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## SPECIAL POINTS OF INTEREST:

- **Healthy eating**
- **Saving energy costs**
- **Organic food**
- **Seven simple steps to improve your life**

## Eat Right With Color

March is National Nutrition Month®! This month the American Dietetic Association promotes optimal nutrition to help you make informed choices about food.

Eat Right With Color means that you should include a colorful variety of fruits, veggies, whole grains, low fat proteins and dairy on your plates every day in order to eat healthy!

### A Healthy Eating Plan

Everyone of us has seen the food pyramid before. But what stood atop again? And what was at the bottom?

The main things to remember are that in order to eat healthy you should focus on

fruits (ca. 2 cups per day), veggies (ca. 2½ cups per day), whole grains (ca. 3 ounces per day) and fat-free or low-fat milk and milk products (ca. 3 cups per day).

National Nutrition Month® 2011



March is National Nutrition Month®

You should also include low fat meats, chicken and turkey, fish, beans, eggs, and nuts. Occasionally replace the meat with a variety of seafood.

Then, make sure your food is low in saturated fats, trans fats,

cholesterol, salt (sodium), and added sugars. Take a look at the Nutrition Facts label on the back of the package to find out about these.

Suggestions for healthy foods in your daily routine are:

- Use veggies as pizza topping: Try spinach, green peppers, tomatoes, and mushrooms.
- Prepare oatmeal with low-fat milk. Top with dried cranberries and almonds.
- Add fresh fruit to your morning oatmeal, cereal, yogurt, or toaster waffle.

**Read more on healthy snacks for kids and physical activity on page 2.**

## How to Save Energy Costs

Nowadays, none of us can afford to throw money out the window. So why do we?

According to the U.S. Department of Energy (DOE), the typical U.S. family spends about \$1,900 a year on utilities – and a lot of it could be avoided.

By saving energy in your own home and in your car, you not only save on your utility bills.



You also contribute to saving the environment, because you reduce CO<sub>2</sub> emissions—those are the gases responsible for global warming.

**Read tips to save energy costs on page 2.**

# Eat Right With Color, continued



There are tricks to make picky eaters like healthy food.

## Healthy Snacks for Kids

Feeding your child healthy and nutritious food can be a challenge—especially when your little one is a picky eater.

Try these recipes for healthy snacks to help your child develop healthy eating habits early in life:

- Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
- Make snack kabobs. Put

cubes of low-fat cheese and grapes on pretzel sticks.

- Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.

## Don't Forget Physical Activity

Regular physical activity is important for your overall health. It helps control your body weight, reduces the risk of chronic diseases, and just

makes you feel great! Experts recommend you should be physically active for at least 30 minutes most days of the week – for children and teenagers the time increases to 60 minutes every day.



According to the U.S. Department of Energy, the typical U.S. family spends about \$1,900 on utilities a year .



Compact fluorescent light bulbs can save you 50-70% of the energy of a regular bulb.

# Save Energy Costs, continued

On their website, Appalachian Power suggests several easy and low cost ways to be more energy efficient. These are the top tips:

## Not using it? Unplug it!

Some electronics, like televisions, stereos, computers and kitchen appliances continue to draw power when they are off, but still plugged in.

The same goes for the AC adapter of your laptop and the charger of your mobile phone: They draw power all the time, even when the laptop or the phone is not charging.

## Laundry and Dishes

Wash full loads of laundry in cold water and let clothes dry on a rack. Since dishwashers use most energy for heating water, lower it's temperature (120°F). And, avoid using the "rinse hold" - let your dishes air-dry.

## Let There be Light!

Use energy efficient compact fluorescent light bulbs (CFLs) with that cool curly shape. They save more than 50 to 75 % of the energy of a regular bulb and last about 6 to 12 times longer. That way each bulb can save you about \$30, or more, in electricity costs over its lifetime.

The ENERGY STAR label helps you pick energy efficient appliances.



## Driving and Car Maintenance

Avoid aggressive driving (speeding, rapid acceleration, and hard braking) and driving above 60 mph – both make your gas mileage drop quickly. Also, make sure to replace

clogged air filters as this can improve your gas mileage by as much as 10% and protects your engine.

## The ENERGY STAR

In the long run, you can save a lot of money when buying new appliances like a refrigerator or dishwasher with the ENERGY STAR label. These products meet strict efficiency guidelines set by the U.S. Department of Energy and the Environmental Protection Agency. They might be a little more expensive to buy in the first place, but they pay off after a few years, because they have much lower operating costs than regular appliances.

As you can see, with only a few changes you can make a real impact – both by saving money and by reducing greenhouse gas emissions.

# Is Organic Food Worth the Extra Money?



So, you're trying to eat healthy. You know you should choose fruits, veggies, whole grains, and low fat protein. But have you ever asked yourself "Should I really pay double to get the organic bananas?"

To answer that question, a few things need to be considered. Here are some facts to help you decide if you should buy organic.

## Conventional vs. Organic

First of all, it is important to know that the U. S. Department of Agriculture (USDA) has implemented national standards for the use of the word *organic*.

Unlike a few years ago, you can now be sure that when a product shows the USDA's organic label, it was produced without antibiotics, hormones, pesticides, irradiation or bioengineering. Also, organic farmers have to apply certain methods that conserve soil and

water and have to adhere to rules about the humane treatment of animals.

## What Do the Labels Mean?

**100% Organic:** The product must contain 100% organic ingredients.

**Organic:** At least 95% of the foods ingredients are organically produced.

**Made with organic ingredients:** At least 70% of ingredients are organic.

## Buy Organic or Not ?

These are the factors to be considered:

**Nutrition:** There is no evidence that it is more nutritious or safer than conventionally grown food.

**Quality and appearance:** Organic and regular foods meet the same quality and safety standards, but organic food might spoil faster and look less than perfect.

**Pesticides:** By buying organics food, people want to avoid taking in pesticides.

**Environment:** Organic farming reduces pollution and saves water and soil.

**Cost:** Organic farming practices, tighter government regulations, and

lower crop yields, make organic food more expensive.

## Must-buy Organic Foods

The USDA found that even after washing, some fruits and vegetables carry more pesticide residue than others. That's why researchers at the Environmental Working Group, a nonprofit organization in Washington, D.C., have developed the *Dirty Dozen*. These products tend to contain a high level of pesticide residue and should therefore be bought organic. By choosing items from the Clean 15 list, you can reduce your intake of pesticides.



Only products certified 95% or more organic display this USDA label.

**EWG'S SHOPPER'S GUIDE TO PESTICIDES™**

<b>DIRTY DOZEN™</b> <i>Buy These Organic</i>		<b>CLEAN 15™</b> <i>Lowest in Pesticides</i>	
<b>WORST</b>	1 Celery	<b>BEST</b>	1 Onions
	2 Peaches		2 Avocado
	3 Strawberries		3 Sweet Corn
	4 Apples		4 Pineapple
	5 Blueberries		5 Mangos
	6 Nectarines		6 Sweet Peas
	7 Bell Peppers		7 Asparagus
	8 Spinach		8 Kiwi
	9 Cherries		9 Cabbage
	10 Kale/Collard Greens		10 Eggplant
	11 Potatoes		11 Cantaloupe
	12 Grapes (Imported)		12 Watermelon
	13 Grapefruit		
	14 Sweet Potato		
	15 Honeydew Melon		

ENVIRONMENTAL WORKING GROUP  
[www.foodnews.org](http://www.foodnews.org)

**Cut out this guide and keep it in your wallet!**

## My Life Check™

It's March 2011. Three months into the year have passed and the question is: Do you still stick with your New Year's resolution? If the answer is *No*, rest assured that it

does not have to be New Years Day to make a resolution to change your life. All you need is a goal, a plan, and the desire to live better. This is why the American Heart

Association (AHA) created *My Life Check and the Simple Seven*.

**Read more about how you can improve your health on page 4.**



## Free Clinic of the NRV

NRV Free Clinic  
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Christiansburg, VA  
24073  
Phone: 540-381-0820  
Fax: 540-382-3391

It's hard to find a job that offers insurance these days. And insurance is expensive if you have to pay for it yourself—too expensive for a lot of families in our area. Still, no one can afford to be without health care, and that's why we're here.

The Free Clinic is a medical facility for adult residents of the New River Valley who are uninsured and are low-income. Our program provides medical, dental and mental health care as well as pharmacy services to eligible patients living in Montgomery, Floyd, Pulaski, and Giles counties and the City of Radford.

Our health care services are provided by more than 450 physicians, nurse practitioners, nurses, specialists, dentists and local citizens who volunteer their time at the Free Clinic. We coordinate our services through relationships with the area hospitals, pharmacies, physician specialty offices and outpatient facilities.

**Working to Build a Healthier Community**



# My Life Check™, continued

It's a tool for you to find out where you stand regarding good health by looking at seven steps all of us need to make to live healthy. That way you can stop heart disease before it even starts.

## Life's Simple Seven

According to the AHA, the seven key factors that influence your health score are: manage blood pressure, control cholesterol, reduce blood sugar, stop smoking, lose weight, get active, and eat better. On their website, the AHA describes in detail what they are, why they matter, and gives guidelines on what you can do to live healthier.

## Life's Simple 7™



### My Life Check

In order to find out how you are doing with each of the Simple Seven, take the assessment on [www.mylifecheck.org](http://www.mylifecheck.org). It only takes a few minutes! At the end you will be provided with your personal heart score and your own customized plan to improve your lifestyle and health outlooks. This plan includes recommendations in each of the seven areas.

Your last step is a promise: A

resolution to make healthy positive changes to your life.

### New National Goal

The American Heart Association has a new national goal: By 2020, to improve the cardiovascular health of all Americans by 20 % while reducing deaths from cardiovascular diseases and stroke by 20 %.

