



# HeadStartNews

## Beef

Beef is a good source of protein, B vitamins, iron and zinc. Beef can also be high in fat and costly, making it hard to fit into a tight budget. However, it is possible to purchase lowfat cuts of beef at little cost.

When buying beef, think of the cost per serving as well as the cost per pound. The more bone and fat a piece of beef has, the less meat is available for serving. For instance, a flank steak has no bones and little fat. One pound of flank steak can serve more people than a pound of spareribs. Spareribs have so much bone and fat that fewer people can be served.

Less tender cuts of beef contain little fat and are available at low cost. Beef flank steak, stew meat and boneless beef roasts are less costly. Less tender cuts of meat require longer cooking times and moist heat methods, such as stewing. The liquid breaks down tough connective tissue and makes meat tender.

Save money by dividing a large cut of meat for several meals. For example, buy a large arm roast on sale. Prepare stir fry from the more tender section. Use other sections for a pot roast, or cube for stew meat.

About one-half of all beef eaten in the

United States is ground beef. Lower priced ground beef has more fat and is made from less costly cuts of beef. Reduce calories and fat by draining the fat after cooking. Then rinse the cooked ground beef with hot water before adding it to recipes.

Meat is the best source of protein. But if a child won't eat meat or only eats small amounts, other foods are good sources of protein. Enough protein can be found in the grain, vegetable, fruit and dairy groups to meet the needs of a growing child. Eggs, milk, yogurt, cottage cheese

and cheese are good sources of protein in the dairy group. Other good sources are dried beans and lentils. Add them to soups, rice and spaghetti sauce.

Bread, cereal, rice and pasta also contain protein.

You don't need to prepare a separate meal for a child who doesn't like meat. Instead, plan meals and snacks carefully with another protein source: peanut butter, cottage cheese, cheese, dried beans or eggs. Keep offering small portions of meat. Slip meat into dishes, such as tacos, soups, chili and spaghetti, when you can. Don't force children to eat all you serve; just be patient and set a good example.



## Oven Steak and Vegetables



### What You Need:

1 to 1-1/2 pounds beef round steak  
1/4 cup flour  
2 tablespoons vegetable oil  
1 (16-ounce) can diced tomatoes  
1/2 cup chopped onion  
4 medium carrots, cut into strips  
2 cups zucchini, sliced

### How To Fix:

1. Trim fat from outside of meat. Cut meat into as many serving pieces as needed.
2. In plastic bag, combine half of flour and all the meat. Shake until meat is coated with flour.
3. In fry pan, brown meat in hot oil. Put meat in baking dish. Save meat drippings in fry pan.
4. In fry pan, blend remaining flour into meat drippings. Stir in undrained tomatoes and onion. Stir until thick and bubbly.
5. Pour mixture over meat. Add carrots. Cover and bake at 350° F one hour. Remove from oven.
6. Add zucchini. Cover and bake 15 or 20 minutes more, until meat and vegetables are tender. Serve with rice. Serves 6. (239 calories and 11 grams fat per serving)

## Speech Development

There are skills parents need to watch for at certain stages of a child's speech growth. Contact your health care provider if your child has any of the following:

Infants to three months old:

- Isn't startled by loud sounds.



Infants six to 12 months old:

- Fails to turn towards an interesting sound.
- Doesn't use some kind of vocal sounds such as "oohs" and "ba-bas."

Infants six to 12 months old:

- Babbles only a little or uses only

a few sounds.

- Doesn't recognize family names or own name.

One-year-olds:

- Uses fewer than 10 words by 18 to 24 months.
- Doesn't respond to requests to locate familiar objects, such as "Where's the ball?"

Two-year-olds:

- Uses fewer than 50 words or no two-word combinations by 24 to 36 months.
- Is understandable less than 70 percent of the time.

## Breastfeeding and Infant's Need for Water

Breastfed babies don't need extra water. In fact, it can be harmful. Breastmilk is more than 87 percent water. When thirsty, a breastfed baby will cry to let mom know it's time to nurse.

When some babies are given extra water, they drink so much that they don't nurse enough. Their stomachs become full of water and they aren't

hungry or thirsty.

Water doesn't contain the calories and nutrients babies need for growth and good health. Some babies can drink so much water that it makes them sick. Also, breastfed babies may have a hard time switching from breastfeeding to the bottle—especially when they are newborns.

## Getting Back In Shape After A Pregnancy

After the birth of a baby, the body takes a while to return to its former shape. For nine months, a pregnant woman's body goes through many changes. The uterus has grown as much as 50 times its original size, blood volume has increased 30 to 50 percent, and stomach muscles have stretched twice their former length. No wonder a new mother still looks six months pregnant.



It takes at least four to eight weeks to get back into shape. Ask a health care provider for a balanced healthy food plan and a gentle exercise program to help regain strength and shape. Crash diets are not the answer.

## Movement

Dancing to music can help children develop large muscles, improve motor skills, learn more about their own bodies and improve their self-concept.



The following activities are great for rainy days when children can't play outside.

Let children wear comfortable clothes so they can move freely; barefoot is best. Find a soft music radio station without ads, or use a musical instrument such as a drum or a tambourine. Let children move to the music. You can join in too. Stop the music and ask, "Can you make yourself tall?" Start the music again and let children explore ways to make themselves tall (dancing with their hands above their heads).

After a while, stop the music and ask another question such as, "Can you make yourself low?" Restart the music. This time they may crawl or wiggle on the floor. Other questions might be, "Can you make yourself big or small?"

Moving to music teaches ideas such as; slowly, quickly, backwards and sideways.

Questions for older children:

- "Can you get your head lower than your feet?"
- "Try to hop in more than one direction."
- "Can you stretch your arm in one direction and the opposite leg in another?"

To help children relax after physical activity, ask them to lie down on the floor with hands out to their sides. Teach them to breathe deeply and slowly. Ask them to feel like they are floating and all their muscles are relaxed.

DECEMBER-SWEET POTATOES



SWEET POTATOES ARE A HOLIDAY FAVORITE, AND ALSO HAVE BENEFITS NOT SEEN IN OTHER PLANT-BASED FOODS. SWEET POTATOES AND WHITE POTATOES DIFFER IN MORE THAN JUST THEIR COLOR; THE DEEP ORANGE COLOR MEANS THEY ARE RICH IN BETA-CAROTENE. THEY HAVE AS MUCH VITAMIN A AS GREEN LEAFY VEGETABLES. THEY ALSO HAVE PLENTY OF VITAMIN C AND B6. COOKING THEM MAKES THEM EVEN MORE HEALTHY BECAUSE YOUR BODY CAN ABSORB THE NUTRIENTS MORE EASILY. THEY CAN EVEN HELP REGULATE BLOOD SUGAR, FIGHT HEART DISEASE AND SUPPRESS CANCER GROWTH. ENJOY THEM STEAMED, BAKED OR BOILED.



## DECEMBER-EXERCISE AND HEALTH BENEFITS

EXERCISE CAN HELP YOU FEEL BETTER, HAVE MORE ENERGY AND ADD YEARS TO YOUR LIFE. EXERCISE CAN LEAD YOU TO A HAPPY, HEALTHIER YOU. EXERCISE HELPS CONTROL YOUR WEIGHT, DECREASE YOUR RISK FOR CARDIOVASCULAR DISEASE AND MENTAL HEALTH DISORDERS. IT HAS BEEN SHOWN THAT CONSISTENT EXERCISE IMPROVES COGNITIVE FUNCTION, INCREASES ENERGY LEVELS, DECREASE STRESS LEVELS AND INCREASES CONFIDENCE/SELF-ESTEEM. MANY BENEFITS THAT COME FROM EXERCISE CAN AFFECT YOUR HEALTH AS WELL, SUCH AS CONNECTION TO PEOPLE AND NATURE. CHECK WITH YOUR HEALTHCARE PROVIDER BEFORE STARTING A NEW EXERCISE PROGRAM.



# TOBACCO QUICK FACT

## DECEMBER : WHY WAIT TILL THE NEW YEAR? START THE NEW YOU TODAY!

Many people make New Year's resolutions on January 1 to start the New Year off healthier and stronger. Why wait? Start the New You today. Tobacco use remains the leading cause of preventable death in the US. By quitting, you can cut your risk for heart disease and stroke dramatically, leaving you feeling healthier and stronger.

### GET STARTED TODAY :

- Start with a plan. Set a reasonable goal to quit, including a date. Plan ahead.
- Clean out your vehicle or smoking area triggers prior to your quit date.
- Throw out your tobacco delivery system including lighters or vape juice before your quit date so you are ready.

Call the Medication Management Clinic for Tobacco Cessation at  
Baptist Health Floyd 812-948-7674.

# MEDICATION MANAGEMENT CLINIC TOBACCO CESSATION SERVICES



## BENEFITS OF QUITTING SMOKING

- **20 MINUTES:** Your heart rate drops.
- **12 HOURS:** Your blood's carbon monoxide level drops to normal.
- **2 WEEKS TO 3 MONTHS:** Your heart attack risk begins to drop, and your lung function begins to improve.
- **1 TO 9 MONTHS:** Your coughing and shortness of breath decreases.
- **1 YEAR:** Your added risk of coronary heart disease is half that of a smoker's.
- **5 TO 15 YEARS:** Your stroke risk is reduced to that of a nonsmoker's after quitting.
- **15 YEARS:** Your risk of coronary heart disease returns to that of a nonsmoker's.



## BENEFITS OF THE MEDICATION MANAGEMENT CLINIC

Counseling and medication are both effective methods for quitting smoking when used alone. Research has shown that when patients use both counseling and medication, they are twice as likely to quit. Our clinic provides both options to help you quit smoking.

## SERVICES PROVIDED

- Our clinical pharmacists will help you to create a plan to successfully quit smoking. We will work with you to set a quit date and prepare for this date in advance.
- We initiate medications, such as nicotine replacement therapy, bupropion (Zyban™), or varenicline (Chantix™) to help decrease cravings.
- We provide counseling to help you achieve a healthy, smoke-free life.

## PHYSICIAN FOLLOW-UP

It is important to continue seeing your regular physician to maintain your overall health.

## GETTING STARTED

Call 812.948.7674 for an appointment. No physician referral is needed.

## WHAT TO BRING TO YOUR FIRST APPOINTMENT

A list of your medications, insurance card and ID (driver's license, etc.).

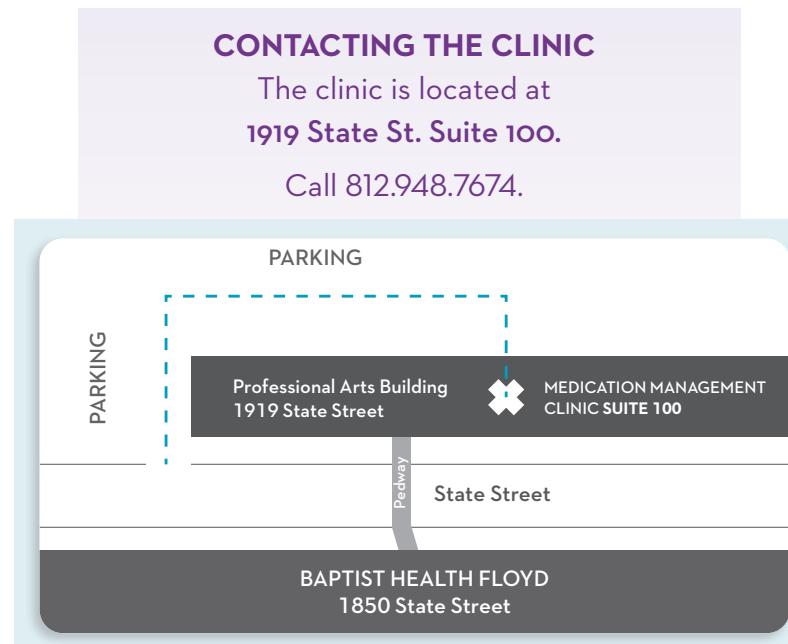
## CALL AND REPORT IF ...

- You need to reschedule your appointment.
- There are any changes in your medications, including nonprescription drugs.

## CONTACTING THE CLINIC

The clinic is located at  
**1919 State St. Suite 100.**

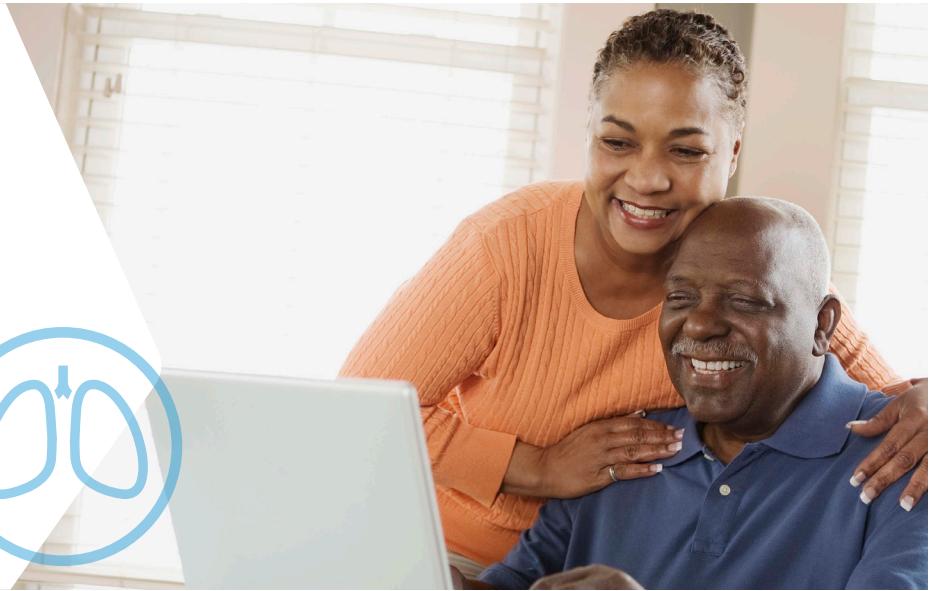
Call 812.948.7674.





# Freedom From Smoking® Plus

America's premier smoking cessation program is now available in an innovative online experience.



The American Lung Association's online course is a highly-interactive behavior change program that addresses today's mobile lifestyles. It works on desktops, laptops, tablets and smartphones and includes telephone, chat and email support from our tobacco cessation counselors. Freedom From Smoking® Plus is accessible whenever and wherever tobacco users need support as they break their addiction.

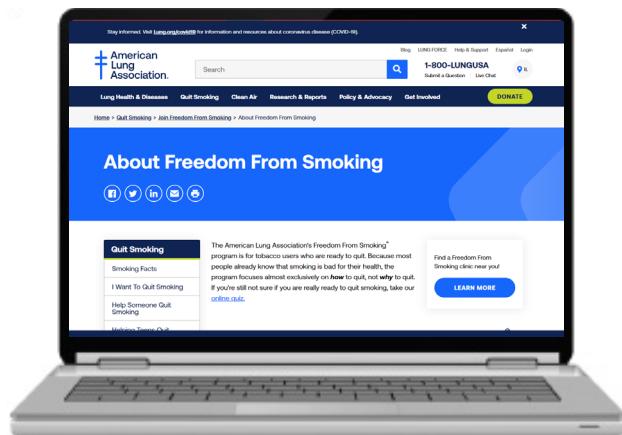
## Why It Works

Freedom From Smoking® Plus assesses each tobacco user's readiness to quit and guides them through a three-part process that addresses addiction in a supportive, real-life tone:

- **Getting Ready to Quit:** Participants explore why they use tobacco and make a plan that includes behavior change and medication to overcome their addiction
- **Quit Day:** Participants are guided to take action on Quit Day and focus on saying goodbye to tobacco and hello to a new tobacco free life
- **Staying Tobacco Free:** Participants learn short- and long-term strategies for avoiding relapse and staying tobacco free

The program also includes support to enhance participants' quit attempts and give them the best chance of quitting for good:

- **FREE** access to online support community
- Additional enhancements available for nicotine replacement therapy product and distribution.



Learn More! Visit [FreedomFromSmoking.org](http://FreedomFromSmoking.org) or contact your local American Lung Association office today.

# What makes Freedom From Smoking® Plus so different?

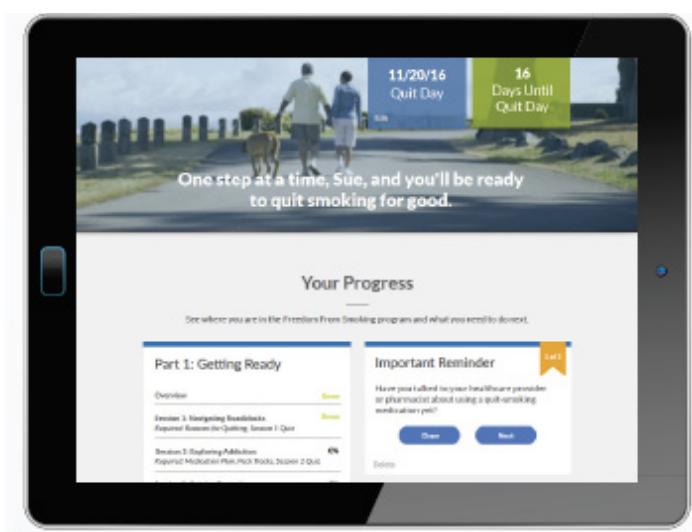
Updating this respected program for today's more mobile lifestyles is an important task. That's why it features user-friendly innovations that maximize every participant's chance of quitting for good.

## A modern, thoughtful user experience

- Works on desktop, tablet or smartphone— no need for a separate mobile app
- Interactive elements help participants learn about their tobacco addiction, identify their own motivations to quit and overcome specific obstacles
- 12-month membership lets participants work at their own pace and revisit the course if they have a slip or relapse



A silver laptop is open, showing the desktop version of the Freedom From Smoking Plus website. The top of the page has a dark header with the American Lung Association logo and navigation links. Below the header, a large section asks "Are You Ready to Quit?". It includes a paragraph of text and three small photos: one of a man, one of two women, and one of a woman sitting on a couch. Below each photo is a caption: "About the Program", "Get Motivated", and "Take the Quiz". At the bottom of this section are two blue "Learn more" buttons. To the right of the laptop, there is a sidebar with text and another "Start the quiz" button.



## Tailored by technology

- Personalized dashboard lets participants track progress and stick to their quit plan
- Unique “Nic Checks” activity helps participants record when, where and why they use tobacco, so they can build a personal quit plan
- Reminder emails and prompts help participants stay on track
- Administrative dashboard lets corporate customers track participants' progress and course completion

**Learn More!** Visit [FreedomFromSmoking.org](http://FreedomFromSmoking.org) or contact your local American Lung Association office today.