



Home+HealthSENSE

a quarterly newsletter from THE MEDICAL TEAM

Nutrition in the News: My Plate



Here are some tips to help you follow the MyPlate guidelines:

- **Protein:** Go lean. Choose the leanest cuts and skinless chicken. Vary your protein choices and consume seafood at least twice a week.
- **Vegetables:** Jazz up vegetables with low-fat dressings or dips such as hummus or bean spread.
- **Fruit:** Choose fresh fruit rather than juice, for the benefits dietary fiber provides.
- **Grains:** Make at least half your grains whole grains. Bread can be brown because of molasses or other added ingredients, so read the ingredient list to see if it is made with whole grain.
- **Dairy:** Switch to fat-free or low-fat (1%) milk.
- **Oils:** Do not exceed 5 teaspoons (women) and 6 teaspoons (men). Remember, you also get oils in foods you eat like nuts, seafood and salad dressing. ❖

Sources: www.choosemyplate.gov and www.sharecare.com

Remember the “food pyramid” we had all grown accustomed to? After 19 years of use, the United States Department of Agriculture has replaced it with a new nutrition guide it is calling MyPlate. The MyPlate image depicts a plate and glass divided into five food groups to illustrate appropriate portions of healthy foods to eat on a daily basis. For those with chronic conditions such as hypertension, diabetes or high cholesterol, the MyPlate guidelines of eating mostly fruits and vegetables and smaller amounts of low-saturated fat protein foods and whole grains may help.



The new guidelines offer two specific recommendations for older adults: **reduce daily sodium intake** to 1,500 mg, equal to 3/4 of a teaspoon (this also applies to African Americans of any age or people who have hypertension, diabetes, or chronic kidney disease); and **consume foods fortified with vitamin B12**, such as fortified cereals. Vitamin B12 plays an important role in the functioning of the brain and nervous system and the formation of red blood cells.

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- “Take 3” Actions to Fight the Flu ■ Superfoods for Everyone ■ What’s New at THE MEDICAL TEAM



PORTION CONTROL



Portion control is a key element of the new MyPlate guidelines. Here are some tips:

At home

- Use smaller dishes.
- Don't go back for seconds.
- Store leftovers in separate, portion-controlled amounts and freeze portions you likely won't eat for a while.
- Never eat out of the bag or carton.
- Don't keep food platters on the table since you are more likely to pick at the food without realizing it.

Source: Controlling Portion Size, www.webmd.com

At restaurants

- Ask for half or smaller portions.
- Eyeball your appropriate portion and ask for a box to take home the rest.
- If you have dessert, share.

At the supermarket

- Beware of mini crackers, cookies, and pretzels. You may eat more than you realize, and the calories add up.
- Choose individually packaged serving sizes.
- If you are likely to eat ice cream out of the carton, buy ice cream sandwiches or other individually packaged servings. ❖

How Can Home Care Help?

One benefit of using a professional home care agency is that caregivers can help with planning and preparing nutritious meals. For those with chronic conditions, THE MEDICAL TEAM offers nutritional guidance for seniors tailored to their specific needs. For example, the company's Diabetes Self-Management and Education Program provides significant education and resources to help seniors with diabetes improve their diet. ❖



To Your Health: Crustless Broccoli and Cheese Quiche

Perfect for breakfast or brunch, this recipe provides high-quality protein from the eggs and egg whites, calcium from the cheese and milk, and vitamin C and folate from the broccoli.

Preparation:

Preheat oven to 350°.

Heat oil in a large nonstick skillet over medium-high heat. Add onion and garlic; sauté 1-1/2 minutes. Add broccoli; sauté 1 minute. Spread broccoli mixture into a 9-inch pie plate coated with cooking spray. Combine milk and next 8 ingredients (milk through eggs) in a large bowl. Pour milk mixture over broccoli mixture; sprinkle with Parmesan. Bake at 350° for 40 minutes or until top is golden and a knife inserted in center comes out clean; let stand 5 minutes. Serve with toast. ❖

Ingredients:

- 2 teaspoons olive oil
- 1/2 cup vertically sliced onion
- 1 garlic clove, minced
- 5 cups broccoli florets
- Cooking spray
- 1-1/4 cups 1% low-fat milk
- 1 cup (4 ounces) shredded reduced-fat Swiss cheese
- 2 tablespoons chopped fresh parsley
- 2 teaspoons Dijon mustard
- 1/2 teaspoon salt (eliminate the salt to keep sodium low)
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon ground nutmeg
- 4 large egg whites, lightly beaten
- 2 large eggs, lightly beaten
- 1 tablespoon grated fresh Parmesan cheese
- 6 (1-ounce) slices whole wheat bread, toasted

Source: www.myrecipes.com

Nutritional Information

Servings: 6

Amount per serving:
 Calories: 216
 Calories from fat: 29%
 Fat: 6.9g
 Saturated fat: 2.3g
 Monounsaturated fat: 2.9g
 Polyunsaturated fat: 0.9g
 Protein: 17.9g
 Carbohydrate: 22.7g
 Fiber: 4.1g
 Cholesterol: 81mg
 Iron: 2.1mg
 Sodium: 577mg
 Calcium: 354mg



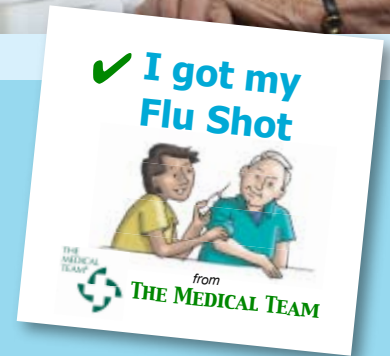
“Take 3”

Actions to Fight the Flu

Flu season is upon us. Since influenza (flu) is a serious contagious disease that can lead to hospitalization and even death, the Centers for Disease Control and Prevention urge you to take the following actions to protect yourself and others:

- 1. Take time to get a flu vaccine.** A yearly flu vaccine is the most important step in protecting against flu viruses. Vaccination is especially important for high risk persons, including people 65 or older or those with chronic conditions. Contrary to what many people believe, you can't get the flu from the flu shot.
- 2. Take everyday preventive actions to stop the spread of germs.**
 - Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water or an alcohol-based hand rub.
 - Avoid touching your eyes, nose and mouth.
 - Avoid close contact with sick people.
 - If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities, and limit contact with others as much as possible.
- 3. Take flu antiviral drugs if your doctor prescribes them.** If you get the flu, prescription antiviral drugs can treat your illness, make it milder and shorten the length of sickness. For those who are very sick, it's important to use antivirals within the first two days of symptoms so tell your doctor if you have flu-like symptoms which include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. ❖

Source: CDC Says "Take 3" Actions to Fight the Flu, www.cdc.gov



As part of THE MEDICAL TEAM's commitment to the health of our employees and the communities we serve, the company offers seasonal flu vaccination clinics.



Superfoods for Everyone

Experts say 'superfoods' can help ward off heart disease, cancer, cholesterol, and more. Unscramble these words to find out which top 'superfoods' offer super health protection.

1. nbsae _____
2. rriubelsee _____
3. lcorcobi _____
4. tsao _____
5. sgronea _____
6. pmpniku _____
7. Isnmoa _____
8. oys _____
9. cinsaph _____
10. aet (reneg ro klbac) _____ (_____)
11. tteoamos _____
12. ekrtuy _____
13. Inawtus _____
14. gyurot _____

- ANSWERS:
1. Beans
 2. Blueberries
 3. Broccoli
 4. Oats
 5. Oranges
 6. Pumpkin
 7. Salmon
 8. Soy
 9. Spinach
 10. Tea (green or black)
 11. Tomatoes
 12. Turkey
 13. Walnuts
 14. Yogurt

Source: Superfoods Everyone Needs, www.webmd.com

What's New at THE MEDICAL TEAM?



In 2011, for the sixth consecutive year, the company was named to the HomeCare Elite, a compilation of the top-performing Medicare-certified home health care agencies in the United States. The company's Houma, LA agency was ranked in the Top 500 and the Brownsville, TX, San Antonio, TX and Reston, VA agencies were ranked in the Top 25% of agencies in quality of care, quality improvement and financial performance. Over 9,000 agencies were included in the 2011 analysis.

Veterans Initiative: Supporting Our Heroes at Home

THE MEDICAL TEAM is deepening our commitment to helping veterans. We have hired Brigadier General Carol Ann Fausone (Air Force, ret) BSN, RN, MSA, MSN as Veteran Advocate. With 34 years of military service, she will spearhead development of our veterans program, part of the company's Catastrophic Care initiative, which helps patients recover and rehabilitate at home following life-changing trauma, spinal cord and brain injuries. The program will offer comprehensive post-acute rehabilitation and treatment services to veterans in the comfort of home.



Serving on Advisory Committees

In Virginia, President and CEO Leslie Pembroke has been invited to serve on George Mason University's School of Nursing Advisory Committee. George Mason has one of the largest nursing schools in Virginia. In Louisiana, Liz Brown, BSN, Coordinator of Behavioral Health Services was recently elected to the Greater New Orleans Alzheimer's Association Regional Advisory Council. ❖

THE MEDICAL TEAM is committed to providing quality home care services in private homes and senior communities. We hope the information in this newsletter offers practical information about healthcare issues affecting seniors and helps illustrate why home healthcare makes sense. ❖

When Home is the Best Place to Get Better Bring Home THE MEDICAL TEAM



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