palm oils. These oils are found mostly in processed foods such as baked goods, snack foods and crackers. If you use saturated fat, keep the amount small.  Instead of saturated fat:   * Try soft or liquid margarine * Try oils such as canola, safflower and olive   However, all kinds of fats have the same amount of calories and need to be limited to help you lose weight.  *\*Information from the National Heart Lung and Blood Institue website,* [*www.nhlbi.nih.gov*](http://www.nhlbi.nih.gov)  spacer | | Heart-Healthy Home Cooking African American Style\* Prepare your favorite African American dishes in ways that protect you and your family from heart disease and stroke. These 20 tested recipes will show you how to cut back on saturated fat, cholesterol, salt and sodium and still have great-tasting food. Delicious foods from spicy southern barbecued chicken to sweet potato pie are included. 28 pages. NIH Publication No. 97-3792 Price: $3.00   |  |  | | --- | --- | | You may obtain the document in the following ways: | | | View or Order Online: | [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) | | Phone: | NHLBI Health Information Center,  301-592-8573 or 240-629-3255 (TTY). Have your credit card available. | | Mail: | NHLBI Health Information Center P.O. Box 30105 Bethesda, MD 20824-010 | |   *\*Information from the National Heart Lung and Blood Institute website,* [*www.nhlbi.nih.gov*](http://www.nhlbi.nih.gov)  spacer | | Generation O: The Problem of Obesity in Our Kids Did You Know? An alarming number of our children are overweight - 5.3 million or 12.5 percent of Americans between 6 and 17. At least one child in eight is overweight (Nutritional Research Newsletter).  Over the last 12 decades, this number has increased by more than 50 percent and the number of extremely overweight children has nearly doubled (Arch Pediatric Adolescent Med. 1995: 149: 1085-91).  Obesity in childhood can lead to the development of a host of medical problems including artherosclerosis, hypertension, respiratory infections and sleep apnea (NRN).  The prevalence of childhood obesity is increasing rapidly worldwide. In the United States, the 85th and 95th percentiles of Body Mass Index (BMI) for age and sex based data have been recommended as cut off points to identify overweight and obesity (British Medical Journal). *To know if your child is overweight it is best to check with your doctor.*  Children whose parents or brothers or sisters are overweight may be at an increased risk of becoming overweight themselves (National Institute of Health).  Although children have fewer weight related health problems than adults, overweight children are at high risk of becoming overweight adolescents and adults (NIH).  The number of children diagnosed with hypertension and Type II diabetes is increasing. Formerly, these diagnosises were rare in children.  spacer | | How Can I Help My Overweight Child\*? Be supportive Help them to know that you accept them whatever their weight. Children's feelings about themselves are often based on their parents' feeling about them. Talk to your children about their weight. Allow them to share their concerns.  Focus on family  Gradually change your family's physical activity and eating habits. Family involvement helps everyone and doesn't single out the child.  Increase physical activity The average child spent about 24 hours each week watching TV that could be spent in some sort of physical activity. Be a role model. Be active and have fun. Plan walking, dancing, swimming or biking instead of watching a TV show.  Be sensitive to their needs Find activities that they enjoy and that aren't embarrassing or too difficult. Reduce the time you and your family spend on sedentary activities. Become more active throughout your day. Walk up the stairs or breakup schoolwork with a stretch or a walk.  Teach your family healthy eating habits Offer your whole family a wide variety of foods from each of the food groups. The Food Guide Pyramid applies to healthy people ages 2 years and older.  Help them to develop good attitudes about eating habits Don't place them on a restrictive diet unless supervised by a doctor or a nutritionist. Limiting what children eat may be harmful to their health and interfere with their growth and development.  Realize the children become overweight for a variety of reasons Common causes are genetic, lack of physical activity, unhealthy eating habits or a combination of these. In rare cases a medical problem such as an endocrine disorder can be the cause. Your doctor can check to rule this out.  *\*Information Condensed from American Diabetes Association.* |   **Bulletin Insert July 2003**  **Special Parents' Edition**  **5 Keys to Developing Your Child's Talents, Abilities and Interests**  **Excerpted from the book, "Raising Great Kids" by Henry Cloud and John Townsend**  **1. Make sure your children's interests are theirs not yours.**  **Their drive to be separate will overshadow their drive to succeed and they may quit something that they are good at just to get separate form you.**  **2. Support your children in what they do choose.**  **Encourage, but don't get too caught up in the results, just the process. Whether they win is not as important as what they are learning along the way.**  **3. Require your children to stick it out, especially if you're paying for it.**  **Sometimes, if a child has a history of being responsible, it's okay for him to quit something new if he discovers he really doesn't like it after trying it for a while.**  **4. Expose your children to a lot of choices, and to an extent, help in creating opportunities if you can.**  **We don't believe in paying for everything for a teen. But sometimes, for a teen who is paying his part, you might help out just to get him the exposure along the way.**  **5. Share activities with your children.This gets them involved in watching how you handle hobbies and fun as well as new skills. Learn to ski together or roller blade or bicycle. It is fun and a good bonding experience as well as a chance to model the process.**  **If you'd like more information about "365 Ways to Connect With Your Kids" or "Raising Great Kids" materials, call 1-800-NEW-LIFE or visit their web site at www.newlife.com.**  **10 of the Worst Children's Foods\***  **Soda pop**  **Whole milk (use skim or 1% milk instead)**  **Hamburgers**  **American cheese**  **Hot dogs**  **French fries and tater tots**  **Ice cream**  **Pizza loaded with cheese and meat**  **Bologna**  **Chocolate bars**  **\*information from www.5aday.com**  **10 of the Best Children's Foods\***  **Fresh fruits and vegetables: (carrot sticks, cantaloupe, oranges, watermelon, strawberries…)**  **Chicken breast and drumstick without skin or breading**  **Cheerios, Wheaties or other whole grain, low-sugar cereals**  **Skim or 1% milk**  **Extra-lean ground beef**  **Vegetarian burgers (Gardenburgers or Green Giant Harvest Burgers)**  **Low-fat hot dogs (Yves Veggie Cuisine Fat-Free Wieners or Lightlife Fat-Free Smart Dogs)**  **Nonfat ice cream or frozen yogurt**  **Fat-free corn chips or potato chips**  **Seasoned air popped pop corn**  **Whole wheat crackers or Small World Animal Crackers**  **\*information from www.5aday.com**  **Kids Only!**  **Learn how you can have a rainbow on your plate every day!**  **Visit: www.5aday.com/html/kids/kids\_home.php**  **Special Kid's Page**  **What is Dehydration?**  **Dehydration happens when your body loses more fluids (like sweat or urine) than it takes in. Our bodies need enough fluid to work properly. We lose water and some minerals (like salt) from our bodies every day in many ways.**  **This happens through:**  **sweating**  **going to the bathroom**  **even through breathing**  **We usually replace the water we lose through drinking and through the foods we eat. If we lose too much water at one time (without replacing it), it can be dangerous.**  **Even kids can get dehydrated!**  **Look for These Possible Clues**  **You have been sweating a lot or playing in hot weather.**  **You are thirsty.**  **You might feel very tired, even if you're not playing hard and you've been getting enough sleep.**  **You may be only using the bathroom once or twice a day instead of five or six times a day.**  **You forgot to stop, take a drink, rest or cool down.**  **You get dizzy, weak or feel like you have to throw up.**  **This may be "heat illness" and it can happen when you're dehydrated.**  **Make sure you tell an adult how you are feeling, go somewhere cool and rest while you drink!**  **Thirst-Quenching Tips: Let's see what you know about water!**  **Question**  **1. How many glasses of water should you drink in a day?**  **2. Why should you drink water, juice or sports drinks often when you're playing?**  **3. It is a good idea to carry a water bottle with you on your bike or in your backpack.**  **True or False**  **4. You should drink water even if you're not very thirsty.**  **True or False**  **5. You should drink before you go out to play or exercise.**  **True or False**  **6. It is healthy to have caffeine (like iced tea or soda, especially colas) when you're exercising.**  **True or False**  **Correct Answers**    **1. How many glasses of water should you drink in a day?**  **A. 8 glasses, if drinking eight glasses sounds like too much water, try getting some of your water supply from foods like grapes, watermelon, oranges, cantaloupe, lettuce, cucumbers and celery.**    **2. Why Should you drink water, juice or sports drinks often when you're playing?**  **A. To avoid dehydration**  **3. It is a good idea to carry a water bottle with you on your bike or in your backpack.**  **A. True**  **4. You should drink water even if you're not very thirsty.**  **A. True**    **5.You should drink before you go out to play or exercise.**  **A. True**  **6. It is healthy to have caffeine (like iced tea or soda, especially colas) when you're exercising.**  **A. False. They can actually make you lose more fluids because they make you urinate (pee) more.**    **Other Hot Weather Tips:**  **It's healthy to take plenty of breaks to rest in the shade or in air conditioning. You could also take a bath to cool off, but you still need to remember to drink you water.**  **Don't drink too fast - this can cause an upset stomach.**  **A good rule is to listen to your body!** |