MAY 2021

NURSE NEWS

Stay connected and stay healthy

Cotati-Rohnert Park Unified School District

Good Nutrition

Have you heard the phrase “you are what you eat”? This means that the food we eat effects whether our bodies have the building blocks to be healthy throughout each stage of life. Making healthy food choices reduces risks for chronic, life-long diseases and improves our sense of wellness. Our nutritional needs change as we grow and age.

For most people, food choice is based on habits, customs, values, and attitudes. Learning what to eat and which food is preferred is learned in our earliest experiences. Food is associated with emotion, our relationships to others, and even our environment.

Many types of foods are nutritious. Food selection, the way food is prepared, and the experience of eating all contribute to our health and well-being. Here are some basic tips about a well-balanced selection of food. Now see how the “My Plate” ideas apply to foods from different cultures.

Whatever foods you choose, remember the principle to add lots of color to your selection. Add more color to your diet. Don’t forget to drink water! Water is an essential part of your healthy diet.

Nutrition: Food Labels

Labels found on packaged foods contain four groups of nutrition facts: Servings, Calories, specific nutrients, and the %Daily Value that the nutrients contribute to your daily diet. The total calories that your body needs each day depend on your age, sex, height, weight, and activities. Check how many calories you need each day.

Label information is helpful to choose healthy foods and to compare nutrition information between different packaged foods. Click for more information to understand the nutrition label.

So how do you know what label information is important for you? In general, select foods that are lower in saturated fats, sodium, and added sugars. Select foods that are higher in nutrients such as calcium, vitamin D, iron, and fiber. Use the nutrition label facts along with MyPlate recommendations to make the best food selections for your lifelong good health.

HEALTHY EATING

Apple Pizzas

Ingredients
- 1 tbsp lemon juice
- 2 apples
- 2 tbsp peanut butter,
- Toppings:-what you like: fruit, mixed seeds,cinnamon.

Directions:

1.Core the apples and slice, then put in the bowl of mixing cold water and lemon juice

2. Drain the apples and spread peanut butter onto one side of each apple ring.

3, Top with your desired topping and enjoy

GET MOVING

Make a splash with swim safety

Swimming is a great way to exercise and it is fun! But it can be dangerous if you do not maintain safety practices. The best way to stay safe while swimming or boating include:

- Learn to swim
- Wear a life jacket when on a boat
- Swim with a buddy, never alone
- Swim in designated areas
- Learn to float – if you get tired don’t panic, try to float until you have enough strength to return to shore or the edge of the pool.

Look here to find where to learn to swim

KEEP CALM AND...

Meditate: Heart Coherence

Your heartbeat will synchronize with your brain wave when you practice breathing. Try putting your hand on your heart or focus on your heart when you inhale from the nose and exhale from the mouth. It will harmonize your mind, body, and emotions, which creates a coherent heart rhythm.

This meditation will bring a feeling of appreciation, compassion, or love into your awareness. Practice heart coherence meditation more often to help you focus and have the outcomes you want for your life.