



Healthy Living Update

Have a Happy and Healthy New Year

As January begins, many people set goals to improve their health, and often that involves a healthful diet. By making small changes to the food on your plate, you can achieve your goal. Which of these tips will work for you?

1. **Build a healthy plate**—A healthy meal starts with more fruits & veggies and smaller portions of protein and grains.
2. **Take your time**—Be mindful. Eat slowly. Enjoy the taste and textures. Pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough. Remember, your brain needs at least 20 minutes to get the message that your stomach is full.
3. **Use a smaller plate**—Use a smaller plate at meals to help with portion control.
4. **If you eat out, choose more healthful options**—Check and compare nutrition information about the foods you are eating. Most fast-food places post nutrition facts on their menus. Better yet, preparing food at home makes controlling what goes in your meals easier to do.
5. **Satisfy your sweet tooth in a healthful way**—Indulge in a naturally sweet dessert – fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples with cinnamon.
6. **Choose to eat some foods more or less often**—Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars and salt.
7. **Find out what you need**—Get a personalized plan at www.choosemyplate.gov.
8. **Sip smarter**—Drink water, calorie-free beverages or fat-free milk when thirsty.
9. **Compare foods**—Compare Nutrition Facts labels at the grocery store.
10. **Make treats “treats,” not everyday foods**—Have a smaller piece, and limit sweet treats to special occasions.



This Month at Public Health:

Immunization Clinics:

- January 2 – 1:00-6:00 pm
- January 6 – 1:00-6:00 pm
- January 17 – 1:00-5:00 pm
- January 23 – 1:00-6:00 pm
- January 28 – 1:00-6:00 pm

OPOP:

- January 13
- January 14
- January 21

Cholesterol Screenings:

- January 17
- January 28

Holiday Closings

- January 1 – New Year's Day
- January 20 – MLK Day

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Folic Acid...Are you Getting Enough?



Folic Acid is a B vitamin that plays an important role in cell maintenance and repair, synthesis of DNA, amino acid metabolism and helps produce red and white blood cells.

Why Folic Acid? Lack of this important vitamin can lead to a host of problems including folic acid anemia, heart disease, stroke, some cancers, and neural tube birth defects (involving the brain and spinal cord).

Folic acid can be a pregnancy superhero! Taking a prenatal vitamin with the recommended 400 micrograms (mcg) of folic acid before and during pregnancy can help prevent some neural tube defects. One study also showed that women who took folic acid for at least a year before getting pregnant cut their chances of delivering prematurely by 50% or more.

Foods that can help increase folic acid in your diet include:

- Enriched breakfast cereals and grain products
- Beef liver
- Spinach, collard greens, turnip greens, mustard greens and Roman lettuce
- Asparagus
- Broccoli
- Citrus fruits
Papaya, oranges, grapefruits, strawberries
- Beans, peas, lentils
- Avocado
- Okra
- Brussel sprouts
- Seeds and nuts
- Cauliflower

Ask your healthcare provider if you have questions about getting more folic acid into your diet.

Spotlight on Diversity

"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart."

Nelson Mandela 1918-2013

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