



HeadStartNews

Hot Dogs

Hot dogs (also called frankfurters or wieners), can be made from beef, pork, turkey, chicken, or a combination of meats.

Almost all hot dogs contain turkey, unless they are labeled “all beef.” Some hot dogs have a casing, or thin skin. If the casing is made from a different meat than the hot dog, the label must state so. For example, if a turkey hot dog has a pork casing, the label must list the pork casing on the ingredients list. The label must also show if the casing is artificially colored. Labels may say, “Frankfurter, Hot Dog, Wiener, or Bologna With By-products” or “With Variety Meats” The by-products (heart, kidney, or liver, for example) must be named with the derived species.

Hot dogs are a costly source of protein. A hot dog contains between 5 and 6 grams of protein. An equal portion of chicken has almost 3 times the protein and costs much less. Some hot dogs contain cheese, but don't have much calcium. It's better to buy plain hot dogs, then add a slice of low-fat, low-sodium cheese.



Hot dogs are not a low calorie food; most contain 150 to 200 calories. An equal amount of fish or chicken has under 100 calories, less fat, and more protein. Try low-calorie hot dogs or fat-free turkey hot dogs. Turkey and chicken hot dogs don't always have fewer calories and less fat than beef. Check labels, as some serving sizes are smaller than others.

Keep hot dogs in the refrigerator. Hot dogs can be kept up to two weeks past the date stamped on the package. Don't keep opened packages in the refrigerator longer than 3 to 5 days.

Safety Warnings: For children younger than 4 years of age, whole hot dogs can be a choking hazard. The American Academy of Pediatrics advises adults to cut hot dogs lengthwise or into very small pieces. If the hot dog has a casing, remove it before cutting.

Listeria is a bacteria that can be present in under cooked hot dogs. It can be harmful to pregnant women and her unborn baby. Pregnant women must always heat hot dogs to steaming before eating.

Sloppy Joe Franks



What You Need:

- 1/4 cup chopped onions
- 1 tablespoon margarine
- 1 pound hot dogs, cut into bite-sized pieces
- 1 can condensed tomato and rice soup
- 1/3 cup water
- 1 tablespoon Worcestershire sauce
- 1 teaspoon prepared mustard
- 3 drops Tabasco sauce
- Hot dog buns

How To Fix:

1. In a large pan, cook onions in margarine until soft.
2. Add rest of ingredients. Cook, uncovered, about 15 minutes until sauce is thick. Spoon into toasted buns. Makes 10. (311 calories and 17 grams fat)

Stealing

It's common for preschoolers to take things that don't belong to them. They take things because they don't understand property limits, and haven't developed a sense of guilt or morals. A child sees and wants an item, such as candy, in a store and takes it.

When young children take things that don't belong to them:

- Try not to make a huge scene. Simply say something like, "I

know this candy came from the store, but it isn't yours." Then help your child return the item and apologize.

- Let a child work off the cost of the item doing household chores.

• Use a time-out, if needed. Explain how the situation could have been handled another way.

- Assure children that you still love them. And when they do ask for something they want next time, tell them you are proud of them.

Space Heaters

Space heaters cause many home fires, and children have been badly burned by space heaters.



If a space heater is used in your home, be aware of the dangers:

- Buy only heaters that have a switch which will turn off when tipped over. This is called an "automatic" turn-off switch. If the heater doesn't turn off when knocked over, a fire can start. Never place heaters on tables or

chairs that may be easily tipped over by a child or pet.

- Check cords for cracks and splits. If you must use an extra cord, use a heavy duty one.
- Make sure all items are at least 3 feet away, on all sides, from a heater, especially bedding, curtains, and clothing. Never dry clothing on a space heater.
- Never leave children or pets alone in a room when a heater is on. At bedtime, turn the heater off and then unplug it.

Safe Touches

Teach children the difference between safe and unsafe touches. A safe touch is a hug, a health check-up, or a bath from a parent. An unsafe touch is someone asking to touch or see a private part. Explain to children that a private part is covered by a swimsuit.

Teach your children to say "No," go away quickly, and tell a parent or trusted adult if someone wants to see or touch their private parts. Assure your children that it's okay to have secrets **with** you, not **from** you.

Vaccines

One of the easiest ways to keep children healthy is to make sure they get all their childhood shots. Shots help the body produce antibodies, which then fight disease. Antibodies last for a long time, some even for life.



Just like any medicine, there can be side effects from vaccines. Side effects are usually mild, such as a low fever, a rash, or a sore arm. Very few serious side effects occur. Getting the disease almost always is more serious than the vaccine's side effects.

The Public Health Service strongly suggests that all healthy children be given vaccines against the following eight diseases:

- Tetanus (known as lockjaw)
- Diphtheria
- Polio
- Measles
- Mumps
- Rubella (known as German Measles)
- Haemophilus influenzae (known as Hib)

Vaccines are vital for children and help reduce the spread of serious diseases around the world. Talk with a health care provider to make sure your children have all their shots. Be sure to record shots and dates right after they are given.



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.



DECEMBER-CABBAGE

LIKE MOST OF ITS BRASSICA RELATIVES, CABBAGE IS FULL OF HEALTH BENEFITS. RICH IN VITAMIN C AND FIBER, IT ALSO SUPPLIES ISOTHIOCYANATES—CHEMICALS THAT INCREASE THE BODY'S NATURAL DETOXIFICATION SYSTEMS. STUDIES SUGGEST THAT CABBAGE MAY HELP FIGHT BREAST, LUNG, COLON AND OTHER TYPES OF CANCER. THERE ARE MANY VARIETIES OF CABBAGE THAT CAN BE USED RAW, ROASTED, STEWED OR SAUTÉED.



APPLE CABBAGE SLAW

(SERVES 5)

$\frac{1}{3}$ CUP MAYONNAISE

$\frac{1}{3}$ CUP GREEK STYLE PLAIN YOGURT

1 TBSP APPLE CIDER VINEGAR

$\frac{1}{2}$ TBSP HONEY

$\frac{1}{2}$ TSP SALT

1 SMALL HEAD PURPLE CABBAGE, CUT INTO THIN STRIPS

1 LARGE CARROT, SHREDED

1 MEDIUM GRANNY SMITH APPLE, SHREDED

$\frac{1}{3}$ CUP RAISINS

1. STIR TOGETHER THE MAYONNAISE, GREEK YOGURT, APPLE CIDER VINEGAR, HONEY, AND SALT.
3. PLACE THE SHREDED CABBAGE, CARROT, APPLE, AND RAISINS IN A LARGE BOWL. ADD THE DRESSING OVER TOP, AND STIR UNTIL EVERYTHING IS EVENLY COATED IN DRESSING. SERVE IMMEDIATELY.

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.).

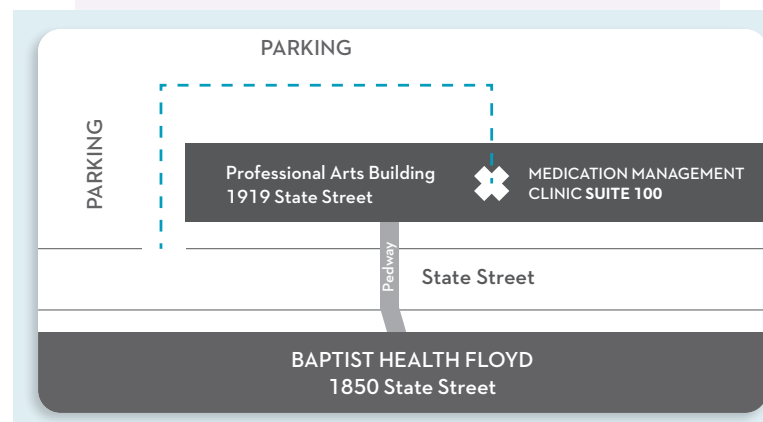
CALL AND REPORT IF ...

- 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.





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.**