



THE HEALING PLACE

Health Ministry Team

"wholeness of body, mind and spirit"

Spiritual Leaders

Father Vicente Teneza
Father Felipe Paraguaya

Chair

Clara Heimericks, RN

Members

Grace Bati, RN
Paz Cajucom, RN
Dana Dinh, RN
Carmela Encina, RN
Romy Encina, RN
Norv Latreille
Patti Morrow, RN
Hank Morrow, RN
Lottie Munsayac, RN
Judy Niedzwiedz
Monica Parker, LVN
Ramona Parks, RN
Bernie Silla, RN
Rhonda Vrchoticky, RN

Regular Meetings

Third Thursday, 7pm
Rectory Office
Conference Room

Membership

You need not be a medical professional. If you are interested in the Health Ministry please call Clara Heimericks at 689-3932 or the rectory at 381-5200.

LET'S EAT FOR THE HEALTH OF IT!

Let's face it! Americans *love* to eat. And, as with many things we do, we do it well – **too well** in fact. About one-third of all American adults are grossly overweight.

Why We Eat

For human beings, eating has never been a simple matter. To a frog snagging a fly or a pelican nabbing a fish, food is fuel and nothing more. To a human, the ritual of eating – the act of pulling up a chair, of passing dishes around and helping serve each other – is one of the most primal of shared activities.

We eat together when we celebrate, and we eat together when we grieve; we eat together when a loved one is preparing to leave, and we eat together when the loved one returns. We solve our problems over food, conduct our business over the executive lunch table, entertain guests over cake and cookies at the coffee table.

Why We Over Eat

We turn too much to food for solace and celebration, and we do it with less and less reference to traditions or even formal mealtimes – to the detriment of our health.

There are a lot of reasons for America's overweight epidemic – oversize portions, over-processed foods, too little exercise. But nutritionists and anthropologists agree that the death of the official mealtime may play the biggest role.

By the time children go to middle school many families have basically stopped eating together. Solitary eating can be uncontrolled eating – snacks, sweets and meals behind the wheel, on the couch, or in front of the TV or computer screen.

So, let's do our part to build healthy meals for our families, to serve as a healthy role model for our children, and to do our part to just *eat for the health of it!*

Build a Healthy Plate

Remember the old U.S.D.A. "food pyramid" we learned about in school?

What was that all about? We don't pile our food up in pyramids – how was that graphic supposed to help us? Well, the U.S.D.A. has changed their ways to help us visualize what good nutrition should look like!

Here's the new graphic:



Wow, this can be really useful in helping us to build a healthy meal!

Let's see what we can do with this.

Make Half Your Plate Veggies And Fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange and dark-green vegetables such as tomatoes, carrots, sweet potatoes, spinach and broccoli.

Add Lean Protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week make seafood the protein on your plate.

Include Whole Grains

Aim to make at least half your grains whole grains. Look for the words, "100% whole grain" or "100% whole wheat" on the food

label. Whole grains provide more nutrients, like fiber, than refined grains.

Don't Forget the Dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

Don't drink milk? Try soymilk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.

Avoid Extra Fat

Using heavy gravies, sauces or creams will add fat and calories to otherwise healthy choices. Choose your drinks carefully – *a can of soda has the equivalent of 10 packets of sugar in it!* Choose unsweetened fruit juice or plain old-fashioned water instead.

Reduce the Salt and Sodium

We have a taste for salt, but salt plays a role in high blood pressure. Everyone, including children, should reduce their sodium intake to less than 2,300 milligrams of sodium a day – that's about 1 teaspoon of salt. (Adults over 50, African Americans of any age, and anyone with high blood pressure, diabetes, or chronic kidney disease should reduce their intake to 1,500 mg a day or less.) Most of the sodium in our food isn't what we add at the table but comes from processed foods; canned foods, deli meats, bacon, sausage, hot dogs, ready-to-eat foods like canned chili, ravioli and soups, and frozen dinners.

And plan on having your blood pressure checked regularly at the Health Ministry FREE Blood

Pressure Screening Clinics held in the parish hall the first Sunday of the month from 8:30 a.m. to 12:30 p.m.

Satisfy Your Sweet Tooth In A Healthy Way

Indulge in a naturally sweet dessert – fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, try baked apples and top with cinnamon.

Take Your Time—Have Faith!

Incorporate your meals into family time. Gather around the table. A good way to start the meal is by saying grace – thanking God for your family and your food – and remembering those in the world who are not so blessed—who may be alone and hungry. Savor your food. Eat slowly, enjoy the taste and textures and pay attention to how you feel. Focus on each other at the table. Talk about fun and happy things. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.

Be A Healthy Role Model For Your Children.

Go food shopping together. Use shopping as a “teachable moment” to teach your child about food and nutrition as well as math.

Discuss where vegetables, fruits, grains, dairy, and protein foods come from.

Offer the same foods for everyone. Don't be a “short-order cook” by making different dishes to please children. It's easier to plan family meals when everyone eats the same

foods. Reward children with attention, not food. Show your love with hugs and kisses.

Encourage physical activity for the whole family

Walk, run, and play with your child. Look for toys that promote physical fitness and play. Make active toys a part of your family's holiday and birthday celebrations. Sometimes a new game or toy is just the push a child needs to really get active.

Remember To Eat For The Health Of It!

So, let's see if we can improve our nutrition as well as our family time by bringing back the family meal.

- Build a healthy plate,
- Thank God for your family, food, and health, and
- *Remember to Eat For The Health of It!*

Upcoming Health Ministry Events and Activities:

- ▶ **Blood Pressure Screening Clinic in parish hall**
8:30 a.m.—12:30 p.m. FREE
–Aug 7, 2011
–No Sept clinic [Labor Day]
–Oct 2, 2011
–Nov 6, 2011
- ▶ **Flu Shot Clinic**
–Sat & Sun, Nov 5-6, 2011
watch bulletin for more info
- ▶ **Fall Festival**
–Sept 16—18, 2011

Resources: U.S.D.A. and F.D.A.