



# Here's to Your Health!

## Skip These Foods During Baby's First Year

### DID YOU KNOW?

The average American consumes more than 19 tablespoons of sugar each day, mostly from processed foods and drinks!



In fact, Americans consume more than 5 billion cans of soda and more than one and a half billion pounds of coffee each year!

There are so many milestones in the first 12 months of a baby's life - first smile, first tooth, taking that first unassisted step, and the first time they eat solid foods. As excited as you are to introduce your baby to the wide world of tastes, it's important to understand that there are certain foods you should NOT feed your baby during their first year.

From the time they are born until about 4-6 months, babies should only be fed breast milk or iron-fortified formulas. Introducing them to food or juice too early means they won't be getting the important vitamins and minerals they need for growth and development that they'll only get from milk. In addition, many foods can cause illnesses, allergies, and choking, so here are some foods to avoid during that first year.

**Honey** - Honey can carry a bacterium that causes botulism. While the

intestinal tract of adults can prevent the toxins from growing, the illness can be deadly for infants.

**Milk other than breast milk or formula** - Cow, goat, soy, and rice milk contain much more complex proteins than found in breast milk and formula, meaning baby won't be able to digest it properly. Those also don't have all the nutrients your baby needs and can cause damage to baby's kidneys or allergic reactions.

**Other allergy-causing foods** - Avoid the following foods until baby turns one, especially if there is a family history of allergies: Egg whites, citrus or acidic fruits and juices, strawberries, corn,

shellfish, chocolate, peanuts and other tree nuts (including peanut butter), and wheat.

**Certain Fish** - Due to the high mercury content of certain fish (mackerel, swordfish, tuna), which is highly toxic in the human body, do not introduce these foods to your baby until he or she is both 1 year of age and at least 20 pounds.

### Foods that cause choking

- Avoid large chunks of foods (pea-sized is better), small hard foods (like popcorn, nuts, hard candies, grapes, raisins, hot dogs), and sticky foods (like peanut butter, marshmallows, and gummy candies). Always make sure to supervise your child when he or she is eating.



## Are You at Risk for a Heart Attack?

Some risk factors for heart disease may be more preventable than others, and the more risk factors you have, the greater your chance for having a heart attack. Go through this checklist to know what your Heart Attack risk is.

- Increasing Age** - 83% of people who die of heart disease are age 65 or older.
- Male gender**
- Heredity and Race** - You are more likely to develop it yourself if you are African American, Mexican American, American Indian, na-

tive Hawaiian, and Asian American, and if your parents had it, too.

- Smoking** - Smoking triples your risk of heart disease.
- High Cholesterol**
- High Blood Pressure** - This increases your risk of stroke, heart attack, kidney failure, and heart failure.
- Inactivity** - Sedentary lifestyles add to the risk, and experts recommend at least 30 minutes of exercise daily.
- Obesity and Overweight** - People with excess body fat

(especially around the waist) are more likely to develop heart disease even if they have no other risk factors. Losing as few as 10 pounds greatly lowers this risk.

**Diabetes Mellitus** - About three quarters of people with diabetes die of some form of heart or blood vessel disease.

- Stress**
- Too Much Alcohol** - Alcohol raises blood pressure and can contribute to high triglycerides, cancer, obesity, and alcoholism.



## National Wear RED Day!

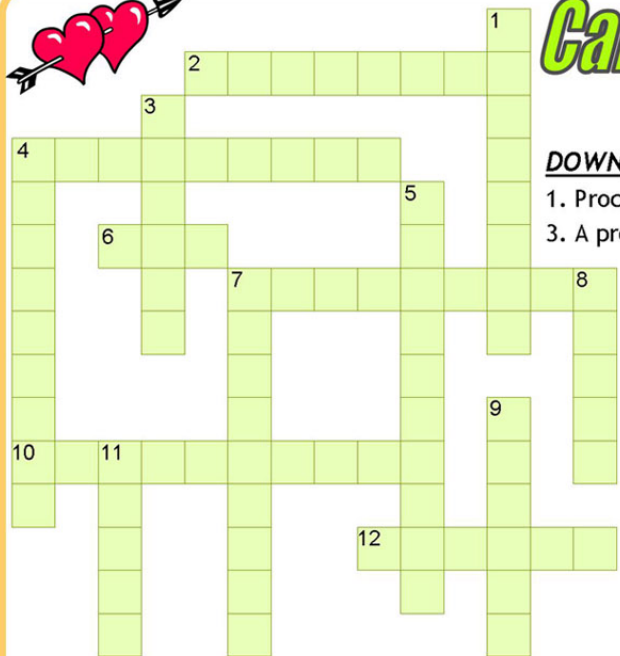
Friday, February 6th, is a day when people all over the world wear **red** in support of Heart Disease Awareness. Join the movement and **WEAR RED!**







# Cancer Facts Crossword!



## DOWN

1. Procedure to test for cervical cancer
3. A procedure in which a sample of body tissue is removed to test for cancer
4. The disappearance of cancer symptoms and cells
5. Smoking \_\_\_\_\_ significantly raises your risk of cancer
7. Procedure to test for breast cancer
8. A lump of cancerous cells
9. Eating 5 to 9 servings of \_\_\_\_\_ and vegetables a day reduces your risk of cancer
11. \_\_\_\_\_ therapy uses chemicals/drugs to destroy cancer cells

## ACROSS

2. Form of skin cancer associated with exposure to UV Light
4. \_\_\_\_\_ therapy uses high-energy rays to destroy cancer cells
6. Virus associated with cervical cancer
7. Another word for "cancerous"
10. Doctor who treats cancer
12. Another word for "non-cancerous"

# Sizzling Shrimp with Corn Relish

- 1 1/2 tablespoons fresh lime juice
- 1 tablespoon fish sauce
- 1/2 teaspoon sugar
- 2 tablespoons canola oil
- 1/2 cup chopped shallots
- 1 tablespoon minced garlic
- 1 tablespoon minced jalapeño pepper (about 1 small)
- 1 1/2 pounds peeled and deveined medium shrimp
- 1 1/2 cups fresh corn kernels (about 3 ears)
- 1/3 cup chopped fresh cilantro



Combine first 3 ingredients; set aside.



Heat a 14-inch wok over high heat. Add oil to wok, swirling to coat. Add shallots, garlic, and jalapeño to wok; stir-fry 30 seconds or just until shallots begin to brown. Add shrimp to wok; stir-fry 3 minutes or until shrimp are done. Add corn; stir-fry 1 minute or just until corn is heated. Stir in juice mixture; sprinkle with cilantro.

## Nutrition Facts

Serving Size	1 cup
Amount Per Serving	
Calories	332
Total Fat	11.2 g
Saturated Fat	1.2 g
Cholesterol	259 mg
Sodium	612 mg
Protein	37.6 g
Carbohydrates	19.9 g
Fiber	2.1 g

## Things you Didn't Know About Your



- Most people exert 20 to 40 pounds of pressure when they clamp their jaw, but some can actually exert as much as 250 pounds, or enough to crack a hard walnut!
- The less you salivate, the more susceptible you are to tooth decay. Saliva helps prevent harmful bacteria from thriving!
- The acid and sugar in soda and citrus drinks can damage tooth enamel. It's no wonder – the average American consumes more than 53 gallons of soda per year!
- More than 80% of Americans have some form of gum disease, from the less serious gingivitis to the damaging periodontitis!



- By the time you reach age 60, you have a 25% chance of losing all your teeth!

In order to prevent this from happening, it's important to brush twice daily, floss often, and make regular visits to your dentist.

## DID YOU KNOW?

The reason why food and drinks taste bad after you brush your teeth is because a chemical in toothpaste, SLS, affects the taste receptors on your tongue!



It dulls the receptors that recognize sweetness and enhances the receptors that recognize bitterness. This drastically alters the taste of most foods, especially sweet & bitter ones!

Call Rye DeCastro for more details:  
472-3610 ext. 248



Free for Moylan's Health Members



Saturday, February 14  
Julale Center, Hagatna

Raffle Grand Prize: **42-Inch HD Plasma TV!**

FREE for NetCare Members (register at Moylan's Insurance)  
\$6.00 for others, \$20.00 for family of 4 (register at Mark's Sporting Goods)



# Happy Valentine's Day!

