

## Wishing You a Healthy H-A-P-P-Y N-E-W Y-E-A-R!

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### H-health

"The first wealth is health." (Source: Ralph Waldo Emerson)

Make health a priority this year. Read on for more ideas—health should be more than the absence of disease.

### A-ttitude

"Health and cheerfulness naturally beget each other." (Source: Joseph Addison)

A positive attitude may not cure a disease. However, thinking positive can help you deal with misfortune, make the most of your current situation and enjoy life more.

### P-hysical activity

"A man's health can be judged by which he takes two at a time—pills or stairs." (Source: Joan Welsh)

The U.S. Department of Health and Human Services 2008 Physical Activity Guidelines for Americans recommends for adults: "Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity. Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial." For more information and for guidelines for children, check: <http://www.health.gov/paguidelines/guidelines/default.aspx>

### P-eople

"Love cures people—both the ones who give it and the ones who receive it..." (Source: Dr. Karl Menninger)

Numerous studies indicate social networks, whether formal (such as a church or social club) or informal (such as meeting with friends), make people less vulnerable to ill health and premature death. Be wary, however, of social support that drains you through people being too demanding or encouraging you to engage in harmful behaviors.

### Y-our body

"Take care of your body. It's the only place you have to live." (Source: Jim Rohn)

Schedule physical checkups as needed: eyes, teeth, mammogram, colonoscopy, general physical, etc.

### N-O!

"Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough." (Source: Josh Billings)

Rather than adding "take a time management class" to your "to do" list, consider starting a "don't do" list. You may discover doing LESS can bring MORE enjoyment to your life. Especially if doing less allows you to spend time doing more to contribute to your health and happiness and that of your family and friends!

### E-at healthy

"Rich, fatty foods are like destiny: they too, shape our ends." (Source: Author Unknown)

MyPyramid.gov recommends: "To move to a healthier weight, you need to make smart choices from every food group. Smart choices are the foods with the lowest amounts of solid fats or added sugars: for example, fat-free (skim) milk instead of whole milk and unsweetened rather than sweetened applesauce. Also, consider how the food was prepared. For example, choose skinless baked chicken instead of fried chicken and choose fresh fruit instead of a fruit pastry." For more information on planning healthy menus, visit [www.mypyramid.gov](http://www.mypyramid.gov)

### W-aist size

"Your stomach shouldn't be a waist basket." (Source: Author Unknown)

Your waistline may be telling you that you have a higher risk of developing obesity-related conditions, according to the Centers for Disease Control and Prevention (CDC), if you are:

- A man whose waist circumference is more than 40 inches
- A non-pregnant woman whose waist circumference is more than 35 inches

Excessive abdominal fat places you at greater risk for developing obesity-related conditions, such as Type 2 Diabetes, high blood cholesterol, high triglycerides, high blood pressure and coronary artery disease. Consult with your health care provider to develop a plan for losing weight.

Here's how to measure your weight, according to

CDC: To measure your waist size (circumference), place a tape measure around your bare abdomen just above your hip bone. Be sure the tape is snug, but does not compress your skin, and is parallel to the floor. Relax, exhale, and measure your waist.

### Y-our hands

Keeping hands clean is one of the most important ways to prevent the spread of infection and illness." (Source: Centers for Disease Control and Prevention).

Here's how to wash your hands from the CDC:

When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water, if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15–20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

### E-nough sleep

"A good laugh and a long sleep are the best cures in the doctor's book." (Source: Irish Proverb).

According to the 2008 "Sleep in America" poll by the National Sleep Foundation (NSF), "Working too much and sleeping too little takes a serious

toll on people's professional and personal lives." Some of the findings of the poll included:

- 29 percent of those polled fell asleep or became very sleepy at work in the past month;
- 36 percent have nodded off or fallen asleep while driving;
- 14 percent missed family events, work functions and leisure activities the past month due to sleepiness.

Cutting back on other activities rather than cutting back on sleep may be more effective in enhancing the quality of your life.

### A-void portion distortion

"Never eat more than you can lift." (Source: Miss Piggy, muppet character)

Rather than worry so much about "what" you eat, consider "how much" you eat. Downsize your portion sizes. Serve food on smaller plates. Eat from plates and bowls rather than packages and bags, so you see how much you're eating.

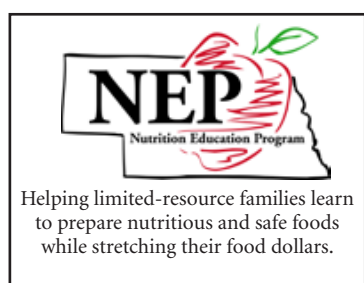
### R-eading materials

"Be careful about reading health books. You may die of a misprint." (Source: Mark Twain)

Consider the source before starting a new drastic diet or exercise plan. Beware of plans that:

- Promise quick, dramatic results.
- Charge large fees for consultations, equipment, supplements, etc.
- Rely solely on testimonials and statements from "professionals" with unusual-sounding degrees.

## \$tretch Your Food Dollar with Dried Beans



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Nutritious, delicious, affordable, healthful, and long shelf life are among the many benefits associated with dried beans. Despite the fact that cooking dried beans takes more time than opening a can, you will be rewarded for your efforts by the flavor and texture of freshly cooked beans. The New Dietary Guidelines recommendation is to consume three cups of legumes within a 2,000-calorie diet each week in order to obtain the most nutrients that are available from beans.

Beans are an excellent source of protein and iron, rich in antioxidants and fiber and contain many other valuable nutrients such as vitamin B, calcium, potassium and folate. They also are low in saturated fat and have no cholesterol. All these factors contribute to reducing the risk of health

problems such as diabetes, heart disease, cancer and other chronic diseases.

Intestinal gas production, incomplete protein and unfamiliarity with beans are the main factors that lead people to avoid the consumption of dried beans.

### Intestinal Gas Production

Our body is missing an enzyme required to break down complex carbohydrates found in beans. The bacteria in our lower intestinal tract break down these carbohydrates, giving off hydrogen and carbon dioxide which forms the intestinal gas. Avoiding this problem is very easy. Soak beans for at least eight hours, replacing the water every few hours; then cook them slowly. Spices like cumin may help reduce gas formation.

### Incomplete Protein

Beans are lacking one of the essential amino acids needed from food to build protein in our body. However, this should not be a problem since the missing essential amino acid is usually found in grain group foods including rice, bread, cereal and others which are typically eaten with a meal.








### Soaking Beans

Traditional slow soak: in a stockpot, cover 1 pound dried beans with 10 cups water. Cover and refrigerate 6–8 hours or overnight. Replace the water every few hours to avoid gas formation. Drain and rinse the beans.

Quick soak: in a stockpot, bring 10 cups water to a boil. Add 1 pound dried beans and return to a boil; let boil 2–3 minutes. Cover and set aside at room temperature 1 hour. Drain and rinse the beans.

### Cooking beans

1. Return the soaked, rinsed beans to the stockpot. Cover the beans with three times their volume of water. Add herbs or spices (not salt), as desired.
2. Bring to a boil; reduce the heat and simmer gently, uncovered, stirring occasionally, until tender (the time will depend on the type of bean—see chart at right.)
3. When the beans are tender, drain and use in recipes; or for later use, immerse them in cold water until cool, then drain well and freeze in 1 to 2 cup packages.

	DRIED BEANS (1 CUP)	COOKING TIME	CUPS YIELDED	BEST USE
	Red kidney bean	1-1/2 – 2 hours	2-1/4	Chili, soup, and salad
	Black bean	1 – 1-1/2 hours	2	Salsa, salad, soups and stews
	Great Northern beans	45 – 60 minutes	2-2/3	Stews, soups, and cassoulet
	Garbanzo or chickpeas	1-1/2 hours	2	Soups, salad and dips like hummus
	Pinto bean	1-1/2 – 2 hours	2-2/3	Burrito, tacos
	Black eye peas	45 – 60 minutes	2	Stews, soups and salad
	Large Lima beans	45 – 60 minutes	2	Salads, stews and chili