

What You Do Matters

Bangor Region Public Health and Wellness

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Did you know March is National Nutrition Month?

Eating a healthy breakfast every morning is one of the most important steps you can take to obtain and maintain overall health.

Eating breakfast consistently helps you:

- Lose weight
- Eat less throughout the day
- Start the day with a high amount of energy
- Reduce the risk of heart disease, stroke, and diabetes

An example of a healthy breakfast includes:

- Fruit • Non or low-fat milk • High fiber, low sugar cereal

For more information visit: www.mypyramid.gov

What is Type 2 Diabetes?

Type 2 diabetes is the most common form of diabetes in the US and occurs when your blood glucose (blood sugar) is too high.

It can cause problems with your kidneys, eyes, nerves, feet, legs, teeth and can increase your risk for heart attack and stroke.

Type 2 diabetes can be managed through diet, physical activity, and medications.

Many people have type 2 diabetes and don't know it. Symptoms may not exist or may be very mild.

Symptoms include:

- Increased thirst
- Increased hunger
- Fatigue
- Weight loss
- Blurred vision
- Sores that don't heal
- Increased urination, especially at night

For more information visit www.cdc.gov

Y fit tip of the month. . .

Water Works for Weight Loss!

Hunger is often mistaken for thirst, so drink some water before you reach for high calorie snacks like candy, cookies, and french fries. You may change your mind about the snack.

Try to drink about 64 ounces of water during the day to keep things moving the way they should.

Colorectal cancer is the #2 cause of cancer deaths in Maine

Signs and symptoms

- Blood in the stool
- Constipation
- Fatigue
- Change in bowel movements
- Stools that are narrower than usual
- Feeling as if the bowel doesn't empty completely
- Abdominal discomfort such as frequent gas pains, bloating, fullness, or cramps
- Diarrhea
- Vomiting
- Reasonless weight loss

Risk factors

- Age
- Physical inactivity
- Alcohol consumption
- Personal or family history of colorectal cancer and/or polyps
- Smoking
- Poor Nutrition
- Being overweight

You Can Prevent it!

- Change your eating habits: eat more fiber, fruits, and veggies, and cut back on red meat
- Engage in 30 minutes of physical activity most days of the week
- Get screened regularly at age 50, earlier if you have more risk factors.

visit: www.maineccancerconsortium.org

Tip of the Month...

Wear contact lenses? Prevent eye infections by replacing your lens case or boiling it for 10 minutes every 1 to 3 months. Leave the case open after every use to dry.

MARCH IS NATIONAL NUTRITION MONTH

Did you know . . .

- More than half of Maine adults (61%) are considered either overweight (38%) or obese (23%).
- Obesity is the number two killer, after tobacco, in total numbers of deaths due to preventable causes.

Eating healthy can help reduce the risk of chronic diseases such as:

- Obesity
- Cancer
- Diabetes
- High blood pressure

Eat a variety of fruits, vegetables, whole grains, and lean proteins at every meal so your body gets the nutrients it needs to work properly.

Whole grains (brown rice, barley, bulgur, oats, rye, wild rice are examples) contain all three edible parts of the grain, are high in fiber and have many nutrients. Refined grains (white rice, white bread) don't retain their nutrients and aren't as nutritious.

Lean proteins include seafood, skinless meats like turkey, chicken, low or non-fat dairy products, and lean cuts of beef and pork.

Quick Tips for Healthy Eating:

- Eat small frequent meals throughout the day
- Eat at least 5 servings of fruits and vegetables per day
- Drink water between meals
- Try a handful of veggies or a handful of nuts for a snack
- Eat fruit to satisfy your sweet tooth
- Reduce your intake of deep fried foods
- Read food labels and limit amounts of added sugar, high fructose corn syrup, saturated fat, hydrogenated oil, white flour
- Find your balance between **energy in** (food) and **energy out** (physical activity)
- Choose low-fat or fat free milk
- Go lean with protein
- Eat whole foods in their most natural form whenever possible

How to Read a Nutrition Facts Label

