



Healthy Views and News

The newsletter dedicated to living healthy, wellness tips, pharmaceutical advice, and special savings on health-related products.

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It's Time to put your Health Under your Control

The start of each new year brings thoughts of resolution and redemption to each and every one of us. 2009 will be no different. The big picture promises public debate on general healthcare issues; but in the meantime we still have our own personal resolutions to make and hold.

While we fret about the most complex and controversial aspects of healthcare, a huge part is preventive maintenance. Don't forget to do the basic things that will definitely help your overall health prognosis.

> Stop smoking

It will be the very best thing you will ever do for your health. If you fail this time, keep on trying!

> Get some exercise

Even a little is very helpful. Take a 15 minute walk . . . take the stairs . . . it will do a lot of good.

> Eat sensibly

If you can't be perfect, do as well as you can. Don't give up on good eating habits because it seems too difficult.

> Learn to take your own blood pressure

Write it down and bring the list to your doctor. This is the best way to monitor correct treatment for this very controllable disease.

> If you're overweight, trim a little off

At least don't gain. Weight loss is hard; but the benefits to your health and how well you feel are definitely worth the effort.

> Work on balance

Be involved without being overly stressed; and leave time for relaxation. Both are really important for people with medical conditions.

> Take an aspirin a day

Unless your physician directs you otherwise, taking aspirin is an easy and inexpensive way to prevent heart attacks and strokes.

> Find a doctor you like

Your healthcare is your responsibility, and it's your job to find physicians you can relate to, understand and trust.

> Get and maintain health insurance

Let's be realistic - this is an increasingly important part of your healthcare. Always be careful to maintain it.

> Be skeptical about information sources

There is a lot of incomplete, inaccurate, or simply wrong information available about healthcare. Questions? Always ask your doctor.

> If you're a woman past your menopause, consider replacement hormones

Let's be realistic - this is an increasingly important part of your healthcare. Ask your doctor what's best for you and follow his or her suggestions.





The Live Better! Health Quiz

Let's face it, we're all getting older. But we're also getting smarter. In fact, educated people are living longer and staying healthy well into their seventies and eighties.

According to sciencedaily.com, new findings from Harvard Medical School and Harvard University demonstrate that individuals with more than 12 years of education have significantly longer life expectancies than those who never went beyond high school.

It comes down to learning the facts and adjusting your lifestyle to include more healthy activities, a healthier diet, and consistent preventive care for you and your children. How smart are you health-wise? Take a simple quiz and find out.

Be even smarter and enter the **Live Better!** Health Quiz Contest for your chance to win one of four \$25.00 gift cards to your local Great Atlantic & Pacific Tea Company supermarket. The entry form may be found on the next page.

1. Which has the most calories?

- A. One glazed donut
- B. Four donut holes
- C. Reduced fat muffin
- D. Raisin bran muffin

2. What is the maximum amount of acetaminophen, the active ingredient found in Tylenol®, an adult can take in a 24 hour period?

- A. 500 mg
- B. 1,200 mg
- C. 4,000 mg
- D. You can take as much as you want

3. How many servings of fruits and vegetables are recommended to have everyday?

- A. Ten
- B. Five or more
- C. At least six
- D. Zero

4. How much fiber do I need in a day?

- A. 5-10g
- B. 10-20g
- C. 25-30g
- D. I don't need fiber every day

5. Which has more fiber?

- A. One medium apple
- B. Two slices of whole wheat bread
- C. One medium baked potato with skin
- D. One cup of cooked black beans

6. What is considered a normal blood pressure reading for an adult?

- A. <130/85
- B. <140/90
- C. <120/80
- D. <150/95

7. Put in order the foods with the highest to lowest amounts of sodium.

- A. One cup of seasoned bread crumbs
- B. One cup of low fat 1% cottage cheese
- C. Ten salted pretzels, 60 g
- D. One tsp of table salt

8. The health benefits of physical activity include:

- A. Prevention of weight gain
- B. Improved cardio-respiratory and muscular fitness
- C. Prevention of falls
- D. Reduced depression
- E. All of the above

9. What is the maximum daily recommended percentage of calories from fat?

- A. 10%
- B. 20%
- C. 30%
- D. 40%

10. It is estimated that what percentage of colorectal cancer deaths could be prevented if everyone aged 50 years or older were screened regularly?

- A. 10%
- B. 25%
- C. 50%
- D. 60%

Live Better! Health Quiz Answers

1. D. The raisin bran muffin! It has almost 500 calories (480 to be exact). The glazed donut has the least at 230 calories. Most people would guess that a raisin bran muffin would be a healthy choice given it has raisins and bran, but it also has a lot of fat! Some bakery muffins have 20g of fat - one-third of all the fat we need in a day!

2. C. A maximum adult dosage of acetaminophen in a 24 hour period is 4,000mg. Acetaminophen is a pain reliever and a fever reducer. Excess amounts of acetaminophen can cause liver damage.

3. B. Most healthy American adults should eat at least five servings per day of fruits and vegetables, but more is better. Try to have a variety everyday.

4. C. It is recommended that most healthy adults consume 25-30g of fiber every day. Fiber is important to help keep us regular, prevent obesity, lower cholesterol and control blood pressure.

5. D. Black beans: 15 grams; Baked potato with skin: 4 grams; Whole wheat bread: 4 grams; Apple: 4 grams. If you ate all of those foods in one day, you would consume 27 grams of fiber and meet the minimum recommendations.

Continued on next page



Turkey Meatloaf

1 pound lean ground turkey
1/2 cup regular oats, dry
1 large egg, whole
1 Tbsp onion, dehydrated flakes
1/4 cup ketchup*

1. Combine all ingredients and mix well.
2. Bake in a loaf pan at 350°F for 25 minutes or to an internal temperature of 165°F.
3. Remove from oven and allow to cool for 5 min. before slicing.
4. Cut into five slices and serve.

* To reduce sodium, use low-sodium ketchup. New sodium content for each serving is 74 mg.

Makes 5 servings
Serving Size: 1 slice (3 oz)

Per Serving:

Calories: 191, Total Fat: 7g, Saturated Fat: 2g, Cholesterol: 103mg, Sodium: 205mg, Protein: 23g, Carbohydrate: 9g, Calcium: 24mg, Magnesium: 33mg, Potassium: 268mg, Fiber: 1g



Live Better! Recipes

Vinaigrette Salad Dressing

1 bulb garlic, separated and peeled
1/2 cup water
1 Tbsp red wine vinegar
1/4 tsp honey
1 Tbsp virgin olive oil
1/4 tsp black pepper

1. Place the garlic cloves into a small saucepan and pour enough water (about 1/2 cup) to cover them.
2. Bring water to a boil, then reduce heat and simmer until garlic is tender (about 15 minutes).
3. Reduce the liquid to 2 Tbsp and increase the heat for 3 minutes.
4. Pour the contents into a small sieve over

a bowl, and with a wooden spoon, mash the garlic through the sieve into the bowl.

5. Whisk the vinegar into the garlic mixture; incorporate the oil and seasoning.

Makes 4 servings
Serving Size: 2 Tbsp

Per Serving:

Calories: 33, Total Fat: 3g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 1mg, Protein: 0g, Carbohydrate: 1g, Calcium: 3mg, Magnesium: 1mg, Potassium: 6mg, Fiber: 0g

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6. C. <120/80 is considered normal for adults 18 years or older. For more information go to www.nhlbi.nih.gov.

7. 1 tsp of table salt 2325 mg
1 cup of seasoned bread crumbs 2111 mg
10 salted pretzels, 60 g 1029 mg
1 cup of low fat 1% cottage cheese 918 mg

It is recommended that we consume no more than 2400mg of sodium a day. Most Americans eat almost double that at 4000mg.

8. E. There is strong evidence to support all of the listed benefits of physical activity. Basic recommendations from the American Heart Association and the American College of Sports Medicine for healthy adults under age 65 can be found at www.health.gov/PAguidelines/guidelines.

9. C. Calories from fat should not exceed 30 percent of total calories consumed each day for persons aged two years and older.

10. D. It is estimated that as many as 60% of colorectal cancer deaths could be prevented if all men and women aged 50 years or older were screened routinely. Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. From <http://www.cdc.gov/Features/ColorectalAwareness>

The Live Better! Health Quiz - Entry Form

Win a \$25.00 Gift Card*

Please print legibly.



Name

Street

City, State, Zip

Daytime Phone Number

11-Digit Bonus Card Number (required)

Send entry form to:

Bernadette Joyce, MS RD
Category Manager, Health & Wellness
The Great Atlantic & Pacific Tea Company
2 Paragon Drive, Montvale, NJ 07645

*Four drawings will be made. One \$25.00 Gift Card per winner. Gift Cards are redeemable at participating supermarkets of The Great Atlantic & Pacific Tea Company



Nearly 30% of us stop taking our medicines before we should.
Playing doctor can be a dangerous game.

Many people stop taking their medicines before their prescription runs out. Maybe they dislike the side effects, or they don't feel any better. Sometimes people simply forget to keep taking their pills.

Please take your medicine, even though you may start feeling better.

In most cases, medications take time to work completely. Follow the instructions on the bottle label. If the prescription is for ten days, take your pills for ten days.

If the prescription's for thirty days, take them for thirty days.



Live Better! Advice

WHEN IT COMES TO MEDICINE, ASK YOUR PHARMACIST

- The name of the medication and what it is supposed to do
- How and when to take it; and for how long
- What foods, drinks, other medicines, or activities to avoid while taking the medicine
- Any side effects, and what you should do if they occur
- Whether the new prescription will work safely with other prescription and nonprescription medicines, supplemental vitamins, or herbal or alternative therapies you may be taking.

Please take your medicine, even though you may start feeling better, do not stop taking your medication unless your doctor says you should stop.

If you want to stop, for whatever reason, ask your doctor first. He or she will tell you if you can stop, when, and how to proceed.

People with chronic conditions, including high blood pressure and type 2 diabetes often stop taking pills because they no longer feel the symptoms. Stopping can make them very sick, even leading to a fatal condition.

Over 65% of all drugs on the market today have a generic equivalent approved by the FDA.

Confused about when to take your medication? Using a seven-day medication organizer may help. Purchase one online, or contact your local pharmacy.

If you feel your medication is too expensive, ask your doctor about a generic equivalent. Over 65% of all drugs on the market today have a generic equivalent approved by the FDA. Generic prescriptions can save you money.

Take responsibility for taking care of your health. You'll save money in the long run by living healthier; and you'll enjoy a better quality of life as well.



Save! on over 400 Generic Prescription Drugs

Take full advantage of the *Live Better!* Wellness Club and save more by getting your prescriptions filled through the *Live Better!* Generic Prescription Plan. Receive up to a 90-day supply of your maintenance drugs for only \$9.99.

That's Only **11¢** a day!

