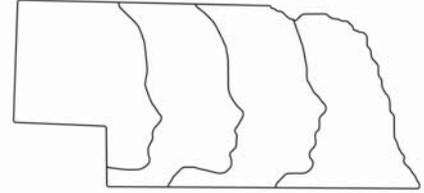


Every Woman Matters



Office of Women and Men's Health

January 2008 - April 2008

Healthy Ways... Healthy Days

Volume 4, Issue 1

Cold Weather Can Increase Heart Disease Risk

Frostbite and icy falls aren't the only dangers of winter weather. It's also a time when you should take care to protect your heart, especially if you have heart disease.

Following are a few tips from the American Heart Association:

Cardiovascular Disease and the Flu

Didn't get your flu shot yet? You can still benefit by getting the shot as late as December or even January, because the flu season often lasts well into March. While people with heart disease should get vaccinated as soon as flu shots are available, don't be discouraged if you didn't. Call your healthcare provider to see if one is available.

Every year in the United States, about 36,000 people die from the flu and more than 200,000 are hospitalized due to complications from it. Studies have shown that death from the flu is more common among people with heart disease than any other chronic condition. Talk with your healthcare provider about any concerns you have.

Cold Medicines and High Blood Pressure

Did you know some cold or flu medicines can raise your blood pressure?

Most cold and flu products you purchase at the store contain decongestants—or an ingredient that helps with congestion and stuffiness that come with a cold or flu. People with high blood pressure should know that using decongestants may raise blood pressure. Some common decongestants in over-the-counter medications include pseudoephedrine and phenylephrine. If you have high blood pressure, talk to your doctor or pharmacist before choosing a cold or flu medication from the store. If you aren't sure if you have high blood pressure, call your healthcare provider. They can help you schedule an appointment or talk with you about your blood pressure readings if you have already been in.

Snow Shoveling and Heart Attacks

Did you know that 15 minutes of snow shoveling counts as moderate physical activity?

If you would like more information on women's health issues, please visit our website:

www.dhhs.ne.gov/womenshealth

or contact us at

every.woman.matters@dhhs.ne.gov

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Do You Know Your Numbers?

Part 4: Body Mass Index (BMI)

This article, on the importance of knowing your body mass index, is the final article in our series “Do You Know Your Numbers?” Knowing health information like your blood pressure, cholesterol and body mass index is important to getting and staying heart healthy.

Defining Obesity and Overweight

Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify ranges of weight that have been shown to increase your risk of certain diseases and other health problems.

For adults, overweight and obesity ranges are found by using weight and height to calculate a number called the “body mass index” (BMI). BMI is used because, for most people, it corresponds with their amount of body fat.

To figure out your BMI:

Use the table below and find your height at the top of the table. Move down to your weight (in pounds). The number at the top of the column is the BMI at that height and weight.

BMI	Height (in)																		
	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
Wgt. (lbs)	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"
100	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13	12
105	22	21	21	20	19	19	18	18	17	16	16	16	15	15	14	14	14	13	13
110	23	22	22	21	20	20	19	18	18	17	17	16	16	15	15	15	14	14	13
115	24	23	23	22	21	20	20	19	19	18	18	17	17	16	16	15	15	14	14
120	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15
125	26	25	24	24	23	22	22	21	20	20	19	18	18	17	17	16	16	16	15
130	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16
135	28	27	26	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16
140	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17
145	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18
150	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18
155	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	20	20	19	19
160	34	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20	20
165	35	33	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20
170	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
175	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	21
180	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22
185	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23
190	40	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23
195	41	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24
200	42	40	39	38	37	36	34	33	32	31	30	30	29	28	27	26	26	25	24

- An adult who has a BMI between 25 and 29.9 is considered overweight.
- An adult who has a BMI of 30 or higher is considered obese.

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese

Factors That Contribute to Overweight & Obesity

Researchers have found that several factors can contribute to the likelihood of someone’s becoming overweight or obese.

- **Behaviors-** What people eat and their level of physical activity help determine whether they will gain weight. A number of factors can influence diet and physical activity. *(Continued on Page 4)*

Steps to Protect Yourself this Flu Season

According to the Centers for Disease Control, the flu is spread most often through coughing and sneezing, especially in crowded areas. A person may be able to infect others one day before he or she develops any symptoms and can continue to infect others 5 days after he or she begins to feel ill.

Flu symptoms include: fever, headache, dry cough, running and/or stuffy nose, sore throat, and muscle aches.

If you develop flu like symptoms, please consult your health care provider and remember to drink plenty of fluids and get adequate rest.

One of the best ways to prevent season flu is by getting a flu vaccination. According to the Centers for Disease Control, the following are other helpful ways to stop the spread of germs at home and at work:

- Clean your hands with soap and water or use an alcohol-based hand cleaner.
- Avoid touching your mouth, nose or eyes.
- If possible, avoid close contact with any one who is sick.

What if I am already sick?

- To prevent the spread of germs, cover your nose and mouth with a tissue. Throw the tissue immediately away in a wastebasket.
- If a tissue is not available, sneeze or cough into your sleeve.
- Always clean your hands with soap and water or an alcohol-based hand cleaner.
- If you feel ill, always consult your health care provider.

Cheesy Turkey Lasagna (Serves 15)

- 1 cup chopped onion
- 1 tablespoon olive oil
- 3 cups chopped cooked turkey
- 1 (10 oz.) package frozen chopped spinach, thawed, well drained
- 4 cups (16 oz.) shredded mozzarella cheese
- 2 cups (8 oz.) shredded Parmesan cheese
- 1 cup ricotta cheese
- ½ teaspoon dried rosemary
- 1 teaspoon dried oregano leaves
- ¼ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon lemon juice well drained
- 1 can cream of chicken soup
- ½ cup sour cream
- ½ cup low-fat milk
- 9 lasagna noodles, cooked according to package directions

Wash your hands. In a large skillet or Dutch oven cook and stir onions with olive oil. Remove from heat. Stir in all remaining ingredients except lasagna noodles. Place 3 noodles on the bottom of a 13X9X2-inch baking pan. Top with a layer of the cheesy mixture. Repeat the layers until all your noodles are gone. Bake in a preheated 350° F. oven for 60 minutes.

APPROXIMATE NUTRIENT CONTENT PER SERVING: 326 calories; 27 g protein; 17 g fat; 17 g carbohydrate; 721 mg sodium

Recipe Source: Iowa Turkey Federation



Do You Know Your Numbers? *(Continued from Page 2)*

- **Genetics-** Heredity plays a large role in determining how likely people are to becoming over weight or obese. Genes can influence how your body burns calories for energy and how the body stores fat.

Most weight gain is caused by consuming more calories than the body uses. For example, if you eat 100 more food calories a day than you burn, you will gain about 1 pound in a month. That is about 10 pounds per year.

Losing Weight and Keeping It Off

Weight loss is an essential part of managing and reducing obesity, as it provides many short and long-term health benefits. Healthcare providers typically recommend that overweight/obese people lose approximately 10 percent of their weight to significantly reduce obesity-related health risks like hypertension, high cholesterol, type 2 diabetes and others. Talk to your doctor about what this means for you.

The American Heart Association offers the following thoughts on losing weight and keeping it off.

- **Ask Questions.** What gives you the strength to resist temptation? Can you form new habits that you can live with forever? What are the rewards of weight loss for you? How much do you want those rewards?
- **Get Real.** Losing 1 to 2 pounds a week is a realistic goal. Don't burden yourself with unrealistic expectations. Talk with your healthcare professional to determine a healthy goal weight.
- **Stay Balanced.** To maintain your weight, you must balance your intake of calories with the energy you burn. Just the difference of one 12-ounce soda (150 calories) versus at least 30 minutes of brisk walking on most days can add or subtract about 10 pounds to your weight each year!
- **Step Up to the Challenge.** Strap on a pedometer and find out how many steps you take each day. Gradually add just 250 steps per day averaged out over the week. That will give you a good start on a healthy routine of physical activity. Most sedentary adults take only 2,500 to 3,500 steps a day. Aim to add 4,000 to 6,000 to whatever you are doing now, for a total of 10,000 or more each day. The more steps you take, the better.
- **Shop Smart.** Start your food control at the grocery store. Shop on a full stomach, use a list, read the labels on every food you buy, and skip any food that is not part of your chosen eating plan.
- **Take Notes.** As you plan your eating and activity strategies, keep records. What types of foods are you eating? How do the calories add up? How much are you moving? As you lose weight, record what works for you and what doesn't. Review your notes so you can change strategies if needed.
- **Weigh Less.** Don't get on the scales every day. Once a week is fine. Try measuring inches lost instead of pounds.
- **Plan Ahead.** Plan your meals, plan for ups and downs, plan for holidays and plan to feel great when you've made health a daily habit. If you can do what's right 75 percent of the time, you're going to succeed in the long run!

If you missed the series of "Know Your Numbers" articles you can access them in past issues of "Healthy Ways... Healthy Days" newsletter at our web-site: www.dhhs.ne.gov/womenshealth.

5 foods that should have a place in your diet

By Maureen Callahan

Bad reputations tend to stick, even with foods. Continued negative press about a fruit, vegetable, or beverage is enough reason for many of us to banish it. Or maybe we indulge on occasion, but with a measure of guilt.

Take avocados and peanuts, for example. Not too long ago they wore a big scarlet “F” for too much fat. Yet as peanuts and avocados sat languishing on many people’s bad-for-you lists, researchers discovered that the fat in these two foods, mostly the monounsaturated kind, is extremely good for the heart--and for health in general. And the good news didn’t stop there. Researchers continue to uncover disease-fighting chemicals or new health roles for these foods.

For the common mushroom, the “bad” reputation is a tad subtler. It’s not perceived as unhealthy. But it is often dismissed as diet food, low in calories but with little to brag about nutritionally. Truth is, scientists are finding that mushrooms contain powerful compounds that boost immune function and may fight cancer.

Now that scientists are looking beneath the surface at mushrooms, avocados, and peanuts--as well as once-maligned eggs and coffee--redeeming qualities for each of these five foods are coming to light. They have nutritional respect and deserve a place at your table.

1. Peanut butter

Myth: This creamy spread is an indulgence best enjoyed occasionally because it’s high in fat and calories.

Why it’s good for you: At least five major studies confirm that eating peanuts can lower risk for coronary heart disease. So it’s no leap to think that peanut butter confers the same benefits. “Suffice it to say that eating peanut butter or peanuts has been associated with lower total cholesterol, lower LDL or ‘bad’ cholesterol, and lower triglycerides, all of which are associated with lower cardiovascular disease risk,” says Richard Mattes, Ph.D., R.D., a professor of nutrition at Purdue University.

Even better, these health benefits seem to occur without also promoting weight gain. One reason could be that peanut butter is a stick-to-the-ribs kind of food. When Mattes offered a group of volunteers seven different snack foods (including peanut butter, rice cakes, pickles, and almonds), study participants reported that peanut butter or peanuts were much more filling snacks than rice cakes or pickles and tamed hunger for much longer. Sure, peanut butter is high in fat and calories, but if a small amount can quell hunger, that might explain why dieters seem more satisfied with weightloss plans that include the spread.

But dieting or not, Mattes says a tablespoon or two of peanut butter is all it takes to net a world of benefits for both the heart and waistline. And don’t obsess about peanut butter being a source of trans fats. A study by the U.S. Department of Agriculture finds no detectable trans fats in a standard 2 tablespoon serving.

2. Eggs

Myth: Eggs are high in dietary cholesterol, so they don’t have a place in my heart-healthy diet.

Why they’re good for you: Eggs contain a variety of substances that appear to promote good health. Choline, a nutrient that is critical to brain function, is one example. Eggs, it seems, are one of the richest food sources of choline. Scientists at the University of North Carolina find adding choline to the diets of pregnant animals improves memory performance in their offspring. It may seem like a

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Nebraska Tobacco Quitline~

The perfect New Year's resolution partner for those who use tobacco.

If you've ever tried to quit smoking or chewing tobacco you know it's hard. It's hard because nicotine is a very addictive drug. In fact, it's common for tobacco users to try to quit 5 to 7 times before they finally do. Each time you try to quit though, you learn more about what works for you and eventually you can succeed.

The Nebraska Tobacco Quitline can help you quit tobacco for good.

The Quitline is sponsored by the Nebraska Department of Health and Human Services' Tobacco Free Nebraska program. The toll-free Quitline, 1-800-784-8669 (1-800- QUIT-NOW), gives Nebraska residents around the clock access to counseling and support services. Calls to the Quitline are free.

Calls are answered by trained cessation counselors at the American Cancer Society. When you first call in you're given a choice of services, including telephone counseling; self-help materials; referrals to community programs; or a combination of these. If you choose counseling, you're right away offered a brief counseling session and given the option to enroll in proactive counseling as well ... where counselors call you at times that best fit your schedule. All information you provide is confidential.

There are many health benefits to quitting tobacco.

- Within 20 minutes of smoking the last cigarette your blood pressure and pulse rate drops to normal.
- Within 3 days: breathing is easier.
- Within 2 to 3 months: circulation improves, walking becomes easier, and lung function increases up to 30%.
- Within 1 year: your risk of coronary heart disease will be half that of a smoker.

Your family and friends will also benefit, because they will no longer have to breathe in the harmful effects of your secondhand smoke.

And, your pocketbook will benefit, too. A 20-year smoker, who smokes a pack a day, will have spent more than \$25,000 on cigarettes (at \$3.50 a pack). That's enough to have bought a new car or make a down-payment on a home.

There's no one perfect way to quit, but the Quitline is a tool that can help. In fact, telephone counseling programs, like the Nebraska Tobacco Quitline, have been proven to double your chances of quitting successfully.

If you've been thinking about quitting, start by calling **1-800-QUIT-NOW** soon.



Cold Weather & Heart Disease Risk *(Continued from Page 1)*

But, some caution should be taken before you head outside and pick up the shovel. Heart attacks, back strain and muscle soreness can occur from the extensive physical activity involved in what can be a simple task of snow shoveling.

Shoveling, can be made more difficult by the weather. Cold air makes it harder to work and breathe, which adds some extra strain on the body. There also is the risk for hypothermia, a decrease in body temperature, if one is not dressed correctly for the weather conditions.

People who are most at risk for a heart attack include:

- Anyone who has already had a heart attack.
- Individuals with a history of heart disease.
- Those with high blood pressure or high cholesterol levels.
- Smokers.
- Individuals leading a sedentary lifestyle.

Don't forget back safety when shoveling snow. Even if you exercise regularly and are not at risk for heart disease, shoveling improperly could lead to a strained back.

The average shovel loaded with 16 pounds of snow ends up moving 192 pounds of snow if you load your shovel about 12 times a minute. That's almost 2,000 pounds being lifted in just over 10 minutes!



Tips for Safer Shoveling:

- If you are inactive and have a history of heart trouble, talk to your doctor before you take on the task of shoveling snow.
- Drink plenty of water. Dehydration is just as big an issue in cold winter months as it is in the summer.
- Dress in several layers so you can remove a layer as needed.
- Warm up your muscles before shoveling, by walking for a few minutes or marching in place. Stretch the muscles in your arms and legs, because warm muscles will work more efficiently and be less likely to be injured.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.
- Create some distance between the hands. This will give you more leverage and make it easier to lift snow.
- Pick-up smaller loads of snow. It's best to shovel by sections. If you are experiencing snowfall levels of 12-inches or higher, take it easy and shovel 2-inches off at a time.
- Do push. Don't lift. Save your back and your energy by simply pushing the snow to the side instead of lifting the snow and throwing it off to the side.
- Lift with your legs not your back. Bend your knees and keep your back as straight as possible so that the lifting comes from your leg muscles, not your back. Never bend at the waist. Step in the direction that you are throwing snow. This will help prevent the lower back from twisting and will help alleviate any back soreness that you might typically experience the day after a hard shoveling job.
- Listen to your body. Stop if you feel pain or observe heart attack warning signs. These may include chest pain as well as shoulder, neck or arm pain; dizziness, fainting, sweating or nausea; or shortness of breath. If you think you're having a heart attack, seek medical help immediately.

5 foods that should have a place in your diet *(Continued from Page 5)*

leap to apply this finding to people, but researchers are already encouraging pregnant women to eat eggs and other choline-rich foods (such as beef liver) during pregnancy.

Eggs are also being studied because they contain lutein and zeaxanthin, antioxidants that may keep eyes healthy and ward off the leading cause of blindness, macular degeneration. A recent report in the *Journal of Nutrition* suggests that we look at the egg as a whole package: Eggs are inexpensive, contain the highest-quality protein on the planet, and are loaded with small amounts of vital nutrients, including folate, riboflavin, selenium, B12, and choline. At 75 calories apiece, eggs are also a nutrient-dense food that makes a smart and low-calorie contribution to any menu.

3. Coffee

Myth: The only thing you get from drinking coffee is a caffeine buzz.

Why it's good for you: The average cup of coffee has hundreds of different chemical compounds. Maybe that's why news reports about coffee vacillate between lauding its health benefits and labeling it harmful. Still, the benefits of coffee seem to outweigh the negatives.

To name just a few: Some Arizona researchers recently discovered that coffee with caffeine helps improve memory in older adults. A new study from the United Kingdom suggests that small amounts of coffee consumed throughout the day can increase alertness and improve your ability on all kinds of tasks, including those that require hand-to-eye coordination and attention to detail. The studies suggest regular coffee drinking may lower risk of type 2 diabetes. A new report in the *Journal of the American Medical Association* finds that people who drink a daily four to six cups have a 28 percent lower risk of developing this illness--which is fast becoming an epidemic in this country--than folks who drink less than two cups each day. Researchers arrived at those numbers by pooling the results of nine different studies from the United States and around the world. Speculation is that caffeine deserves the credit, though it could be an antioxidant phenolic compound called chlorogenic acid. (If you drink several cups, spread them throughout the day to prevent the jitters, and avoid coffee late in the day, which can interfere with sleep.)

4. Avocado

Myth: I shouldn't eat avocados because they're high in fat.

Why they're good for you: A lot of attention centers on the fact that avocados are rich in monounsaturated fat, the heart-healthy kind. Yet scientists are now more interested in the active compounds in avocados that might help prevent cancer. One recent study found that those compounds can inhibit the growth of prostate cancer cells in the laboratory. While conducting the study, these researchers found avocados are loaded with a variety of antioxidants, including familiar disease-fighting compounds such as lutein, beta-carotene, and vitamin E.

Another recently discovered benefit is that avocados help the body absorb nutrients from other foods. Researchers from Ohio State University recently reported that pairing avocados with salsa or salad allows for better absorption of antioxidants in those foods. The lycopene in tomatoes or the beta-carotene in carrots may be better absorbed if there's a slice or two of avocado in the bowl. Scientists suspect that the fat content of avocados helps the body absorb these antioxidants.

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5 Foods (Continued from Page 8)

5. Mushrooms

Myth: Mushrooms are a low-calorie food with little nutritional benefit.

Why they're good for you: They may be 90 percent water and have only 18 calories per cup, but mushrooms are getting serious scientific attention. Laboratory reports and animal studies show that compounds in mushrooms may do everything from bolster immune function to suppress breast and prostate cancers to decrease tumor size. And now, Penn State researchers find that mushrooms, from the humble button to the giant portobello, harbor large amounts of an antioxidant called L-ergothioneine. The scientific buzz is that fungi, for the moment, are the only foods that contain this compound.

While scientists work to figure out how these findings will translate to dietary advice, there are plenty of reasons to enjoy mushrooms. Clare Hasler, Ph.D., a well-known expert in functional foods and executive director of the Robert Mondavi Institute for Wine and Food Science at the University of California, Davis, points out that mushrooms offer a healthy helping of the blood pressure-- lowering mineral potassium. "Most people might be surprised to learn that while orange juice is touted as one of the highest potassium foods, one medium portobello mushroom actually has more potassium," she says. "And five white button mushrooms have more potassium than an orange."

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Overcoming Exercise Excuses

Exercising has many health benefits. While getting started may be a challenge, by sticking to your exercise goals, you will look and feel better in no time! So whatever your excuse for not exercising, we have a solution that will get you back on track. **Get out and enjoy!**

Excuse

I don't have time to exercise for 30 minutes.

I'm too tired after work.

I don't want to have sore muscles.

It's too hot/cold outside.

I can't afford to join a gym or buy fitness equipment.

Exercise is boring.

Solutions

Start with 10 minutes a day and slowly add time. Break it up into three 10-minute intervals. Every step counts!

Plan to do something active before work or during the day. A lunchtime walk could do the trick.

Learn how to warm up and stretch before exercising, and cool down afterward. Start out slowly and gradually increase your activity level.

Walk inside a shopping center or local rec center.

Simple activities, such as walking, don't require a financial investment. You can lift cans of food in place of hand weights.

Find something you enjoy doing. Switching your routine will keep things interesting.

Craft: Valentine Candy Jar

Difficulty: Easy

Recycle a baby food jar into a Valentine's candy container. A fun craft for kids to give sweets to their sweetheart!

What you'll need:

Baby food jar and lid, washed, rinsed, and dried
Valentine fabric scrap
Low temp glue gun
Pinking shears
Yogurt lid (or similar size)
Pen
Red "Painters" paint markers
Pink "Painters" paint markers
Candy

Painted lid:

Baby food jar and lid, washed, rinsed, and dried
Craft paint (any color)
Paintbrush
Paint markers (any color)
Candy

How to make it:

Use the paint markers to draw on a few hearts on the side of the jar. You may wish to add a TO/ FROM on the jar itself as well. Let dry. If creating the fabric covered lid, then trace around the yogurt lid on the wrong side of the fabric. Cut out with pinking shears. Center the fabric, wrong side down, on the middle of the jar lid. Glue in place on the top and in places on the side of the lid. If creating the painted lid, then paint with pink paint. Let dry. Paint red heart on lid. Let dry. Fill the jar with Valentine candy. Fasten the lid on the jar. Give the candy jar to someone special for Valentine's Day.



<http://www.kaboose.com/HideTheseForNow/valentine-candy-container.html>

Peanut Butter Cookies

1/2 cup margarine
1 cup sugar
1 cup brown sugar
1 pkg. (12 oz) firm silken tofu
2 teaspoons vanilla
1 1/2 cups chunky peanut butter
4 cups flour
2 teaspoons baking soda
1/2 teaspoon salt



Blend margarine, sugars, tofu, vanilla, and peanut butter together. Add flour, baking soda and salt; mixing thoroughly. Shape dough into small balls and place 2 inches apart on cookie sheet. Flatten with a fork. Bake in 350 degree oven for 10-14 minutes or until done. s and cook over medium-high heat for 5 minutes, stirring occasionally.

Calories 111; Total fat 5 g; Saturated fat 1 g; Cholesterol 0 mg; Sodium 96 mg; Carbohydrate 14 g; Fiber 1 g; Total Protein 3 g; Soy Protein 0.4 g

Source: *Favorites from the Heartland - Second Edition*

Every Woman Matters 1-800-532-2227

When someone that speaks a language other than English, calls into the Every Woman Matters (EWM) telephone line, the program will use the Language Line interpretation service. If you speak a language other than English, please be patient as we will need to connect to the service.

If you've called EWM within the last 6 months, you have probably noticed we have an automated phone system. When you call us, you will get a menu of items to choose from. The program has over 55,000 clients enrolled, over 700 providers statewide, and a large network of community partners. By having this automated system, not only will it allow our staff to use their time more proficiently, it will also allow you as the client to choose the most appropriate staff member.

Be assured that your phone message will always be answered within two business days, most often times, the same day. Please do not hang up. Please be patient. The office hours are Monday through Friday, 8:00 a.m.-5:00 p.m. Central Standard Time. If you call after hours, you will not be able to leave a message. Here is a helpful menu of numbers to assist you when calling:

"Thank you for calling the Office of Women's Health, Every Woman Matters Program."

Press 1 - For English

Press 2 - For Spanish

Then you'll receive the following menu:

Press 1 - For an Enrollment or Screening Packet

Press 2 - For Billing Questions

Press 1 - For Providers

Press 2 - For Clients

Press 3 - To talk to a Nurse

Press 1 - For Providers

Press 2 - For Clients

Press 4 - For the Colon Cancer Screening Program

Press 5 - For the Office of Women's Health general questions

Press 6 - To speak to a Program Representative/Receptionist

Just a reminder that when calling the EWM toll-free number, we cannot assist you with making your screening appointments. That is something that you will need to do with your doctors office. To assist you with that process, there is a listing of doctors on our website that you can view or print off. You can view this list at www.dhhs.ne.gov/womenshealth/ewm/ewm_providers.asp. When viewing the list you can sort it by city, zip code, county, name of clinic, etc.



Almond Snack Mix

- 1/3 cup whole unsalted almonds
- 2/3 cup multigrain or whole-grain cereal squares
- 1/2 cup low-fat granola cereal without raisins
- 1/4 cup dried apricot halves, cut into strips, or golden raisins
- 1/4 cup sweetened dried cranberries

Preheat oven to 350 degrees. Spread the almonds in a single layer on an ungreased baking sheet. Bake for 5-10 minutes, or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely. Meanwhile in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.

Source: *Love Your Heart* - American Heart Association



The Nebraska Department of Health and Human Services is committed to affirmative action/equal employment opportunity and does not discriminate in delivering benefits or services.

Funds for this project were provided through the Centers for Disease Control and Prevention Breast and Cervical Early Detection Program, Well Integrated Screening and Evaluation for Women Across the Nation, and Colorectal Cancer Screening Demonstration Program Cooperative Agreements with the Nebraska Department of Health and Human Services. #U57/CCU706734-06, #U57/CCU7191-66 and #U55/CCU725047-01

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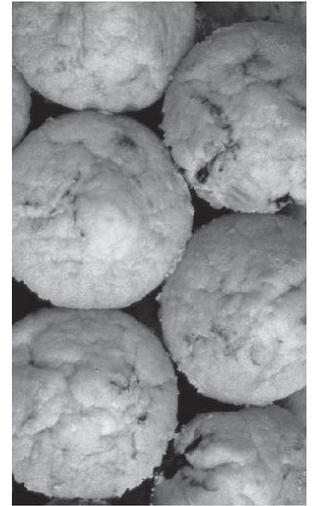


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www.dhhs.ne.gov/womenshealth

Whole-Wheat Cranberry Muffins

- 3/4 cup uncooked quick-cooking oatmeal
- 1/2 cup whole-wheat flour
- 1/2 cup all-purpose flour
- 1/2 cup firmly packed light brown sugar
- 1/2 cup sweetened dried cranberries
- 1/4 cup toasted wheat germ
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 3/4 cup pineapple juice
- Egg substitute equal to 1 egg, or 1 large egg
- 1 tablespoon canola or corn oil
- 2 tablespoons unsalted sunflower seeds

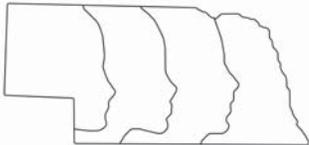


Preheat oven to 400 degrees. Lightly spray a 12 cup muffin pan with vegetable oil spray or put paper muffin cups in the pan. In a medium bowl, stir together the oatmeal, flours, brown sugar, cranberries, wheat germ, baking powder, and baking soda. Make a well in the center. Pour the pineapple juice, egg substitute, and oil into the well, stirring until just moistened. Do not overmix; the batter should be slightly lumpy. Spoon the batter evenly into muffin cups. Sprinkle with sunflower seeds.

Bake for 11-12 minutes.

Calories 143; Total Fat 2.5 g; Saturated Fat 0.5g; Polyunsaturated Fat 1.0 g; Monosaturated Fat 1.0 g; Cholesterol 0 mg; Sodium 108 mg; Carbohydrates 28g; Total Sugars 15 g; Dietary Fiber 2 g; Protein 3g.

Every Woman Matters



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