

Important Numbers:
Scheduling
(843) 792-3300

Janet Carter, MS, RD, LD
Dietitian &
Heart Health Coordinator
(843) 792-4717

Heart Health

Keep in touch and stay on track!!

September 2011 Newsletter



“S” is for Safety

Lunchtime Food Safety



- ☑ avoid using mayonnaise or eggs on sandwiches
- ☑ use a thermos to keep drinks cold or soups hot
- ☑ don't pack a cream- or milk-based soup
- ☑ perishable foods should *not* be left out of refrigeration for more than 2 hours
- ☑ since most kids at school don't have access to a refrigerator, you can pack non-perishable things, or put an ice pack in with your child's lunch
- ☑ kids should not keep lunchtime leftovers as afternoon snacks, unless they are non-perishable
- ☑ kids should not keep lunches (no matter what in them) in direct sunlight or on top of a radiator
- ☑ wash reusable lunch boxes or bags every day
- ☑ use only new, clean brown bags; don't reuse bags that have carried groceries and never use a bag that is wet or stained

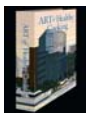


Safety Outside

Bicycles—riding a bicycle can be perfectly safe, as long as important safety precautions and the rules of the road are followed:



- ✗ Wearing a helmet is not an option—it is an absolute must!
- ✗ Children should never ride their bikes at dusk or dawn, in the dark, or in the rain.
- ✗ Cyclists should obey the same rules as motorists (check with local officials to be sure you know all the rules).
- ✗ Children 2-4 years old should be watched at all times. Point out traffic lights & signs and educate them on how traffic works.
- ✗ Children 5-6 should learn to stay on the sidewalk & cross streets only when the traffic light is green & the intersection is clear.
- ✗ Children 6 and older should be taught to ride on the streets in residential areas. They should always ride on the right side of the road, pay attention to approaching cars, stop for traffic lights & signs, and stop and look whenever entering a street from a minor road or driveway. It is safest to pull to the side of the road and stop when a car is approaching from the rear.



**ART of Healthy
Cooking**

On Sale Now!

Cookbook features:

- ☆ Hardcover 3-ring binder
- ☆ 500 healthy recipes
- ☆ \$26--\$10 is tax-deductible and 1/3rd of proceeds come back to the Heart Health program!
- ☆ Nutrition facts on all recipes
- ☆ Beautiful full-color artwork
- ☆ Helpful nutrition and cooking tips
- ☆ Book stand included

Contact Miss Janet for your copies today!
792-4717 or email catjan@muscc.edu

ATV's—children under 16 should not ride an adult-sized ATV. Wearing a helmet is not an option—it's a must. New riders should take a training course



Heat—even though fall is approaching, it can still be quite hot. Be sure to stay in the shade when possible, and stay hydrated by drinking plenty of water.



Sun—it is still very possible to be exposed to a lot of sunlight in the fall. Wear sunscreen and protective clothing when you will be outside for prolonged periods of time.

Other

School buses—school busses are an extremely safe mode of transportation due to their compartmentalized design: strong, closely spaced seats with energy-absorbing high backs

CPR—the whole family should be certified in CPR; you never know when you might need it



Poison—tips to prevent accidental poisoning:

- * keep cleaning products and chemicals out of the reach of children
- * keep all chemicals in their original containers
- * get down to a child's level to search for possible hazards
- * read the labels on chemicals & follow precautions for safe & effective use
- * keep the number for the Poison Control Center immediately available: 1-800-222-1222

Wednesday Group Session Schedule

All Wednesday Group Sessions begin at **5:00 pm**. Come to the Pediatric Cardiology Clinic waiting room and you will be taken to the session.

September 7th: No Group Session

September 14th: Handling Stress and Emotions

Often folks will eat when they are stressed or emotional. Come learn better ways to handle these situations.

September 21st: What does it take to lose weight?

We all know losing weight isn't easy. Come learn the basics and some helpful tips—even if you think you've heard it all!

September 28th: Healthy food shopping on a budget.

Does it seem like healthy foods cost more? Learn how to save some money & navigate the grocery store like a health pro!

Weekday Evening Fitness Sessions

Please call 792-4717 or email catjan@musc.edu to sign up for your slot.

Fitness Session days/hours are:

Monday-Thursday 5-6 and 6-7, Fridays 5-6

****Sessions must be scheduled a week in advance****

Heart Health parents, want to work out at The Citadel?

The Citadel is extending a fantastic offer to Heart Health parents

One-day pass for \$5 **OR**

4-month membership for only \$80!

(normally \$100)

This is an incredible rate!

*Siblings of Heart Health participants are not eligible for a membership at Deas Hall.

*Discount will no longer apply if your child drops out of the Heart Health program, or if your child is removed from the Fitness Session portion of the program.

Be an MUSC **Research Hero!**

Did you know that Heart Health members ages 4 to 21 are eligible for a **free**, state-of-the-art assessment through the Pediatric Metabolic Syndrome Study? Did you know that overweight **family and friends** of Heart Health members may also be eligible for the free assessment?

Please let Miss Janet know if you are interested
792-4717 or catjan@musc.edu!

Parking is **free** and **compensation** is available!

Your Questions Answered

What are some foods that are safe to pack in my child's lunchbox?



Safe Lunchbox Ideas

- ☆ carrot & celery sticks
- ☆ raisins
- ☆ trail mix
- ☆ peanut butter & jelly sandwich
- ☆ fresh fruit
- ☆ single-serving applesauce
- ☆ peanut butter on whole grain crackers
- ☆ string cheese
- ☆ pretzels or baked chips
- ☆ dry cold cereal



Recipe of the Month



Black Bean Salsa

Submitted to ART of Healthy Cooking by Betty Howell

Ingredients:

2 cans black beans – drained and rinsed
1 can corn – drained
1 avocado – diced
1 large tomato – seeded and chopped
½ red onion –diced
¼ cup fresh cilantro
3-4 Tbsp lime juice
2 Tbsp red-wine vinegar
1 Tbsp olive oil
Salt and Pepper to taste

Directions:

Mix all ingredients in a large bowl. Serve with whole-grain crackers or tortilla chips (not included in nutrition analysis). Serves 8-10.

Nutrition facts per serving:

Calories	148	Carbohydrates	23g
Total Fat	5g	Protein	6g
Sat Fat	0.5g	Cholesterol	0mg
Fiber	7.5g	Sodium	620mg