

Balancing a Food Plan

To balance a food plan, consider: food groups, number of servings in each food group, portion sizes, and color, temperature, and texture.

Food Groups: Every day, try to include a variety of foods from each of the five groups; grain, vegetable, fruit, protein, and dairy. No one group provides all the nutrients needed. The United States Department of Agriculture (USDA) replaced the food pyramid with a new food image called MyPlate. The new image of a plate helps people make healthier food choices, and stresses the importance of the five food groups. Find information at www.ChooseMyPlate.gov.



Number of servings. The larger the sections on MyPlate, the more servings you need. For example, the vegetable and fruit groups take up 1/2 of the plate. More servings are needed from these groups. The next largest section is grains. Select whole grains, such as 100 percent whole wheat bread, whole wheat spaghetti, and brown rice. Protein foods make up about 1/4 of the plate. Lean protein foods include

lean beef, pork, fish, chicken, turkey and legumes (dried beans and peas.) The dairy group is small, but very important. Lowfat milk and yogurt are healthful selections from this group. Find sample menu plans and recipes at www.ChooseMyPlate.gov.

Portion sizes. It's possible to eat the suggested number of servings from every food group on your plate, but consume portions that are too small or too large. Always eating large portion sizes leads to obesity. For example, 1 vegetable serving of corn for an adult is 1/2 cup, but only 1/4 cup for a 2- to 5-year old child. To determine correct portion sizes for different age groups, refer to www.ChooseMyPlate.gov or ask your health care provider for help.

Color, Temperature, and Texture: Every time you plan a meal, think of color, temperature, and texture. Vary hot, cold, and room temperature foods. And vary textures; include soft and crunchy foods. Color is important in meal planning. The more colors on a plate, the more varied and healthful your diet.

Cheese Surprises



4 slices whole wheat bread
Margarine
1 apple, peeled and sliced
Raisins
4 slices low-fat cheddar cheese

How To Fix:

1. Toast bread and spread with a thin layer of margarine.
2. Place apple slices on top of bread. Sprinkle with raisins.
3. Cover apple and raisins with cheese slices. Broil under low heat, just until cheese starts to melt. Serves 4. (198 calories and 7 grams fat per serving)

Quick Broccoli Soup

4 cups lowfat chicken broth
1 (1-pound) bag frozen broccoli
1/4 cup flour
2 cups 1 percent milk

How To Fix:

1. Boil broccoli in chicken broth for 10 minutes. Mash broccoli.
2. To prevent lumps, slowly add milk to flour. Add to broth. Cook on low heat. Add cheese and ham cubes, if desired. Serves 4 (126 calories and 2 grams fat per serving)

Mumps

In the United States, mumps are rare, but children still need to be protected against this disease.



Mumps is an infection of the glands that secrete saliva (spit). The glands are found below the ears. The disease is caused by a virus and is spread from person to person by coughing or sneezing. Many cases of mumps are so mild that people never know they have the virus. If present, symptoms may include fever, swollen and tender glands under the ears, headache, and

tiredness. In a few cases, the virus affects other organs, causing more serious problems. Contact a health care provider if you or a family member has symptoms of mumps. Most people get over mumps without complications within 7 to 10 days.

The best way to prevent mumps is to get the vaccine. The measles-mumps-rubella (MMR) or measles-mumps-rubella-varicella (MMRV) vaccine is given between 12 to 15 months of age. A second shot is given between 4 to 6 years of age.

Singing

Singing helps preschool children develop language and listening skills, and helps them express themselves. Children like to copy adults; if you sing, they will too. Don't worry about being in tune or knowing the words. For example, sing "la, la, la, la, la" instead of "row, row, row your boat."

Sing familiar songs and sing slowly. You can make up your own song, or sing favorites such as:

"Twinkle, Twinkle, Little Star,"

"Pop! Goes the Weasel,"

"Old MacDonald Had A Farm,"
and The Eentsy, Weentsy Spider.

Feelings

Often adults have trouble **understanding** how children feel. And many children have trouble **telling** adults how they feel.



To help children express feelings, play the "feelings" game. Make a cube out of poster board. Ask children to draw faces that express different feelings on each side. Faces might be mad, glad, sad, and afraid. Cut 2 x 1 inch cards out of poster board. Write questions on each card. Question ideas: What makes you ____? How can you tell when you are ____? When was the last time you were really ____? Place the cards in a pile.

To play the game, each child rolls his own cube, then chooses a card from the pile. Children fill in the blank with the feeling shown on the cube. Then let them answer the question. For example: What makes you sad? "I'm sad when mommy leaves."

Keeping Infants Warm or Cool



Newborns need to be kept warm to be relaxed and content. When infants get cold, they become fussy. Energy has to be used to produce heat, instead of eating and growing. Three layers of clothing, such as a tee shirt, stretch suit, and blanket, are needed to keep a baby warm in a room around 70° F. Don't let infants sleep in a room that is too cool at night, and bathe an infant in a warm room. As infants get older and weigh more, they get better at staying warm. They can spare some energy to keep themselves warm.

Hot weather doesn't usually bother infants if they have loose, light clothes. But never leave an infant outside in direct sunlight, or wrapped tightly in lots of clothes and blankets. Infants need to sweat; the sweat evaporates and cools them.



March-Exercise and sleep

Research shows that exercise helps you fall asleep more quickly and improves sleep quality even in those with insomnia.

Exercise can help steady your mood and relax the mind, which is important for shifting to sleep naturally. A drop in body temperature after a slight rise from exercise can trigger sleepiness a few hours later. Early morning and afternoon exercise may help reset the sleep wake cycle. Exercise too close to bedtime may interfere with sleeping for some people. You can try exercising at different times of the day to see what works best for you.



ROASTED RADISHES

SERVES 2

- 1 BUNCH OF RADISHES
- OLIVE OIL, FOR COATING
- LEMON PEPPER SEASONING, TO TASTE
- 1 PAT OF UNSALTED BUTTER

INSTRUCTIONS

- PREHEAT YOUR OVEN TO 425 F. LINE A RIMMED BAKING SHEET WITH PARCHMENT PAPER.
- TO PREPARE THE RADISHES, REMOVE THE LEAFY GREEN TOPS AND SAVE FOR ANOTHER RECIPE. HALVE THE RADISHES LENGTHWISE THROUGH THE ROOT.
- ARRANGE THE RADISHES ONTO THE BAKING SHEET. COAT LIGHTLY WITH OLIVE OIL. SEASON WITH LEMON PEPPER, TO TASTE.
- ROAST FOR ABOUT 10-20 MINUTES, DEPENDING ON SIZE. CHECK AT THE 10-MINUTE MARK; INSERT A PARING KNIFE INTO THE CENTER OF A RADISH. IF IT PULLS OUT EASILY, THEY'RE READY. IF NOT, COOK FOR A LITTLE BIT LONGER.
- TO SERVE, TOSS WITH THE BUTTER WHILE STILL WARM.

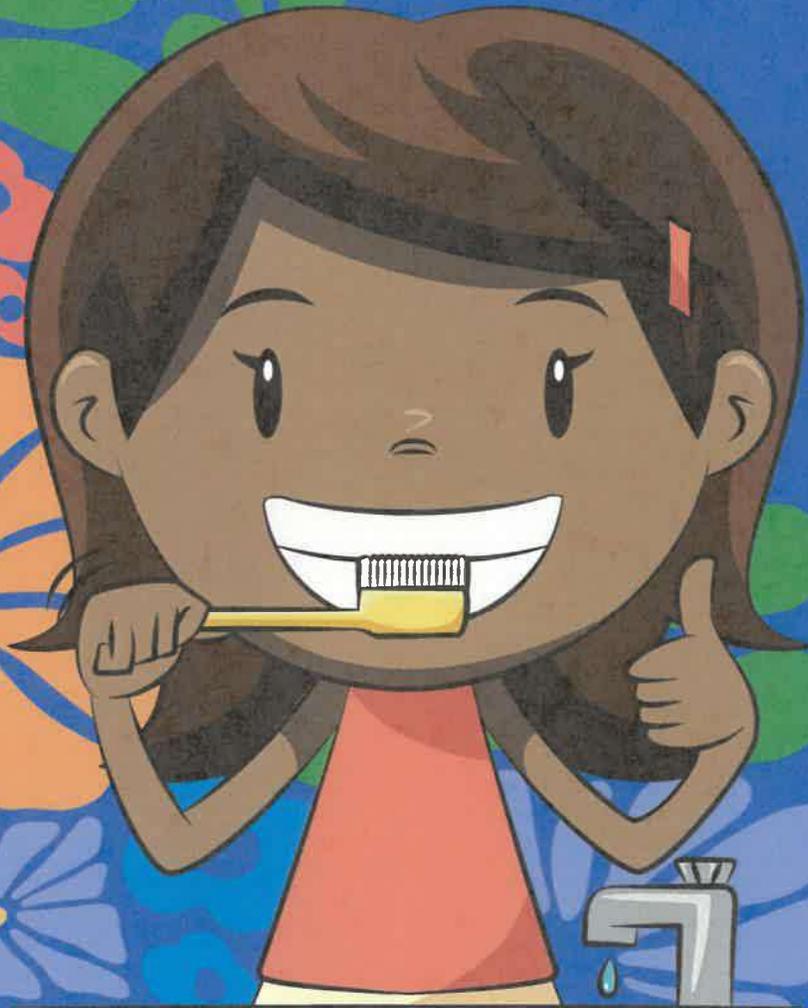


RADISHES

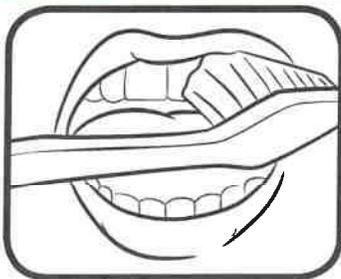
RADISHES ARE RICH IN NATURALLY OCCURRING NITRATES—WHICH, UNLIKE UNHEALTHY ARTIFICIAL NITRATES FOUND IN PROCESSED MEAT, MAY BE BENEFICIAL. IN A STUDY, OLDER ADULTS WHO ATE A NITRATE-RICH DIET GOT A BOOST IN BLOOD FLOW TO THE FRONTAL LOBE OF THEIR BRAINS—AN AREA COMMONLY ASSOCIATED WITH DEMENTIA. SCIENTISTS THINK THAT THE NITRATES' NITRIC OXIDE, A COMPOUND THAT KEEPS BLOOD VESSELS SUPPLE, HELPS INCREASE BRAIN BLOOD FLOW. ONE RADISH HAS JUST 1 CALORIE.

Forever In My Brushing Era

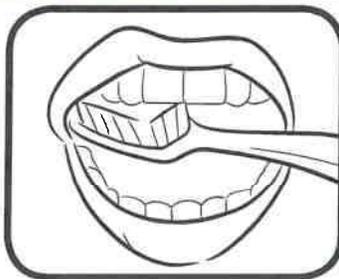
I brush my teeth twice daily with a fluoride toothpaste to keep my smile strong.



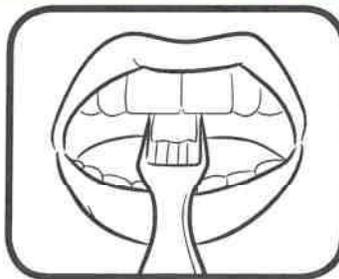
For more resources, visit: [MouthHealthy.org](https://www.MouthHealthy.org)



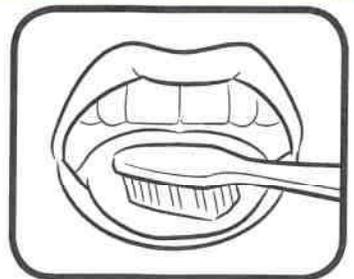
Place the toothbrush at a 45-degree angle to the gums and move the brush back and forth gently in short strokes.



Brush the outer surfaces, the inner surfaces and the chewing surfaces of all teeth.



To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



Brush your tongue to remove bacteria and keep your breath fresh.

Public Parks in New Albany

Ph# 812-949-5448

Website and more information: cityofnewalbany.com/parks/

Bicknell Park 315 Silver Street, New Albany

A small and quaint park at 5.2 acres, Bicknell Park has a lot to offer citizens. It has a covered shelter for picnic lunches and dinners, 2 basketball goals, open space, a well lit paved walkway around the park, and a playground offering fun for all ages. Restrooms are open in warmer months.

Binford Park 1701 Graybrook Lane, New Albany

Binford Park is one of our larger parks sitting on 18.8 acres and is most well known and used for its soccer fields. These fields are perfect for tournaments, leagues, and practices. Fields include four U5/6, one U7/8, two U10, and two U12. Other spaces offered are basketball courts and a playground. Restrooms and concessions are available seasonally upon scheduled events.

Griffin Recreation Center – 1140 Griffin Street, New Albany There is a new playground outside at this location.

Griffin Recreation Center is our main recreational facility that serves the community through various programs and activities for people of all ages. From exercise programs, to our seniors club, to our after school program for children to interact, learn, play, have an after school snack, and a bit of fun, the Griffin Recreation Center has something to offer everyone.

Joe Kraft Park – 500 W 7th Street, New Albany

Joe Kraft Park serves primarily its surrounding neighborhood. In addition to the .68 acres, it has a playground, practice ball field, and 2 basketball goals. Falling Run Creek runs through the park, which has 1,000 linear feet of bank within its boundaries.

Millerwood Park – 1759 Millerwood Drive, New Albany

Millerwood Park is a neighborhood park with a playground and a basketball goal. It has a lot of creek frontage with 3 footbridges making this well shaded, peaceful park easily accessible from anywhere in the neighborhood.

Sertoma Park – 1315 Mill Lane, New Albany

One of our larger green spaces, Sertoma Park has a secluded and relaxed atmosphere perfect for family reunions. Within the 5.67 acres, it has covered shelter, playground, a basketball court, a volleyball court, a practice ball field, and a portable restroom. Sertoma is ideal for the community and the quiet neighborhood it serves off of Slate Run.

Silver Street Park – 2043 Silver Street, New Albany

This park has 2 playgrounds. One is for smaller children and the other is more appropriate for older children. During warmer months, there is also a Splash Pad.