Choose MyPlate: 10 Tips to a Great Plate

Making food choices for a healthy lifestyle can be as simple as using these 10 tips:

1. **Balance calories.** To help manage your weight, find out how many calories you need for a day. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2. **Enjoy your food, but eat less.** Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues. Recognize when to eat and when you’ve had enough.

3. **Avoid oversized portions.** Use a smaller plate, bowl or glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4. **Eat certain foods more often.** Eat more vegetables, fruits, whole grains, and fat-free or 1% dairy products. They have the nutrients you need – including potassium, calcium, vitamin D and fiber.

5. **Make half your plate fruits and vegetables.** Choose red, orange and dark green vegetables like tomatoes, sweet potatoes and broccoli. Add fruit to meals as part of main or side dishes or as dessert.

6. **Switch to fat free or low-fat milk.** They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7. **Make half your grains whole grains.** Replace a refined product with a whole-grain product such as eating whole wheat bread instead of white bread.

8. **Eat certain food less often.** Cut back on foods high in solid fats, added sugars, and salt such as cakes, cookies, ice cream, candy, pizza, and fatty meats like ribs, sausages and bacon. Use these foods as occasional treats, not everyday foods.

9. **Compare sodium in foods.** Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread and frozen meals. Look for “low sodium,” “reduced sodium,” or “no salt added.”

10. **Drink water.** Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar and calories.

Symptoms of Diabetes

Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal. This is also called hypoglycemia. Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

- blurry vision
- cuts, bruises that are slow to heal
- urinating often
- feeling very thirsty
- feeling very hungry, even though you are eating
- extreme fatigue
- weight loss, even though you are eating more (type 1)
- tingling pain, or numbness in the hands/feet (type 2)

Lower Your Risk

Eating healthy is one of the most important things you can do to lower your risk of type 2 diabetes and heart disease.

Weight control - Staying at a healthy weight can help prevent and manage problems like type 2 diabetes, heart disease, high blood pressure, unhealthy cholesterol and high blood glucose.

Choosing beverages and foods wisely can enhance your health. Good nutrition can play an important role in helping prevent chronic diseases, including cancer, diabetes and cardiovascular disease.

Physical activity can do plenty for you, even if you haven’t been very active lately.

The content herein is in no way intended as medical advice on individual health problems. Such should be obtained directly from a physician. Black and Gold, Fit and Bold Wellness Program information provided by the American Diabetes Association, www.diabetes.org.

Join the Onlife Community

Onlife Health Inc. is a provider of wellness management services to employees under health plans offered through the University of Arkansas at Pine Bluff.

Onlife Health inspires, engages and guides people to make lasting changes in their lives - whether it’s to fight the battle of the bulge, give up smoking or cook healthier meals for the family.

Onlife integrates a Dedicated Health Coach, support communities and the latest technologies designed to lead to improved health. Program participants complete a health assessment that provides instant recognition of the individual’s status related to health risks and lifestyle habits as well as guidance and resources in areas to improve. Participants can complete self-directed courses online, track activities related to exercise and daily meal consumption, or join a variety of online challenges.

Onlife Health Coaches are also available to work directly with individuals to help guide, motivate and keep participants accountable for making and sustaining healthy changes. Participants earn points as they work to reach their goals which can be redeemed for pre-paid debit cards, valued at up to $250.

For more information, visit www.onlifehealth.com. See the section labeled New to Onlife? Get started.
One of the most dangerous aspects of hypertension is that you may not know that you have it. In fact, nearly one-third of people who have high blood pressure don’t know it. The only way to know if your blood pressure is high is through regular checkups. This is especially important if you have a close relative who has high blood pressure.

If your blood pressure is extremely high, there may be certain symptoms to look out for, including:

- difficulty breathing
- irregular heartbeat
- blood in the urine
- pounding in your chest, neck or ears
- severe headaches
- fatigue or confusion
- vision problems
- chest pain
- extreme fatigue

If you have these symptoms, see a doctor immediately. Untreated hypertension can lead to serious diseases, including stroke, heart disease, kidney failure and eye problems.

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**Lower Your Risk**

Eat a healthy diet. Eating healthfully can help keep your blood pressure down. Eat lots of fresh fruits and vegetables, which provide nutrients such as potassium and fiber. Also, eat foods that are low in saturated fat and cholesterol. Avoid sodium by limiting the amount of salt you add to your food.

Maintain a healthy weight. Being overweight can raise your blood pressure. Losing weight can help you lower your blood pressure.

Physical activity can do plenty for you, even if you haven’t been very active.

Be physically active. Physical activity can help lower your blood pressure. The Surgeon General recommends adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.

**Shake the Salt Habit**

Table salt is made up of the elements sodium and chlorine - the technical name for salt is sodium chloride. Your body needs some sodium to work properly. It helps with the function of nerves and muscles. It also helps to keep the right balance of fluids in your body. Your kidneys control how much sodium is in your body. If you have too much and your kidneys can’t get rid it, sodium builds up in your blood. This can lead to high blood pressure. High blood pressure can lead to other health problems.

Most people in the U.S. get more sodium in their diets than they need. A key to healthy eating is choosing foods low in salt and sodium. Doctors recommend you eat less than 2.4 grams per day. That’s about 1 teaspoon of salt a day. Read food labels to see how much sodium is in prepared foods. Visit www.nlm.nih.gov/medlineplus/videos/news/Sodium_020314-1.html to see a video about teen salt intake.

Doctors recommend that you eat only about 1 teaspoon of salt per day.
Recipe Corner | Caribbean Jerk Catfish with Black Bean Salad

4 U.S. Farm-Raised catfish fillets
2 tablespoons olive oil
2 tablespoons vinegar
1 tablespoon Caribbean or Jamaican Jerk seasoning

PREHEAT grill or broiler.

COMBINE oil, vinegar and seasoning. Brush fillets with marinade.

PLACE fillets on grill, skin side up, 3 to 4 minutes. Flip and grill 2 to 3 more minutes. SERVE over spring mix lettuce blend with black bean salad.

Dressing
1 small garlic clove, minced
4 tablespoons lime juice and lime zest
¼ teaspoon chili powder
1 ½ teaspoons ground cumin
2 dashes hot sauce
¼ cup extra-virgin olive oil

MIX garlic, lime juice and zest, chili powder, cumin, and hot sauce.

Whisk in olive oil until blended.

Dressing

Salad
1 can whole kernel corn, drained
1 orange bell pepper, diced
½ small red onion, finely chopped
1 (15-ounce) can black beans, drained and rinsed
½ cup cherry tomatoes, halved
1 avocado, halved, seeded and diced in large pieces
¼ cup fresh cilantro or Italian parsley, chopped
Salt and freshly ground black pepper to taste

MIX garlic, lime juice and zest, chili powder, cumin, and hot sauce.

Whisk in olive oil until blended.

The Last Word - Inspiration and Motivation

Here’s what UAPB Retiree Eddie Rayford had to say about the Zumba class:

As a retired employee, I am finding that Zumba is just the activity that assures that I will “Be on Top” longer ...

Happiness for my heart
Pep in my step
A thrill to enhance my zeal
Momentum to my movement
Just a reawakening of the Lust for Life
No “under the circumstances for me”

Come “be on top.” Join us and remove the “kanks”

Get back into life - you will be amazed, in just a short time, with the benefits of Zumba.

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