

Nutrition

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Promote National Nutrition Month in March, provide healthy heart tips for American Heart Month in May, or hand out educational materials for cholesterol education month in September. (*See National Health Observances Calendar for additional information*).

Celebrate National 5 a Day Month in September by inviting employees to a brown bag seminar. Provide fruits and vegetables for those who attend.

- Encourage employees to fill out worksheets for the 5 a Day program (enclosed).
- Provide recipes that encourage healthier eating or request a free cookbook from SNHD Office of Chronic Disease Prevention & Health Promotion at (702) 759-1270. Log on to <http://www.aicr.org> to read the latest nutrition news, receive fact sheets and recipes.
- Create your own cookbook of healthy recipes and distribute to employees.
- Create your own fruit stand, using your imagination and distribute fruits and vegetables to employees.

When eating out at fast food or other restaurants, try ordering healthier choices such as a side salad with low calorie dressing or a baked potato instead of fries.

Rather than serving high fat foods at meeting, provide healthier choices. Bagels with low fat cream cheese and fruit could be one alternative.

Encourage the cafeteria (if you have one at work) to have a salad bar with low calorie and low fat dressings as an option (encourage labeling healthier choices on menus).

Nutrition Challenge



It is recommended that adults eat between five and nine servings of fruits and vegetables each day. But did you know that less than one in four adults in Clark County meet that recommendation?

The Nutrition Challenge is a free 12-week online program that will help increase the number of servings of fruits and vegetables you eat each day. The Nutrition Challenge is not a diet, but a tool to help you eat healthier by allowing you to track the number of servings of fruits and vegetables you eat. You will be able to track your daily and weekly progress throughout the program. Each week you will be provided with helpful tips to help you achieve your goals. If you do not have computer access we have provided a hard copy which you can use to track your servings. You can sign up for the program at www.gethealthyclarkcounty.org. The program is available in English and Spanish. For more information please call 759-1270.



What Counts as a Serving?

Food

What it looks like

Grains Group

1 slice bread
1 cup ready-to-eat cereal
½ cup cooked cereal, rice or pasta
1 pancake

Size of an audiocassette tape
Size of a fist
Size of a cupcake wrapper full
Size of a compact disc

Vegetable Group

1 cup raw leafy vegetables
½ cup other vegetables, cooked or raw
¾ cup vegetable juice
1 baked potato

Size of a baseball
Size of half a baseball
Size of a juice glass
Size of a fist

Fruit Group

1 medium fruit
½ cup chopped cooked or canned fruit
¾ cup fruit juice
¼ cup raisins

Size of a tennis ball
Size of half a baseball
Size of small juice glass
Size of a large egg

Dairy Group

½ cup of ice cream
1 ½ ounces natural cheese (e.g. Cheddar)
2 ounces of processed cheese (e.g. American)

Size of half a baseball
Size of 9-volt battery
Size of four dice

Meat & Beans Group

3 ounces cooked meat, poultry or fish
(Following foods count as 1 ounce of lean meat)
2 tablespoon peanut butter

Size of a deck of cards or palm of a hand
Size of a ping pong ball

Fats, Oils and Sweets Group

1 teaspoon butter, margarine
2 tablespoons salad dressing

Size of a finger tip
Size of a ping pong ball

How many **servings** do **you** really need each **day?**



Children (2-6 yrs.), women and others who typically need about 1,600 calories to reach or maintain a healthy weight:

5 servings: 2 fruits, 3 vegetables

Older children, teen girls, active women and most men who typically need about 2,200 calories to reach or maintain a healthy weight:

7 servings: 3 fruits, 4 vegetables

Teen boys and active men, who typically need about 2,800 calories to reach or maintain a healthy weight:

9 servings: 4 fruits, 5 vegetables





Tasty Tips For Eating Smart at Work

1. Pack food and beverages for the week ahead.

Spend an hour getting organized on Sunday and save time and money during the week. Wash fruit, bag vegetables, slice cheese and fill water bottles for the week ahead.

2. Stock up on nutrition.

Fill your desk drawers, office fridge, and briefcase with a healthy variety of tasty snacks, like fruits and vegetables, trail mix, fruit juice and water.

3. Pack lunch while you cook dinner.

When cooking dinner make “planned leftovers” at dinner. Make an extra serving and pack them for your lunch the next day.

4. Take advantage of convenience.

While shopping at the super market pick up single serve healthy options, like yogurt, cereal in a cup, or tuna in a can.

5. Add nutrition to your commute.

On those mornings when you’re running late, don’t stop at the closest fast food restaurant; pack a piece of fruit, cereal bar, granola bar, and a bottle of juice or water. You can also pack snacks for the commute home, like string cheese, or a bag of grapes.

6. Add protein to your day.

For some extra brain and body power try some nuts, seeds, soy nuts, yogurt, milk, or nutrition bars, instead of going to the vending machine.

7. Drink to your health.

Staying well-hydrated helps you think more clearly, be less cranky. Water is one of the best skin treatments in the world.

8. Use the K.I.S.S. principle for candy.

Keep It Small Sweetie!!! Skip those king-size candy bars. Slowly savor a chocolate kiss or enjoy a “fun-size” version of your favorite candy.

Portion Distortion

**Do you know how portions have
changed over 20 years?**



**8 oz. 45 calories
(whole milk & sugar)**



**16 oz. 350 calories
(steamed whole milk & mocha syrup)**

**Next time you eat and run, think
twice about the food portions
offered to you!!**

Improving Healthy Food Choices At Workplaces

All recommendations have been rated in terms of cost and ease of implementation. The ratings are as follows

Low cost
| \$ |

Moderate Cost
| \$\$ |

Easy to implement
| * |

Moderate effort to
implement
| ** |

Healthy food at meetings

Assure foods served at meetings are nutritious. Replace doughnuts, coffee, and sodas with 100% fruit or vegetable juice, fruits, vegetables, and whole grain bagels.

| \$ | * |

Healthy snacks

As an alternative to cookies, candy and other sweets as snack items, employers can provide large baskets of fruit and/ or vegetables for employees to eat throughout the day. Also employees can organize the purchase of spring water as a group instead of coffee.

| \$ | * |

Birthdays and celebrations

At worksite celebrations and birthdays encourage healthy alternatives to the usual cake and ice cream. Try having fruit puree drizzled on low fat angel food cake, fruit sorbet, fruit smoothies or crunchy vegetables served with low fat dip. To drink offer 100% fruit juice, water, and low fat milk.

| \$ | * |

Farmers markets

Establish an on-site or neighborhood farmers' market at a workplace or among several workplaces in collaboration with a group of employers.

| \$ | * |

Healthy and appealing cafeteria options

Provide appealing menu options at all workplace food services and cafeterias. Also provide colorful salad and fruit bars and prominently display or make nutrition information readily available to employees.

| \$\$ | ** |

Healthy vending machines

Provide food choices in vending machines that are healthy and nutritious. These can include fresh, canned, or dried fruits, 100% fruit and vegetable juice, plain or mixed nuts, low fat chips and snacks, nonfat yogurt and milk, water, etc.

| \$\$ | ** |



Instructions:
See how many colors you can eat everyday. Fill in the fruit and/or vegetable you eat each day under the color category. (See back for examples of fruits and vegetables in their color categories.) Aim for one in each of the 5 categories every day.

5 A Day The Color Way

	Blue/ Purple	Green	White	Yellow/ Orange	Red
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Fruits & Vegetables* by Color Category

Blue/ Purple

Purple Asparagus
Purple Belgian Endive
Blackberries
Black currants
Black Salsify
Blueberries
Purple Carrots
Dried Plums
Eggplant
Elderberries
Purple Figs
Purple Grapes
Purple Peppers
Plums
Purple Potatoes
Raisins

Green

Green Apples
Artichokes
Arugula
Asparagus
Avocados
Green Beans
Broccoli
Broccoli Rabe
Brussels Sprouts
Green Cabbage
Celery
Chayote Squash
Chinese Cabbage
(Napa/Boc Choy)
Cucumbers
Endive
Green Grapes
Honeydew Melon
Kiwifruit
Leafy Greens
Leeks
Lettuce
Limes
Okra
Green Onion
Peas
Green Pears
Green Pepper
Spinach
Zucchini

White

Bananas
Brown Pears
Cauliflower
Dates
Garlic
Ginger
Jicama
Mushrooms
White Nectarines
Onions
Parsnips
White Peaches
White Potatoes
Shallots
Turnips

Yellow/ Orange

Yellow Apples
Apricots
Yellow Beets
Butternut squash
Cantaloupe
Carrots
Yellow Figs
Grapefruit
Golden Kiwifruit
Lemon
Mangoes
Nectarines
Oranges
Papayas
Peaches
Yellow Pears
Yellow Peppers
Persimmons
Pineapples
Yellow Potatoes
Pumpkin
Rutabagas
Yellow Summer Squash
Sweet Corn
Sweet Potatoes
Tangerines
Yellow Tomatoes
Yellow Watermelon
Yellow Winter Squash

Red

Red Apples
Beets
Blood oranges
Red Cabbage
Cherries
Cranberries
Pink/Red Grapefruit
Red Grapes
Red Onions
Red Pears
Red Peppers
Pomegranates
Red Potatoes
Radicchio
Radishes
Raspberries
Rhubarb
Strawberries
Tomatoes
Watermelon

Take the Nutrition Challenge!

What is a **Serving**?

1 Serving =

- 1 medium-size fruit
- 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice
- 1/2 cup fresh, frozen or canned vegetables
- 1/2 cup fresh, frozen or canned fruit (in 100 percent juice)
- 1 cup raw leafy vegetables
- 1/2 cup cooked dry peas or beans
- 1/4 cup dried fruit

For more nutrition information, call 759-1270

gethealthyclarkcounty.org

GET MOVING. BE SAFE. EAT BETTER. LIVE SMOKE-FREE.

It's easy to eat 5 or more servings of fruits and vegetables a day.

Just enter a check mark each time you eat one serving.

Find out if you eat 5 A Day every day!

1
2
3
4
5

S
E
R
V
I
N
G
S

D A Y S

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							

Count up your servings every day and you'll be on your way to 5 A Day!

¡Tome el Reto de Nutrición!

¿Qué es un Porción?

1 Porción =

- 1 fruta de tamaño mediano
- 3/4 taza (6 oz) de 100% jugo de fruta o vegetal
- 1/2 taza de fruta fresca, congelada o enlatada en 100% jugo
- 1/2 taza de vegetal fresco, congelado o de lata
- 1 taza de vegetales de hoja frescos (como espinaca)
- 1/2 taza de frijoles, chícharos o guisantes secos o cocidos
- 1/4 taza de fruta seca (higos, pasas)

Para más información llame al 759-1262



Es fácil comer 5 o más porciones de frutas y vegetales al día. Simplemente marque con una "X" cada vez que coma una porción. ¡Descubra si come 5 o más todos los días!

		D I A S						
		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
1 2 3 4 5	PORCIONES							

¡Si contara sus porciones todos los días su reto de los 5 al día se le cumpliría!

Healthy Eating and Nutrition

1. 5 a Day www.5aday.org
2. American Diabetes Association www.diabetes.org
3. American Dietetic Association www.eatright.org
4. Body Mass Index
<http://www.cdc.gov/nccdphp/dnpa/bmi/calc-bmi.htm>
5. Center for Nutrition Policy & Promotion
www.usda.gov/cnpp/Pubs/Brochures/
6. Centers for Disease Control and Prevention
http://www.cdc.gov/nccdphp/dnpa/tips/quick_tips.htm
7. Dole 5 a Day www.dole5aday.com
8. Fad Diets
<http://win.niddk.nih.gov/publications/myths.htm>
<http://www.ftc.gov/bcp/online/features/wgtloss.htm>
9. Food/Nutrition Information Center
www.nal.usda.gov/fnic/etext/fnic.html
10. Gastrointestinal Surgery
<http://win.niddk.nih.gov/publications/gastric.htm#explore>
11. Health Risks of Being Overweight
http://win.niddk.nih.gov/publications/health_risks.htm
12. Medline Plus: Gastric Bypass
<http://www.nlm.nih.gov/medlineplus/print/ency/article/007199.htm>
13. Nutrition Navigator www.navigator.tufts.edu
14. Portion Distortion Quiz <http://hin.nhlbi.nih.gov/portion/>

15. Shape Up America's Eating Out Quiz
<http://www.shapeup.org/eatoutf1.php>
16. Web MD: Gastric Bypass Surgery
http://my.webmd.com/content/article/46/2731_1654.htm
17. Weight Loss and Control
<http://win.niddk.nih.gov/>

Breastfeeding

in the Workplace

Encourage women to breastfeed their babies.

- Use a paycheck flyer to educate women about the benefits of breastfeeding.
- Invite employees to a brown bag lunch workshop and talk about the benefits of breastfeeding.
- See the Health Observance Calendar: August 1-7 is “World Breastfeeding Week”.

Provide a lactation room for mothers who return to work after giving birth.

- Survey employees to find out how many would be interested in a lactation room at work.
- Write a worksite policy (see examples in this section).
- Provide a private room at work for mothers to pump breast milk complete with a comfortable chair and a power outlet.

Developing a Breastfeeding Workplace Policy

A Breastfeeding Workplace Policy is **recommended but not required** by law.

- Develop a breastfeeding workplace policy and communicate it to all staff.
- Distribute a copy of the policy to all employees with a cover letter from the CEO, or Director.
- Provide a copy of the policy to all employees at new employee orientation.



Suggestions for Developing a Breastfeeding Workplace Policy

1. State Your Organization's Support for Breastfeeding

Sample Language:

Recognizing that breast milk promotes optimum growth and development of infants, (your organization) accommodates mothers who choose to continue breastfeeding and avoid the use of infant formula, after returning to work.

Recognizing that breastfeeding is a normal part of daily life for mothers and infants, and that California law¹ authorizes mothers to breastfeed their infants where mothers and children are authorized to be, (your organization) protects a mother's right to breastfeed in public.

2. Describe How Breastfeeding Employees Will Be Allowed Time to Express Milk While at Work.

Sample Language:

(Your Organization) allows sufficient break time for breastfeeding employees to express milk at work. Supervisors are encouraged to consider flexible schedules to accommodate employee's needs.

3. Describe how a private area will be made available for breastfeeding employees to express their milk.

Sample Language:

(Your Organization) provides a private room or space, other than a toilet stall, close to an employee's work area to express milk. If possible, the private space will include an electrical outlet for the use of an electric breast pump. If possible, supervisors will ensure that employees are aware of these workplace accommodations prior to maternity leave.

4. Describe additional services provided beyond the minimum requirements of the law, if available.

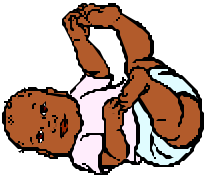
Sample Language:

(Your Organization) provides electric breast pumps for use in the workplace. Employees shall sign a release of liability waiver prior to using the pumps.

¹ A copy of the law can be found in www.wicworks.ca.gov

Benefits of Breastfeeding

Human milk is uniquely suited for human infants



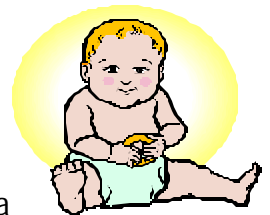
- Babies were born to be breastfed.
- Human milk is easy to digest and contains more than 200 components that babies need in the early months of life.
- Factors in breast milk protect infants from a wide variety of illnesses.
- Children who have been breastfed have less risk of becoming overweight or obese, even as adults.
- Research has shown that children who had been breastfed had higher IQs.

Breastfeeding saves lives

- Lack of breastfeeding is a risk factor for sudden infant death syndrome (SIDS).
- Human milk protects premature infants from life-threatening gastrointestinal disease.
- Breastfed children have lower risk of dying before their first birthday.

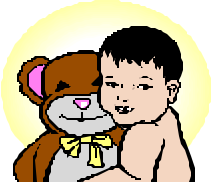
Breastfed infants are healthier

- Formula fed infants have twice the risk of having ear infections in the first year than infants who are exclusively breastfed for at least 4 months.
- Breastfeeding reduces the incidence, and lessens the severity of a large number of infections, including pneumonia and meningitis in infants.
- Breastfeeding protects infants against a variety of illnesses, such as diarrhea and infant botulism.
- Breastfed babies have less chance of allergies, asthma and eczema.
- Evidence suggests that exclusive breastfeeding for at least two months protects susceptible children from Type I insulin dependent diabetes mellitus (IDDM).
- Breastfeeding may reduce the risk for subsequent inflammatory bowel disease, multiple sclerosis, rheumatoid arthritis and childhood cancers.



Breastfeeding helps mothers recover from childbirth

- Breastfeeding helps the uterus to shrink to its pre-pregnancy state and reduces the amount of blood lost after delivery.
- Mothers who breastfeed for at least 3 months may lose more weight than mothers who do not breastfeed.
- Breastfeeding mothers usually resume their menstrual cycles 20 to 30 weeks later than mothers who do not breastfeed.



Breastfeeding keeps women healthier throughout their lives

- Exclusive breastfeeding for the first 6 months can help in child spacing among women who do not use contraceptives (The Lactation Amenorrhea Method).
- Breastfeeding reduces the risk of breast and ovarian cancer.
- Breastfeeding may reduce the risk of osteoporosis.

Breastfeeding is economical

- The cost of infant formula has increased 150 percent since the 1980's.
- Breastfeeding reduces health care costs.



Breastfeeding is environmentally sound



- Unlike infant formula, breastfeeding requires no fossil fuels for its manufacture or preparation.
- Breastfeeding reduces pollutants created as by-products during the manufacture of plastics for bottles and metal for cans to contain infant formula.
- Breastfeeding reduces the burden on our landfills, as there are no cans to throw away.

WIC can help you with breastfeeding. Find out if you qualify.

WIC serves low-income pregnant women, breastfeeding and new moms,
and children under 5 years old.



Women, Infants and Children Supplemental Nutrition Program

Call Toll-Free:

1-888-WIC WORKS

Or Check Our Web Site:

www.wicworks.ca.gov

WIC is an equal
opportunity program.



Sample Paycheck Messages

Adding one of the messages below to paycheck stubs is an easy way to let employees know that you accommodate breastfeeding employees!

- "If you are working and breastfeeding your child, we provide a private space and adequate time for expressing milk at work. Please see your supervisor for more information."

- "We accommodate the needs of breastfeeding employees!"

- "*Breastfeeding: A Gift that Lasts A Lifetime.*

If you are pregnant or breastfeeding, talk to your supervisor about how we can help you to continue breastfeeding after returning to work."

- "We support employees who choose to breastfeed their infants after returning to work by providing a private space and adequate time to express milk at work."



Setting up "A Lactation Room"

Although not required by law, many employers designate a specific room for mothers who express milk at work. These rooms are commonly referred to as “Lactation Rooms”, or “Nursing Mother’s Rooms”. At a minimum, these rooms should include a table, chair and an electrical outlet. Beyond that, there are many other items to consider including:



- **Electric Breast Pumps can be rented or purchased.**

A quality electric breast pump is generally more effective for expressing breast milk and maintaining a mother's milk supply than a manual pump. Mothers who maintain their milk supply tend to breastfeed longer than mothers who begin supplementing their baby's diet with infant formula.

Employees can share an electric breast pump by staggering their break schedules. If you have more than 200 employees, consider purchasing more than one pump. A quality electric breast pump will last for years and is an excellent investment.

- **Double pumping kits compatible with the electric breast pump for breastfeeding employees.** A double versus a single pumping kit attaches to the electric pump, and allows mothers to express milk from both breasts at the same time. This is advantageous as it shortens the amount of break time needed for expressing milk. Pump kits are intended for one user, and are not shared, or returned.
- **A small refrigerator or ice chest for employees to store their breast milk separate from the employees refrigerator.** If the employee is away from home, her milk is best kept cool. Employees may be more comfortable storing their breast milk separate from the employee refrigerator.
- **A clean sink (if an existing sink is not close to the employees work area) for washing bottles and pumping equipment.**
- **Pleasant décor for the room, a bulletin board for employees to display pictures of their babies, and a CD or tape player for relaxing music.** A relaxing environment facilitates "let down" which is necessary for milk flow.
- **A footstool** - This can provide additional comfort, particularly for women of short stature.

Setting Up "a Lactation Room", Continued.

- **A stand to place a book or papers so the employee can read hands-free.** Both hands are usually required for pumping, but many women get bored pumping and prefer to read while waiting. Depending on the employee's job, she may be able to spend a portion of the pumping time working.



- **Breastfeeding books, or articles.** Mothers will appreciate this display of support from her employer.
- **A roll of masking tape and a permanent pen** so mothers can label their breastmilk with their name, date and time immediately after pumping.
- **Decorative curtains or other type of partition for privacy** if more than one employee will be using the room at the same time.

Breastfeeding at the Workplace Resources

1. 4 Woman (National Women's Health Info Center) www.4woman.gov
2. American Academy of Pediatrics www.aap.org/family/brstguid.htm
3. Breast Feeding article
<http://pediatrics.aappublications.org/cgi/content/full/115/2/496>
4. La Leche League www.la lecheleague.org
5. Nevada Women Infants and Children
<http://health2k.state.nv.us/wic/breast.pdf>
6. ProMom, Promotion of Mother's Milk, Inc. www.promom.org
7. San Diego Breastfeeding Coalition www.breastfeeding.org
Spanish www.breastfeeding.org/spanish.html