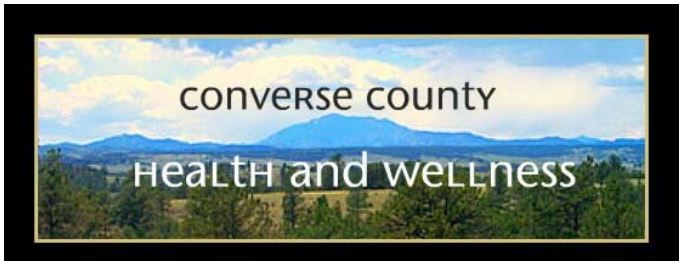


Relay for Life:

Join the Converse County Team Today

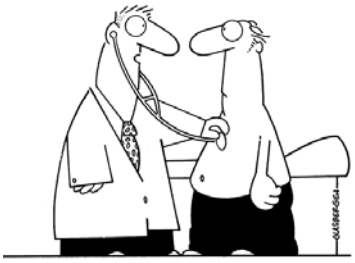
Cancer touches all of us, affecting us in our own lives or in the lives of friends or loved ones. The American Cancer Society raises funds for cancer research by hosting the annual Relay for Life**. This year, Converse County is putting together a team to participate in the event. The relay begins the evening of Friday, June 4, and ends the morning of Saturday, June 5 in Glenrock.**

Team members take turns walking an hour at a time from 6 pm to 6 am as "cancer never sleeps". Dinner, a midnight chili cook-off, and breakfast will be provided. Camping is available in the Deer Creek Park, where the relay takes place. **We need 8-15 people to commit to participating as part of our Converse County Team. This can include spouses and children under 18. We will discuss fundraising at this meeting. The Wellness Committee will help by matching county employees fundraising up to $25.00.**

The Wellness Committee is hosting a luncheon *Wednesday, March 24th* with FREE SANDWICHES and a guest speaker from the American Cancer Society. Join us in the *Commissioner's Chambers* at 12:00 or 1:00 for a 10 minute presentation about this important event. Contact Becky Lane for more information or with any questions at becky.lane@conversecounty.org or in the Assessor's office at 358-2741.

Quote of the Month:

Good actions give strength to ourselves and inspire good actions in others. ~Plato



"It's easy to tell the difference between good cholesterol and bad cholesterol. Bad cholesterol has an evil laugh."

Upcoming Events

March 24: Wellness Luncheon in the Commissioner's Chambers at 12:00 pm. **Free lunch** will be served and guest speaker from the American Cancer Society regarding the Relay for Life.

March: Work out more than 8 times at Peak Fitness this month and receive a free Converse County Wellness Program t-shirt.

April 22: Help the Wellness Committee celebrate Earth Day by participating in our second annual Converse County Clean-up Day! Join us in picking up litter along a county road and have lunch on us! Please contact Sarah Repshire if you are interested at sarah.repshire@conversecounty.org or 358-0175.

Healthy Recipe: This month's recipe contains an ingredient you may not be familiar with: quinoa. Quinoa is a grain like seed that contains no gluten, and is high in protein.

Quinoa and Black Beans

1 teaspoon vegetable oil
1 onion, chopped
3 cloves garlic, peeled and chopped
3/4 cup uncooked quinoa
1 1/2 cups vegetable broth
1 teaspoon ground cumin
1/4 teaspoon cayenne pepper
salt and pepper to taste
1 cup frozen corn kernels
2 (15 ounce) cans black beans, rinsed and drained
1/2 cup chopped fresh cilantro

1. Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and sauté until lightly browned.
2. Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes,
3. Stir frozen corn into the saucepan, and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro.

Our Mission: The Health and Wellness Committee is dedicated to providing pertinent health information to the county's employees. In addition, the committee will provide wellness opportunities to increase knowledge about the relationship between lifestyle and health. Through these avenues, the employee will have the opportunity to take control of their health, increase morale and create a more healthy and positive working environment.

DAKOTACARE®
THE HEALTH CARE PLAN OF THE SOUTH DAKOTA MEDICAL ASSOCIATION

POPULATION Health

March is
National Nutrition Month
March 2010

Choose healthy fats such as trans-free margarine in place of animal and solid fats such as butter, hard stick margarine and shortening.

Add fresh or dried fruit to your breakfast cereal or oatmeal.

Grill colorful vegetable kabobs with tomatoes, green and red peppers, mushrooms and onions.

Limit refined grains and replace with whole grains in your breads, cereals, rice, pasta and popcorn.

Try crunchy vegetables instead of chips with your favorite low-fat salad dressing or dip.

As a thirst-quencher make a "spritzer" by adding 100% fruit juice to sparkling water or seltzer.

Thaw frozen berries and add them to plain or vanilla yogurt and cottage cheese for a snack or dessert.

Vary your protein choices with more fish, beans, peas, nuts, seeds, and eggs.

Have a six-ounce glass of 100% fruit or vegetable juice with your breakfast.

Add variety to your pizza toppings by adding these vegetables: broccoli, spinach, green peppers, tomatoes, and zucchini. Try mushrooms and herbs like basal, thyme or rosemary.

Start your meal with a dark, leafy green salad. Add colorful vegetables along with some chickpeas or black beans.

Prepare instant oatmeal with low-fat or fat-free milk in place of water to get more calcium.

Get saucy with fruit: Puree berries, apples, peaches or pears for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, french toast or waffles.

Study after study reports that when your diet is high in fruits and vegetables -- which are the richest natural sources of vitamins, minerals, and fiber -- you are doing the best you can to protect your heart and help prevent many diseases, including cancer. Yet, approximately 90% of Americans fail to meet the government's recommendations for fruit and vegetable consumption.

Source: www.johnshopkinshealthalerts.com

Make a *DASH* to better health!

Keeping blood pressure at a healthy level is an important part of stroke prevention. The *Dietary Approaches to Stop Hypertension (DASH)* diet has been proven to lower blood pressure and helps prevent and control high blood pressure.

Features of the DASH diet:

- Rich in fruits, vegetables and low-fat dairy
- Low in saturated fat
- Low in total fat
- High in fiber
- Moderate in protein
- Loaded with potassium, calcium and magnesium

How to DASH to better health

- 6-8 servings of grains (make at least 3-4 of these whole grains)
- 9 servings of fruits and vegetables
- 3 servings of low fat dairy (fat-free or 1%)
- 2 servings of lean meat (1 serving = 3 ounces)
- 2 servings of healthy fats/oils (olive and canola oils are the best)
- Limit salt intake—ditch that salt shaker and use spices, herbs or Mrs. Dash to flavor food
- Go low-fat—choose lean meats and skip fried, greasy foods, regular butter and stick margarine

Need some ideas about what to try from each food group? See the list below for some tips:

Grains

- Whole wheat bread, English muffins, pita bread, bagels, cereal (non-sugary, 3-5g fiber per serving), grits, oatmeal

Vegetables

- Tomatoes, potatoes, carrots, peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, sweet potatoes, beans

Fruits

- Apricots, bananas, dates, oranges/juice, grapefruit/juice, mangoes, melons, peaches, pineapple, prunes, raisins, strawberries, tangerines

Dairy

- Skim or 1% milk, skim or low-fat buttermilk, nonfat/low-fat yogurt, Swiss cheese, nonfat cheese

Meat

- Select only lean meat; trim away visible fats, broil, roast, or boil instead of frying; remove skin from poultry

Nuts, Seeds, Legumes

- Almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils, pecans

Tips on Eating the DASH way:

- Start small. Make gradual changes in your eating habits.
- Base your meals on carbohydrates, such as pasta, rice, beans or vegetables. Meat should be a component of a meal, not the main event.
- Treat meat as one part of the whole meal, instead of the focus.
- Use fruits or low-fat, low-calorie foods such as sugar free gelatin for desserts and snacks.

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Brookings
HEALTH SYSTEM

NUTRITION TIPS

FOR LOWERING BLOOD PRESSURE

Limit Your Sodium Intake.

The goal is to consume less than 2400mg of sodium per day, which is about 1 teaspoon of table salt.

- Don't use salt at the table.
- Use very little salt while cooking.
- Focus on fresh foods, because many packaged foods are high in sodium.

Choose Foods High in Potassium and Calcium.

The minerals potassium and calcium can help to lower blood pressure. Good sources of these minerals are found in low-fat dairy products, fruits and vegetables.

Maintain a Healthy Weight.

Lose weight if you need to; set goals to reach that weight. Getting regular physical activity will aid in losing weight.

Limit Alcohol Intake.

No more than 1 drink per day for women. No more than 2 drinks per day for men. One drink equals 5 ounces of wine, 12 ounces of beer or 1 1/2 ounces of liquor.

Choose Healthy Fats.

Choose foods with unsaturated fats such as olive oil, canola oil, soft tub margarine, fatty fish and flaxseed. Avoid saturated and trans fats such as high-fat dairy products, high-fat meats, tropical oils and hydrogenated oils.

Reduce Stress Levels.

When stress levels are high, blood pressure can increase. Try to relax!