



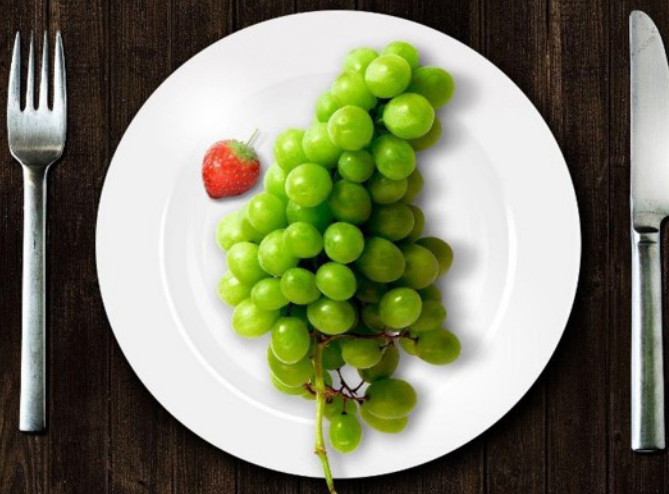
Healthy Lifestyles *A Funds Health & Wellness Event*

Monday March 13th – Friday March 17th, 2017 - Time: 9am – 5pm

Welcome



Healthy Lifestyles *A Funds Health & Wellness Event*



2017 Focus:
“Put Your Best Fork Forward”



BROOKLYN HEALTH CENTER 68-80 Schermerhorn Street Brooklyn, NY 11201 (718) 858-7200	HARLEM HEALTH CENTER 133 Morningside Ave. New York, NY 10027 (212) 923-2525	MIDTOWN HEALTH CENTER 773-775 9th Ave (Off 52nd St.) New York, NY 10019 (212) 586-1550	QUEENS HEALTH CENTER 37-11 Queens Blvd Long Island City, NY 11101 (718) 361-5100	14 PENN PLAZA Dental Only 34th & 8th Ave New York, NY 10019 (212) 563-0095
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Eat Right

Food, Nutrition, and Health Tips from the Academy of Nutrition and Dietetics

17 Health Tips for 2017

Dedicate yourself to a healthy lifestyle in 2017 with these food, nutrition and physical activity tips.

1. Eat Breakfast

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Watch Portion Sizes

Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

4. Be Active

Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

5. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

6. Get to Know Food Labels

Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

7. Consult an RDN

Whether you want to eat better to lose weight or lower your risk or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines

Reduce your chances of getting sick by practicing proper food safety. This includes: regular hand washing, separating raw protein foods from ready-to-eat foods, cooking foods to the appropriate temperature by using a food thermometer, and refrigerating food quickly at a proper temperature to slow bacteria growth. Learn more about home food safety at www.homefoodsafety.org.



9. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Resolve to learn some cooking and kitchen basics, like how to dice an onion or cook dried beans. The collection of How do I...videos at www.eatright.org/howdoi will get you started.

10. Dine Out without Ditching Your Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

11. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

12. Banish Brown Bag Boredom

Whether it's a lunch for work or school, prevent brown bag boredom with easy-to-fix, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

13. Drink More Water

Quench your thirst by drinking water instead of sugary drinks. Stay well hydrated by drinking plenty of water if you are active, live or work in hot conditions, or are an older adult.

14. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or

your family. Try different versions of familiar foods like purple asparagus, Honeycrisp apples, broccoflower or quinoa.

15. Eat Seafood Twice a Week

Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Cut Back on Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Reviewing ingredients on the food label can help you identify sources of added sugar. Visit www.choosemyplate.gov for more information.

17. Experiment with more plant-based meals

Expand the variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start out.

For additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Ask your doctor today! *What kind of exercise or stretching is best for me?*



2017



Health Awareness Events

WWW.HOTELFUNDS.ORG

Make appointments, refill prescriptions, view lab results & more on WWW.HAPPYHEALTHYME.ORG

HEALTHY LIFESTYLE Food, Fitness & Feeling Well

Monday March 13th through Friday March 17th
At All Dental & Health Centers 9AM TO 5PM

SENIORS' DAY

Midtown Health Center - Tuesday May 9th
Brooklyn Health Center - Wednesday May 10th
Harlem Health Center - Thursday May 11th
Queens Health Center - Friday May 12th
At the above listed Centers, 9AM TO 3PM

KIDS' DAYS

Wednesday August 23rd through Friday August 25th
At All Dental & Health Centers 9AM TO 5PM

MEN'S HEALTH WEEK

September 25th through September 29th
At All Dental & Health Centers 9AM TO 5PM

WOMEN'S HEALTH WEEK

October 16th through October 20th
At All Dental & Health Centers 9AM TO 5PM

QUIT SMOKING SESSIONS

available as group or individual Contact

Member's Health Assistance Program (MHAP)

14 Penn Plaza, 4th Fl., New York, NY 10121— (212) 237-3037

LOCATIONS

Queens Health Center

37-11 Queens Boulevard
LIC, NY 11101
(718) 361-5100

Brooklyn Health Center

68-80 Schermerhorn Street
Brooklyn, NY 11201
(718) 858-7200

Harlem Health Center

133 Morningside Avenue
New York, NY 10027
(212) 923-2525

Midtown Health Center

773-775 9th Avenue
New York, NY 10019
(212) 586-1550

Midtown Dental Center

14 Penn Plaza, 4th Fl.
New York, NY 10121
(212) 563-0095



Creating a Healthy Salad

1. Choose dark leafy greens instead of iceberg lettuce. Iceberg lettuce has little nutritional value. Romaine lettuce, arugula and spinach leaves are a great source of iron, folate and vitamin A, which have been shown to reduce the risk of cancer.



2. Add in a variety of vegetables. Some great examples are: carrots, cucumbers, peppers, tomatoes, mushrooms, onions, beets & broccoli.
3. Choosing a lean protein source will make your salad more satisfying. Some heart-healthy protein sources include:

- Chicken Breast
- Egg Whites
- Lentils
- Water-packed tuna
- Grilled salmon
- Turkey breast
- Tofu
- Black beans
- Chickpeas



4. Healthy fats, like walnuts, almonds, and avocado, are a great source of vitamin E and can add delicious flavor to a salad. Just be careful with the portion size - even healthy fats are high in calories!
5. Skip the creamy dressings and choose heart healthy dressings like olive oil and vinegar, lemon juice, or a low-fat dressing.

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Color Your Plate with Salad

Pack more nutrition into your day with a colorful main dish or side salad. Keep basic ingredients on hand for a quick addition to any meal.

Encourage kids to eat more vegetables by setting out ingredients to make their own salad creations. Or, let them choose individual items with salad dressing as a dip.

Mix and match ingredients by choosing one or more foods from each column below. Consider flavor, texture and color. Add a light salad dressing and enjoy!

Start with Leafy Greens

- Arugula
- Boston or Bibb lettuce
- Escarole
- Green or Red leaf lettuce
- Iceberg lettuce
- Mixed greens
- Napa Cabbage
- Radicchio
- Romaine
- Spinach



Select from Vegetables, Fruits and Beans

(Chopped, diced, shredded, sliced or whole)

Vegetables

- Artichoke hearts
- Bean sprouts
- Beets
- Bell pepper
- Bok choy
- Broccoli or cauliflower
- Carrots
- Celery
- Corn
- Cucumbers
- Onion (red or sweet)
- Peas
- Radishes
- Sugar Snap Peas
- Tomatoes
- Water chestnuts
- Zucchini

Fruits

- Dried cranberries or cherries
- Apple
- Blueberries
- Grapes
- Mandarin oranges
- Melon
- Pear
- Raisins
- Strawberries

Beans

- Black beans
- Chickpeas
- Edamame (soybeans)
- Kidney or red beans
- Navy or white beans

Sprinkle on Extras

Cheese

- Blue cheese
- Cheddar
- Feta
- Mozzarella
- Parmesan

Nuts

- Almonds
- Cashews
- Peanuts
- Pecans
- Walnuts

Other

- Avocado
- Bacon bits
- Chow mein noodles
- Croutons
- Olives
- Sunflower seeds

For a Main Dish Salad

- Beef
- Chicken
- Ham
- Hard-cooked egg
- Salmon
- Shrimp
- Tofu
- Tuna
- Turkey

Suggested combinations:

- Romaine, grape tomatoes, cucumber, carrots, avocado and shrimp
- Mixed greens, chicken strips, melon, walnuts and feta cheese
- Spinach, red onion, mandarin oranges and sliced almonds

Find more healthy eating tips at:

www.eatright.org/nutritiontipsheets
www.kidseatright.org

For additional food and nutrition information visit
www.eatright.org.



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

HealthyActions

Achieving Your Goals for Healthy Living



Establecer y lograr los objetivos de alimentación saludable

Una de las mejores formas de mejorar su salud es consumir una dieta saludable.

Siempre comience con el tamaño de la porción

Fíjese en el tamaño de la porción y la cantidad de porciones del envase. Todo lo que aparece en la etiqueta es para una porción. En esta etiqueta, una porción es una rebanada. Si come una rebanada, consumirá:

- 160 calorías
- 10 g de grasa total
- 300 mg de sodio

Pero si come dos rebanadas, consumirá el doble de todo.

Aprenda sobre las etiquetas de los alimentos y los tamaños de las porciones

Las tiendas de abarrotes están llenas de muchos alimentos. Puede ser difícil saber qué alimentos son saludables. Es por esto que usted debe aprender a leer las etiquetas de los alimentos. También debe aprender sobre los tamaños de las porciones o las cantidades correctas de alimentos que debe comer. Estas cosas le ayudarán a establecer y lograr los objetivos de alimentación saludable.

Cómo comprender las etiquetas de los alimentos¹

A continuación se encuentra un ejemplo de una etiqueta de alimentos. Los consejos que aparecen junto a la etiqueta explican cómo leerla.

Comience aquí.

Revise las calorías totales por porción.

Limite estos nutrientes.

Los alimentos que suministran el 5% o menos de estos nutrientes son buenos.

Consuma la cantidad suficiente de estos nutrientes.

Los alimentos con alto contenido de fibra son buenos.

Nutrition Facts

Serving Size 1 slice (47g)
Servings Per Container 6

Amount Per Serving

Amount Per Serving		Calories from Fat 90
Calories 160		
	% Daily Value*	
Total Fat 10g		15%
Saturated Fat 2.5g		11%
Trans Fat 2g		
Cholesterol 0mg		0%
Sodium 300mg		12%
Total Carb 15g		5%
Dietary Fiber less than 1g		3%
Sugars 1g		
Protein 3g		

Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Guía rápida para el % de valor diario:

- 5% o menos es bajo.
- 20% o más es alto.

HealthyActions

Achieving Your Goals for Healthy Living



Setting and Meeting Healthy Eating Goals

One of the best ways to improve your health is to eat a healthy diet.

Always Start with the Serving Size

Look at the serving size and number of servings in the package. Everything on the label is for one serving. On this label, a serving is one slice. If you eat one slice, you will be eating:

- 160 calories
- 10 g of total fat
- 300 mg of sodium

But if you eat two slices, you will be eating twice as much of everything.

Learn about Food Labels and Serving Sizes

Grocery stores are filled with many foods. It can be hard to know what foods are healthy. That's why you should learn to read food labels. You should also learn about serving sizes, or the right amounts of foods you should eat. These things will help you set and meet healthy eating goals.

Understanding Food Labels¹

Here is a sample food label. The tips next to the label explain how to read it.

Start here.

Check the total calories per serving.

Limit these nutrients.

Foods that supply 5% or less of these nutrients are good.

Get enough of these nutrients.

High-fiber foods are good.

Nutrition Facts

Serving Size 1 slice (47g)
Servings Per Container 6

Amount Per Serving

Calories 160 Calories from Fat 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 2.5g 11%

Trans Fat 2g

Cholesterol 0mg 0%

Sodium 300mg 12%

Total Carb 15g 5%

Dietary Fiber less than 1g 3%

Sugars 1g

Protein 3g

Vitamin A 0% Vitamin C 4%

Calcium 45% Iron 6%

Thiamin 8% Riboflavin 6%

Niacin 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Quick Guide to % Daily Value:

- 5% or less is low.
- 20% or more is high.



THE NEW YORK HOTEL TRADES COUNCIL
HEALTH CENTER, INC.
THE HOTEL ASSOCIATION OF NEW YORK CITY, INC.



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- 2** Patient MATCH: Your ID must exactly match our records!
- 3** COMPLETE the **I NEED AN ACCOUNT** section

WHAT PROBLEMS COULD POOR DENTAL HEALTH CAUSE?



**Keep up with
your dental
appointments!
Make one
today 😊**

RECIPE: Balsamic Chicken with Roasted Vegetables

8 Smart Points 401 calories

Chicken and vegetables seasoned with sage, rosemary and balsamic vinegar, then baked in the oven. A delicious healthy meal-in-one.



INGREDIENTS:

- 8 (4 oz. each) boneless skinless chicken thighs, trimmed of fat
- 1 teaspoon kosher salt
- fresh black pepper, to taste
- cooking spray
- 10 medium asparagus, ends trimmed, cut in half
- 2 red bell peppers
- 1 red onions, chopped in large chunks
- 1/2 cup carrots, sliced in half long, cut into 3-inch pieces
- 5 oz. sliced mushrooms
- 1/4 cup plus 1 tbsp. balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, smashed and roughly chopped
- 1/2 tsp sugar
- 1 1/2 tablespoons fresh rosemary
- 1/2 tbsp. dried oregano or thyme
- 2 leaves fresh sage, chopped

DIRECTIONS:

1. Preheat oven to 425°F.
2. Season chicken with salt and pepper. Spray 2 large baking sheets with oil.
3. Combine all the ingredients together in a large bowl using your hands to mix well then arrange everything onto the prepared baking sheets spread out in a single layer.
4. The vegetables should not touch the chicken or it will steam instead of roast.
5. Bake about 20 to 25 minutes, or until the chicken is cooked through and the vegetables are roasted and tender.

NUTRITION INFORMATION: Yield: 4 servings, Serving Size: 2 thighs

- *Amount Per Serving:* Smart Points: 8, Points +: 10, Calories: 401, Total Fat: 17g, Saturated Fat: 3g, Cholesterol: 214mg, Sodium: 518mg, Carbohydrates: 15g, Fiber: 4g, Sugar: 2g, Protein: 48g

FROM - <http://www.skinnytaste.com>

Tips for a Safe and Healthy Life

Take steps every day to live a safe and healthy life.

Eat healthy.

- Eat a variety of fruits, vegetables, and whole grains every day.
- Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.
- Eat a balanced diet to help keep a healthy weight.

Be active.

- Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles.
- Help kids and teens be active for at least 1 hour a day. Include activities that raise their breathing and heart rates and that strengthen their muscles and bones.

Protect yourself.

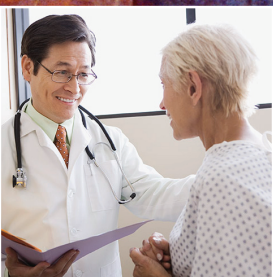
- Wear helmets, seat belts, sunscreen, and insect repellent.
- Wash hands to stop the spread of germs.
- Avoid smoking and breathing other people's smoke.
- Build safe and healthy relationships with family and friends.
- Be ready for emergencies. Make a supply kit. Make a plan. Be informed.

Manage stress.

- Balance work, home, and play.
- Get support from family and friends.
- Stay positive.
- Take time to relax.
- Get 7-9 hours of sleep each night. Make sure kids get more, based on their age.
- Get help or counseling if needed.

Get check-ups.

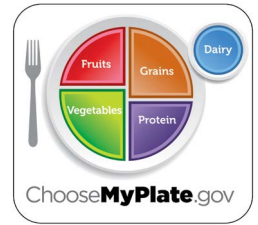
- Ask your doctor or nurse how you can lower your chances for health problems based on your lifestyle and personal and family health histories.
- Find out what exams, tests, and shots you need and when to get them.
- See your doctor or nurse as often as he or she says to do so. See him or her sooner if you feel sick, have pain, notice changes, or have problems with medicine.



10 tips

Nutrition Education Series

save more at the grocery store



10 MyPlate tips to stretch your food dollar

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food. Use the MyPlate coupon tips to stretch your budget.

1 find deals right under your nose
Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

2 search for coupons
Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons." Go through your coupons at least once a month and toss out any expired ones.



3 look for savings in newspaper
Brand name coupons are found as inserts in the paper every Sunday—except on holiday weekends. Some stores will double the value of brand name coupons on certain days.

4 join your store's loyalty program
Signup is usually free and you can receive savings and electronic coupons when you provide your email address.

5 buy when foods are on sale
Maximize your savings by using coupons on sale items. You may find huge deals such as "buy one get one free."

6 find out if the store will match competitors' coupons
Many stores will accept coupons, as long as they are for the same item. Check with the customer service desk for further details.

7 stay organized so coupons are easy to find
Sort your coupons either by item or in alphabetical order. Develop a system that's easiest for you and make finding coupons quick and hassle-free. Ideas for coupon storage include 3-ring binders, accordion-style organizers, or plain envelopes.



8 find a coupon buddy
Swap coupons you won't use with a friend. You can get rid of clutter and discover additional discounts.

9 compare brands
Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.

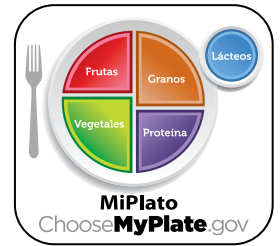
10 stick to the list
Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.



10 consejos Serie de Educación en Nutrición

ahorre más en el supermercado

10 consejos de MiPlato para estirar el valor de su dinero



Las mejores maneras de ahorrar en el supermercado son usando cupones y buscando los mejores precios. El primer paso es saber dónde los encuentra. Use los consejos de MiPlato para estirar el valor de su dinero.

1 encuentre buenos “descuentos en sus manos”

Busque cupones en sus recibos, avisos en los productos y en los estantes de productos de los supermercados.

2 busque cupones

Varios supermercados envían cupones para promocionar productos, así que no los pierda entre el llamado “junk mail.” Usted también puede buscar cupones en internet. Revise sus cupones por lo menos una vez al mes y deseche los que ya expiraron.



3 busque ahorros en el periódico

En los periódicos del domingo van insertados cupones para marcas de productos conocidos—excepto en los días feriados. Algunos supermercados duplican el valor del cupón en días específicos.

4 afíliese al program de amigos del supermercado

La suscripción es usualmente gratis y usted puede recibir ofertas y cupones a través de su correo electrónico.

5 compre los productos cuando estén en oferta

Maximice sus ahorros usando cupones en productos de oferta. Usted podría encontrar buenos ahorros como “page por uno y lleve dos.”

6 infórmese acerca de los cupones de tiendas competidoras

Varios supermercados aceptan cupones de otras tiendas para el mismo producto. Para más información, chequee en la oficina de Servicio al Consumidor.

7 organice sus cupones de manera que sean fáciles de encontrar



Organice los cupones por producto o en orden alfabético. Adapte un sistema que sea fácil para usted. Guárdelos en folders, organizadores de acordeón o sobres.

8 encuentre un “amigo de cupones”

Intercambie los cupones que no usará con un amigo, se podrá deshacer de los que no usa y encontrará descuentos adicionales.

9 compare las marcas

Los productos del supermercado pueden ser menos costosos que los de marcas conocidas. Compare los precios de diferentes marcas para encontrar mejores precios.

10 compre sólo lo que está en su lista

Haga una lista de compras con los productos que necesita. Mantenga una lista en su teléfono celular, en el refrigerador o en su billetera. Cuando esté en el supermercado asegúrese de comprar sólo los productos de su lista.

