



Welcome to the Winter 2011 MaineCare Newsletter for all members. In this issue, you will find useful tips for healthy living.

FEBRUARY 2011

Eating Healthy

Healthy eating is about feeling great, having more energy, and keeping your self as well as possible. Here are some healthy tips to consider.

- **Have a healthy snack before you go out**
- **Don't skip meals**
- **Moderation is key**
- **Fill up on colorful fruits and vegetables**
- **Limit sugar, salt, and refined grains**
- **Plan quick and easy meals – eating healthy starts with great planning**

For more information on healthy eating, you can visit the following websites:

www.healthymainepartnerships.org
www.healthfinder.gov

The CDC has updated its fruits and vegetables website to reflect the new "Fruits & Veggies-More Matters"™ campaign, which takes the place of the "5 A Day program".

Visit the new campaign at:
www.FruitsandVeggiesMatter.gov



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Is Your Child a Picky Eater?

Here are some helpful tips for children who are fussy about what they eat.

- **Offer a new food only when your child is hungry and rested**
- **Make it fun – cut the food into unusual shapes**
- **Eat the new food yourself; children love to imitate**
- **Have your child help prepare the foods**
- **Limit beverages; picky eaters will often try to fill up on liquids**



What is Diabetes?

Normally, our bodies convert the food we eat into a type of sugar called glucose. The glucose is then carried throughout our bodies by our bloodstream. With the help of insulin, a hormone that is made by the pancreas, our bodies turn the glucose into energy. In a person with diabetes, this does not happen. In some people no insulin is made (type I), and sometimes not enough insulin is made or is not used properly (type II).

Facts about Diabetes

- 23.6 million people in the U.S. (7.8%) have diabetes
- Nearly 1.6 million new cases are diagnosed each year
- Diabetes is the leading cause of blindness and kidney failure
- About 60-70% of people with diabetes have mild to severe forms of nervous system damage
- More than 60% of non-traumatic lower-limb amputations occur in people with diabetes

You can prevent or delay the onset of Type II diabetes by:

- Living a healthy lifestyle
- Improving your diet

- Increasing your physical activity
- Maintaining a healthy weight



Warning Signs of Diabetes

Type I:

- Unusual thirst
- The need to urinate frequently
- Changes in appetite
- Dramatic or unexplained weight loss
- Irritability
- Weakness or fatigue
- Nausea and vomiting

Type II:

- Cuts that don't heal right away
- Slow healing of infections of the skin, gums, and bladder
- Drowsiness
- Blurred vision
- Itching
- Tingling or numbness in hands and feet.

Below are websites where you can find more information about diabetes and some diabetic recipes.

www.cdc.gov/diabetes;

<http://www.diabetes.org/diabetes-basics/>;

www.KraftRecipes.com/Diabetes

What is the Flu?

The flu is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different types that are constantly changing. Here are some symptoms to tell whether you have a cold or the flu.

Symptoms of a Cold

- Slight aches and pains
- Mild fatigue and weakness
- Stuffy nose
- Sneezing
- Sore throat
- Mild to moderate cough
- Sinus congestion
- Earache



Symptoms of the Flu

- Temperature of 102-104 degrees (lasting 3-4 days)
- prominent headache
- Usually aches and pains
- Fatigue/fatigue(2-3 weeks)
- Early and prominent extreme exhaustion
- Stuffy and sneezing(sometimes)
- Sore throat(sometimes)
- Chest discomfort and cough (can be severe)

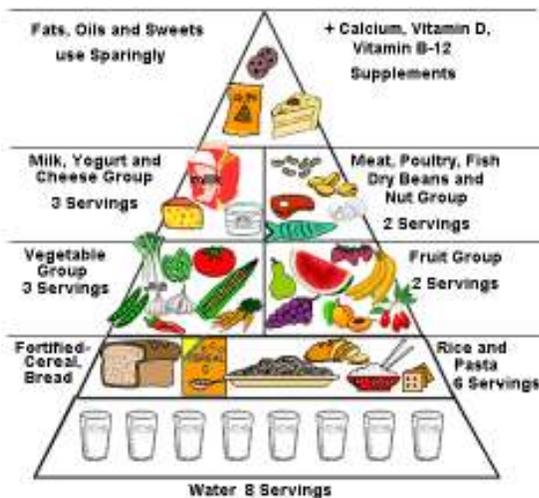
To find out more about the flu and where you can get your flu shot visit: www.cdc.gov

Tips for Reading a Nutrition Label

- **Servings:** Check how many servings are in the container. For example, if there are two servings the figures need to be doubled.
- **Calories:** The label states how many calories are in one serving.
- **Diet Information:** This lists the recommended intake for total fat, saturated fat, cholesterol, sodium, carbohydrates, and fiber for a person on a 2,000 calorie diet.
- **Nutrients:** This label displays the weight of each nutrient. It is strongly recommended to limit saturated fats, trans fats, cholesterol, sodium, and sugar.
- For more info on reading labels visit:
 - www.fda.gov/food/labelingnutrition

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 0%
Thiamin 0%	Riboflavin 0%
Niacin 0%	

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



Daily Intake Guidelines

- Total Fat—65 grams
- Saturated Fat—20 grams
- Sugar—40 grams (4.2 grams in tsp)
- Sodium—2,300 mgs (2/3 tsp)
- Fiber – 25 grams
- Carbohydrates – 300 grams
- Protein – 50 grams

*Based on an intake of 2,000 calories for adults and children four or more years of age.

Living on a Budget:

How to Save Money Grocery Shopping

Knowing how much money to spend on food is a tough job for anyone in charge of managing the family budget. Below are some tips that will be helpful.

- Use coupons
- Make a list
- Buy in bulk
- Go generic





MaineCare Services
An Office of the
Department of Health and Human Services

Websites of Interest

Get outside, get active, and have fun. This winter, be a Winter Kid! Check out WinterKids' programs for families at www.winterkids.org. Scholarships are available.

2-1-1 is a statewide directory of over 8,000 health and human services available in Maine. For more information, please visit www.211maine.org

Was one of your New Years resolutions to quit smoking? Call the tobacco free hotline for help today @ 1-800-207-1230 or please visit www.tobaccofreemaine.org

For more member information, see the updated member website at:

http://www.maine.gov/dhhs/oms/member_index.html

Quick and Easy Recipes



Pumpkin Spice Cookies

1 pkg. yellow

cake mix

½ c quick cooking oats

2 tsp. pumpkin pie spice

1 can solid-pack pumpkin

1 egg

2 Tbs. canola oil

3 c confectioner's sugar

1 tsp. grated orange peel

3-4 Tbs. orange juice

In a bowl, combine cake mix, oats, and pumpkin pie spice. In another bowl, beat the pumpkin, egg, and oil. Stir into dry ingredients just until moistened. Drop by 2 tablespoonfuls onto baking sheets coated with cooking spray. Flatten with back of spoon. Bake At 350 degrees for 18-20 minutes. Remove and cool. In bowl, combine c. sugar, orange peel, and enough orange juice to achieve desired consistency. Frost cookies. **Servings per**

cookie: 127 calories, 3g fat, 1g sat. fat. Prep time: 35 minutes.

Skillet Chicken Fajitas

10 oz boneless, skinless chicken breast

1 Tbs. vegetable oil

1 tsp. olive oil

¼ tsp. salt

1 bell pepper

½ red onion (sliced)

1 Tbs. water

½ tsp. chili powder

½ Tbs. minced cilantro

½ tsp. Worcestershire sauce

¼ tsp. brown sugar

Slice chicken breasts. Heat 1 tsp. olive oil in non-stick pan over med. Heat. Add chicken and brown. Flip chicken and brown other side until cooked through. Remove from pan. Place chicken in tinfoil to keep warm. Add ½ Tbs. vegetable oil to skillet. When hot add peppers, onions, water,

chili powder, ¼ tsp. salt, and cook for 5-6 minutes until onion is tender. Using tongs, place mixture in a bowl. In a large bowl, combine remaining ½ Tbs. vegetable oil, cilantro, w. sauce, and brown sugar. Set aside. Slice chicken into bite-size strips. Add to marinade. Toss to coat. Serve on a tortilla with pepper mixture or serve on rice. **Servings: 128 calories, 4.5 g fat, and 59 cents per serving. Prep time: 30 minutes**



Vegetarian Chili

1 cup elbow macaroni
2 Tbs. vegetable oil
2 medium carrots (thinly sliced)
1 large onion (chopped)
1 medium zucchini (cut)

1 medium yellow squash (cut)
3 Tbs. chili powder
¼ tsp. salt
1 can (28oz) tomatoes
1 can (16oz) whole corn
1 can (4oz) chopped mild green chilies
1/3 c. tomato paste
¼ tsp. hot pepper sauce
2 cans (15oz) red kidney beans

Prepare macaroni, drain. Set aside. In 5-quart Dutch oven over medium heat, in hot vegetable oil, cook carrots and onions, stirring occasionally until veggies begin to brown. Add zucchini and squash, cook, until veggies are tender. Stir in chili powder and salt, cook 1 minute. Add tomatoes, corn, green chilies, tomatoes, hot pepper sauce, and 2 cups water. Boil then simmer, uncovered 20 minutes. Stir in beans and macaroni. **Servings: 390 calories, 7g fat**