



Legumes

A legume (lay-goom) is a type of plant that has seed pods. The seed pods split on both sides when ripe. The most popular legumes are black-eyed peas, kidney beans, lentils, lima beans, pinto beans, soybeans, and green peas. Add cooked beans, peas, or lentils to soups, salads, casseroles, and pasta dishes.

Legumes are low in cost, contain no cholesterol, and have only small amounts of fat and sodium. They contain B vitamins, folate, iron, and are high in protein and fiber. Because legumes are high in protein, use them in place of meat. One-half cup of cooked legumes equals 1 ounce of meat. But legumes don't make a complete meal by themselves. Combine a grain, dairy food, or small amount of meat with a legume to make a complete meal. For example, combine red beans with rice.

Store dried legumes, such as navy beans or lentils, in a tightly covered container in a dry, cool place. Since legumes come from fields, sort them out for possible stones and debris. Rinse them in cold water

before soaking and cooking. Don't mix old and new beans, because old beans take longer to cook. Soak legumes for at least 8 hours, or refer to the package directions for a shorter method of preparation. To keep legumes from foaming as they cook, add about 1/4 teaspoon cooking oil to the water. Add salt and acid foods, such as



tomatoes, at the end of cooking time. Salt toughens beans and acid foods slows their softening.

Lentils are a light brown, disk-shaped legume about the size of a pea. They don't need to soak and cook in 30 to 45 minutes. Lentils are good in soups and stews.

Legumes may cause stomach discomfort and gas when eaten because they contain a gas-causing sugar that can't be digested. Changing the water several times during soaking may help decrease gas production and legumes are high in fiber, so increase the amount you eat gradually if you aren't used to a high fiber diet.

Bean Chowder



What You Need:

- 3/4 cup dry navy beans
- 4 cups water
- 3/4 cup potato, diced
- 1/4 cup onion, chopped
- 1 1/2 teaspoons flour
- 1 tablespoon butter, melted
- 3/4 cup tomatoes, canned
- 1 1/2 cups 1 percent milk

How To Fix:

1. Soak beans in water as directed on package. Drain.
2. Add water to beans. Cover and simmer until almost done, about 1 hour.
3. Add potato and onion. Cook 30 minutes more.
4. Mix the flour and butter. Slowly stir into bean mixture. Add the tomatoes.
5. Cook over low heat 10 minutes, stirring constantly until thickened.
6. Stir in milk. Heat to serving temperature. Makes 8 cups. (122 calories, 2 grams fat per serving)

Learning Patterns

Understanding patterns and how they are made is an important part of learning math. Parents can help children learn how to make patterns.



- Make patterns for children to copy. Use items such as different shapes or colors of blocks, buttons, dominos, coins, stones, or marbles.
- Let children create their own patterns. Cut paper or cloth

shapes of different colors (yellow squares, red triangles, green circles). Children then paste their pattern on construction paper. As children get older, use more shapes and colors.

- Ask children to listen while you clap a pattern. Try two long claps followed by two quick claps. Let them repeat it.
- Help children look for patterns on clothes, around the house, and in nature.

Teen Moms and Breastfeeding

Teenage moms have many concerns and questions about breastfeeding. If you are a pregnant teen trying to decide whether to breastfeed, keep in mind that breastfeeding is an option. It isn't something that has to be done. You can stop if it doesn't work out. Breastfeeding even a little is better than not at all. Mothers of any age make milk that is unique to their baby's needs. Teens make good quality milk for their babies.

A common concern of teens is breastfeeding in front of others. Some teens choose to breastfeed at home, but bottle feed in public. Or some teens pump breast milk at home; then they can put breastmilk in a bottle to feed baby in public.

It's helpful to talk to other teens who have breastfed. Ask your health care provider to help you find a teen who has breastfed.

Microwaving Baby Milk Warning

Do not heat bottles of infant formula or breastmilk in a microwave. Health care providers warn that the liquid inside microwaved bottles can be scalding hot, while the outside of the bottle just feels warm. The scalding hot milk can burn the inside of a baby's mouth. There is no medical reason to heat infant milk.



Health care providers want microwave manufacturers and packages to carry warnings that would suggest all microwaved foods and liquids be tested before giving them to a child.

RSV Virus

Respiratory Syncytial Virus (or RSV) is a virus spread by coughs, sneezes, and contact with contaminated objects.

Symptoms of RSV include: fever, runny nose, cough, and sometimes wheezing.



RSV can affect adults and children. Children under the age of two and children with health problems, such as heart conditions, may have more severe symptoms. Symptoms usually last 1 to 2 weeks, but the cough may last longer.

Antibiotics are not used in treating RSV because it is caused by a virus. Secondary infections, such as an ear infection or pneumonia, may be treated with antibiotics.

RSV usually occurs in late fall to early spring. RSV can be prevented by frequent handwashing and not sharing items, such as cups and utensils, with infected persons.

Many children in childcare get RSV in the first year of life. Keeping children with colds or other mild respiratory illnesses home, probably wouldn't decrease the spread of RSV. Contact a health care provider if your child has symptoms of RSV.



GOAL SETTING

PEOPLE THAT DEVELOP A ROUTINE AND SYSTEM OF ACCOUNTABILITY ARE MORE SUCCESSFUL IN REACHING THEIR FITNESS GOALS. THE FIRST STEP TO A HEALTHIER LIFESTYLE THAT INCLUDES PHYSICAL ACTIVITY IS TO SET A GOAL. IF YOU ARE JUST STARTING OUT, A SIMPLE STRAIGHTFORWARD GOAL CAN BE HELPFUL. WALKING IS A GREAT, INEXPENSIVE ACTIVITY.

TIP: START EXERCISING AT LEAST 10 MINUTES EVERY DAY.



CITRUS FRUITS

HISTORICALLY RATIONS OF ORANGES WERE GIVEN TO BRITISH SOLDIERS ON LONG OCEAN VOYAGES TO PREVENT SCURVY. SCURVY IS CAUSED BY VITAMIN C DEFICIENCY, SO THE HIGH VITAMIN C CONTENT IN CITRUS FRUITS MAKE THEM THE PERFECT FOR PREVENTION OF DISEASE. CITRUS FRUITS LIKE ORANGES, GRAPEFRUIT AND CLEMENTINES ARE HIGH IN ANTIOXIDANTS AND MAKE GREAT SNACKS OR SIDES TO A MEAL.



TOBACCO QUICK FACT

JANUARY : NEW YEAR, NEW YOU

**DID YOU
KNOW?**

most insurance plans will cover the cost for Nicotine Replacement Therapy with a prescription? You can call your state free Quitline and speak with a trained quit coach by calling *1-800-QUIT-NOW*. You can also call *1-800-4.SOURCE* today to find out about the next free Smoking Cessation class near you.

NOT A RESOLUTION PERSON?

Today is the day to make a lifestyle change to start the New Year with a New You as a nonsmoker! Quitting smoking (tobacco use) is one of the best lifestyle changes a person can make to improve health, starting in as few as 12 hours!

For more information, visit WWW.LUNG.ORG/STOP-SMOKING.