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Health Observance

National Immunization Awareness Month



Adults need shots (vaccinations) just like kids do. Next time you get a checkup, talk with the doctor or nurse about getting these important shots.

Get a flu shot every year. The seasonal flu vaccine is the best way to protect yourself and others from the flu.

Get a Td booster shot every 10

QuickTakes

- From Himalayan goji berries to Amazonian acai berries, new "superfruits" are widely promoted as potent disease fighters and possibly the next fountain of youth. While these exotic imports may be rich in health-protective plant chemicals there are plenty of local fruits that deserve our attention.
- Eating fruit, whether it's an exotic superfruit or a common, everyday variety, helps keep you healthy in countless ways. Whole fruits are packed with vitamins C and A, potassium, fiber and health-protective antioxidants. Yet they're low in calories, fat and sodium.
- Farmers markets and supermarkets are filled with homegrown "superfruits" at this time of year. We'll look at a few favorites in this month's newsletter.



HOMEGROWN SUPERFRUITS

BLUEBERRIES

Drive anywhere in the state of Maine in the month of August and you're likely to find a blueberry festival in progress or at least a roadside stand selling boxes of just-picked wild blueberries. Locals enjoy the little berries by the handful or in pies, muffins, jams, pancakes and even wine. Here's the latest on blueberry nutrition:

- One cup of blueberries has 80 fat-free calories.
- Blueberries are high in vitamin C, dietary fiber, folate, potassium

years to protect against tetanus and diphtheria.

If you are under age 65 and haven't received it yet, get the Tdap shot instead of your next Td booster. Tdap protects against tetanus, diphtheria, and whooping cough (pertussis).

If you are age 60 or older, you may need a shot to prevent shingles. Shingles causes a rash and can lead to pain that lasts for months or years.

If you are age 65 or older, get a pneumonia shot. This shot is sometimes called PPSV. Most people only need to get the shot once.

Why do I need to get these shots?

There are 2 main reasons to get your shots.

1. The shots you got as a child can weaken or wear off over time. That's why it's important to get "booster" shots as an adult.

2. As you get older, your body needs more protection from illnesses like pneumonia and shingles.

All of the recommended adult shots help prevent serious diseases. For example, getting a tetanus shot will protect you from tetanus, an infection that can sometimes lead to death. You can get tetanus if you get a deep cut from a piece of metal, like a nail.

Protect yourself by staying up-to-date on your shots.

Do I need any other shots to help me stay healthy?

You may need other shots if you:

and manganese.

- The fruit's dark blue-purple hue comes from anthocyanins, a powerful antioxidant. The USDA ranks blueberries near the top in antioxidant activity.

Selection: Choose plump, firm, bright blue/purple berries that are free of moisture and packed in dry, unstained baskets or boxes.

Storage: If dry and packed in a moisture-proof container, blueberries will stay

fresh in the refrigerator for five or six days. They freeze well too.



Serving Tip: For a cool summer treat, top just-picked blueberries with a spoonful of cold lemon yogurt.

PLUMS - FRESH AND DRIED There are 200 or more plum varieties cultivated across the U.S., and many of them are ripening right now. Their color can be yellow, green, red, blue, purple or almost anything in between. The vibrant colors are a good indicator that the fruits are high in health-protective antioxidants. In fact, their overall nutrient profile is impressive:

- Two medium plums provide a mere 70 calories.
- Fresh plums are a good source of vitamins A and C.
- All plums, fresh or dried, provide the minerals potassium, fluoride and iron.
- The fruit also contains lutein, an antioxidant that is believed to protect against macular degeneration.

Selection: Look for soft fruits that yield to slight pressure. Avoid shriveled fruits.

Storage: Store unripe plums at room temperature. Refrigerate and store in plastic when ripe: eat within a few days.

Serving Tip: Sweet, juicy plums are an ideal snack or after dinner treat.

PEARS

Like its cousin the apple, the pear doesn't flaunt its superfruit status despite its many healthful qualities:

- A good-sized pear provides 100 nearly fat-free calories and about a quarter of your daily fiber needs.
- Pears are a good source of vitamins C and K as well as the minerals copper and phosphorus.
- About half of the fiber and a third of the antioxidants are found in a pear's skin, so think twice before peeling it.

- Didn't get all of your shots as a child
- Have a health condition like HIV that makes it harder for your body to fight infection
- Have a health condition like diabetes or heart, lung, or liver disease
- Are pregnant
- Are a man who has sex with men
- Smoke
- Spend time with infants, young children, or older adults
- Work in a school, hospital, prison, or health clinic
- Travel outside the United States

Ask your doctor or nurse if you need any other shots at your next checkup.

Source: [Healthfinder.gov](https://www.healthfinder.gov)

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Selection: Unlike most fruit, the texture and flavor of pears improves after picking. Choose pears that are firm but not rock hard. A few scuff marks are okay, but don't buy pears with bruises. To check for ripeness, apply gentle thumb pressure near the stem end; if the fruit gives slightly, it is ready to eat.

Storage: Ripen pears in a cool room. As they ripen, their skin changes from shiny to matte. When ripe, store in the refrigerator for two or three days.

Serving Tip: Sweet and juicy Comice pears are the perfect dessert on their own or with a thin slice of blue cheese.

APPLES

While the apple may not be the queen of antioxidants, it has other qualities that push it into superfruit territory:

- An apple has just 80 calories.
- Apples are packed with fiber, and more than half of that is cholesterol-reducing soluble fiber.
- Apple skin is rich in compounds called flavonoids, which may reduce the risk of heart disease.
- Studies have found that apple eaters had better lung function and a lower risk for lung disease compared to non-apple eaters.
- Apples contain boron, a trace mineral that is good for bones.

Selection: Choose apples with smooth skin without soft spots. At farmers' markets, feel free to ask to taste different apple varieties before buying in quantity.

Storage: Left at room temperature, apples begin to turn mealy after a few days. They keep in the refrigerator for two weeks or longer. Apples give off ethylene gas, which speeds up the ripening of other fruits.

Serving Tip: Core Golden Delicious or Honeycrisp apples, leaving the bottom intact; pour a little maple syrup into the cavity and bake 30 minutes or until tender.

Source: *USDA*

Don't Neglect Potassium

While antioxidant levels in fruits tend to grab a lot of attention these days, we shouldn't forget potassium, a key mineral found in most fruits and vegetables. Potassium helps keep blood pressure in check. It also helps regulate the balance of fluid in your body to help prevent muscle cramps. That's why athletes who work out in hot, humid climates often reach for a potassium-rich drink such as orange juice or coconut juice after a hard workout.

Bananas have long been promoted as the go-to fruit for people looking to get enough potassium, but there are other contenders when considering potassium superstars. Papayas, cantaloupes, kiwis, mangos, nectarines, oranges, strawberries and dried fruits such as apricots, dates, figs and raisins will all help you reach the recommended daily goal of 4,700 milligrams.

Superfruit Salad

Total Time: 15 Minutes
Makes 4 servings
(serving size: about 1 cup)

Ingredients

2 red plums, pitted and sliced
1 cup raspberries
1 cup blueberries
1 tablespoon sugar
1 tablespoon fresh orange juice
1/2 teaspoon cinnamon
2 tablespoons unsalted shelled pistachios, chopped
3 mint leaves, coarsely torn (about 1 tablespoon)



Directions

Toss plums, raspberries, and blueberries with sugar, orange juice, and cinnamon; let stand 15 minutes. Serve sprinkled with pistachios and mint.

Nutritional Information (per serving)

90 calories; 2g fat; 0mg cholesterol; 2g protein; 18g carbohydrates; 4g fiber; 1mg sodium

Source: www.health.com

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