

# Your Health Your Life

A Women's Health  
Newsletter from the  
Atlantic County  
Division of Public Health

July -September, 2005



## The summer barbecue...Be safe!

It's a snap to keep grilled foods safe, healthy and delicious. Just follow these steps and you'll serve up safe food and great taste.

- Keep cold foods cold and separate meat from other foods.
- Serve promptly. Your food will taste best right off the grill. Food should never sit out for more than one hour.
- Put food away quickly. Store all fresh food in the refrigerator and freezer as soon as possible. Never let food sit around on counters.
- Keep counters clean. Wipe all kitchen surfaces carefully and often while preparing and cooking food. Use paper towels and hot, soapy water.
- Marinate meats in the refrigerator, never at room temperature.
- Use marinades only once. Never save and reuse a marinade.
- Cook meats thoroughly, check internal temperature with a thermometer.
- Store remainders in refrigerator within 2 hours of cooking, sooner in hot, humid weather.

## National Health Observances

### July:

UV Safety Month

### August:

National Pain Awareness Month

Psoriasis Awareness Month

National Immunization Awareness Month

### September:

National Food Safety Month

National 5-A-Day Month

Healthy Aging Month

## What You Need to Know About... UV Safety

While some sun may be enjoyable, too much is dangerous, causing immediate effects like sunburn, but also longer term problems such as eye damage. Most of us are aware of the damage that the sun and its ultraviolet rays can do to our skin, we are not as aware of the damage the sun does to our eyes. To get the word out, the American Academy of Ophthalmology has designated July as National UV Safety Month and they encourage everyone to protect their eyes from UV-related damage.

Long-term exposure to ultraviolet radiation ("sunburn rays") may contribute to the development of various eye disorders, such as age-related macular degeneration, the leading cause of vision loss among older Americans, and cataracts, a major cause of visual impairment and blindness around the world. A single outing on very bright days can cause damage to the eyes. Similar to sunburns, eye surface burns usually disappear in a couple of days but often lead to eye problems later in life.

Everyone is at risk for eye damage that can lead to vision loss from exposure to the sun.

As usual, prevention is the best policy. The American Academy of Ophthalmology encourages everyone to follow these prevention measures:

- wear a brimmed hat
- wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays
- try to avoid long exposure between the hours of 10 am and 2 pm, when the UV rays are the strongest

So when you step out into the sun, enjoy, have fun and remember to protect your eyes.



## 5-A-Day, Eat your colors everyday to stay healthy & fit!



Colorful fruits and vegetables provide the wide range of vitamins, minerals, fiber, and phytochemicals your body uses to maintain good

health and energy levels; protect against the effects of aging; and reduce the risk of cancer and heart disease.

For the best health, scientists say “your plate should look like a box of crayons”.

Many of the phytochemicals and other compounds that make fruits and vegetables good for you also give them their color. That’s why it is so important to sample all the colors of the rainbow every day to get the full preventive benefits of fruits and vegetables.

Here are some examples of what is included within each color and just some of the benefits of eating a rainbow of fruits and veggies everyday:

**Blue & Purple (eggplant, blueberries)**

- A lower risk of some cancers
- Urinary tract health
- Memory function
- Healthy aging

**Green (asparagus, honeydew melon)**

- A lower risk of some cancers
- Vision health
- Strong bones and teeth



**White (mushrooms, bananas)**

- Heart health
- Cholesterol levels that are already healthy
- A lower risk of some cancers



**Yellow & Orange (corn, peaches)**

- A healthy heart
- Vision health
- A healthy immune system
- A lower risk of some cancers



**Red (radishes, watermelon)**

- A healthy heart
- Memory function
- A lower risk of some cancers\*
- Urinary tract health



## Getting Started on 5-A-Day...



Not sure how to eat 5 to 9 A Day? Start the day with 100 percent fruit or vegetable juice. Slice bananas or strawberries on top of your cereal. Have a salad with lunch, and an apple for an afternoon

snack. Include a vegetable with dinner and you already have 5-A-Day. If you need more than 5 servings per day, try adding a piece of fruit for a snack or an extra vegetable (like carrots or green beans) at dinner.

- There are so many choices when selecting fruits and vegetables. Have you ever tried kiwifruit? How about asparagus? Try something new that helps you reach your 5 to 9 -A-Day.
- Keep things fresh and interesting by combining fruits and vegetables of different flavors and colors, like red grapes with pineapple chunks, or

cucumbers and red peppers.

- When you keep fruits and vegetables visible and easily accessible you tend to eat them more; for instance, store cut and cleaned produce at eye-level in the refrigerator, or keep a big bowl of fruit on the table.
- You can get some of your 5 to 9-A-Day at restaurants too. Try some of these healthy choices.
  - veggie pizza
  - pasta with vegetables (but watch out for those high fat cream sauces)
  - fresh vegetable "wrap"
  - vegetable soup
  - small salad (instead of fries)
  - plenty of fresh vegetables from the salad bar.

## Wellness Tip of the Quarter: Being Happy

Living your life happily and optimistically is wonderful, but it is also essential to your health. Being a happy person actually protects you from stress linked to such top killers as heart disease and strokes, and thus helps you live longer and better. So take advantage of the nice weather and spend some time doing the things you like to do. Being happy, along with a healthy diet, some physical activity and common sense safety will help make this one of the best summers of your life.



Atlantic County Division of Public Health: Working for Healthy People and Healthy Communities

Atlantic County Executive, Dennis Levinson. Atlantic County Board of Chosen Freeholders, Joseph F. Silipena, Chairman