



Health Tribune

Thinking about your health in Portage County
 Provided by the Portage County Health Department



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March is... National Nutrition Month

Eating for Good Health

- Enjoy a variety of foods from the 5 food groups.
- Choose breads, pasta, and cereal products that contain whole grains.
- Be sure to eat plenty of fruits and vegetables in a variety of colors.
- Opt for low-fat or nonfat dairy products, lean meats, and skinless poultry.
- Limit your intake of cholesterol, saturated and trans fats, salt, and sugar.
- When ordering fast-food, check nutrition information.
- Avoid frying food. Steam, boil, broil, roast, or grill it.
- Eat more fresh food and fewer processed food.
- Choose to eat reasonable portions in order to avoid taking in too many calories.
- Drink more water and fewer sugary sodas, juices, and “energy” drinks.

Healthy Recipe Substitutions

Instead of...	Substitute
80% Lean Ground Beef	Extra-Lean Ground Beef
Butter	Trans-Fat-Free Margarine
Guacamole	Salsa
Oil for Baking	Unsweetened Applesauce
Oil for Frying	Nonstick Cooking Spray
Poultry with Skin	Poultry without Skin
Salt	Herbs and Spices
Sour Cream	Plain, Fat-free yogurt
Whole Egg	2 Egg Whites

Did you know...?

FLIGHT Program

This program is offered by Kent State University and the PCHD to children and their families living in Portage County. The dietician for the program, Heather, will be attending Field local schools to begin this process. The FLIGHT program is designed to help children and adolescents aged birth-18 years with mental health and nutrition. This process will have a two way referral. The FLIGHT clients will have a mental health screening and mental health clients will have a FLIGHT screening.

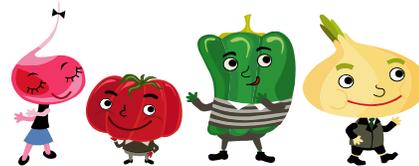
Cost: FREE

Age: Birth-18 years of age

Location: Kent State University
 200 Nixon Hall
 Kent, OH 44240

Call: 330-672-2063 KSU to schedule an appointment

FLIGHT



Regular physical activity is one of the most important things you can do for your health. Remember to start slowly, contact your physician about your physical activity limits, and the bottom line is the health benefits of physical activity outweigh the risks of getting hurt.

Questions or Comments?

Contact Us!

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<http://www.co.portage.oh.us/healthdepartment.htm>