



September 2010

American Central Transport

## Is Your Cholesterol in Check?

If you're looking to make some changes to reduce your heart disease risks and lower your cholesterol, consider these natural ways to do so:

- Eat low-fat dairy products: avoid dairy containing whole milk and cream.
- Eat complex carbohydrates and fiber-rich foods: fruits and veggies, whole grains and legumes.
- Reduce your salt intake: use herbs and spices to flavor your food instead of salt.
- Monitor snacking: opt for low-fat snacks, such as light popcorn, nuts, dried fruits and veggies.
- Reduce saturated fat during cooking: replace butter or margarine with olive, soybean, sunflower or safflower oil.
- Reduce your dietary cholesterol intake: eat no more than four egg yolks per week, and no more than six ounces of lean meat, fish or poultry per day.



# September is Cholesterol Education Month!

## LIVE WELL, WORK WELL

### Back-to-School Basics

Whether your kids are looking forward to it or dreading it, it's the back to school time of year again! Here are some tips and suggestions to help make the transition from summer to school a little easier on parents and children alike.

#### ***In the weeks before the first day:***

- Buy school supplies early.
- Re-establish bedtime and mealtime routines at least one week before school starts. Talk with your child about the importance of being well-rested for school days and having regular mealtimes.
- Arrange a visit beforehand if your child will be going to a new school or is nervous about starting in a new classroom. Explore all areas of the school. Get a map to help direct your child on the first day.

#### ***The night before the first day:***

- Pack backpacks the night before so no one is scrambling around at the last minute looking for supplies or materials.



- Pack lunches or have lunch money ready the night before as well.
- Locate any school forms that were mailed to you or your child over the summer, such as immunization records, permission slips and class schedules.
- As your child gets older, first day of school outfits may become very important. To help avoid stress over what to wear on that first morning, have your child pick out clothes the night before.

#### ***On the first day:***

- Walk younger children to their classroom and stay with them until they are settled and feel comfortable. Reintroduce them to their teacher, show them their desk or sitting area, and make sure they know where their cubby or locker is located. Leave once they feel at ease.
- Ask your children about how the day went. Let them know you care.

## Organic Produce: Is it Worth it?

When buying non-organic fruits and vegetables, there are some that contain higher levels of pesticides than others. And these pesticides and chemicals can cause health damage, especially during fetal development and early childhood stages, according to foodnews.org.

While rinsing your fruit and vegetables before eating reduces some pesticides, it will not eliminate them. Peeling helps as well, but you often lose valuable nutrients by removing the peel. With some produce, the best way to avoid pesticide consumption is to buy organic varieties.

These 12 non-organic fruits and vegetables are considered among the most pesticide-ridden: celery, peaches, strawberries, apples,



blueberries, nectarines, bell peppers, spinach, cherries, kale/collard greens, potatoes and imported grapes.

The non-organic fruits and vegetables ranking the lowest in pesticide concentration, in order of cleanliness: onions, avocados, sweet corn, pineapple, mangoes, sweet peas, asparagus, kiwi, cabbage, eggplant, cantaloupe, watermelon, grapefruit, sweet potatoes and honeydew melon.



## Fall Fitness!



With kids heading back to school and the temperatures cooling down, the fall months present a perfect environment for getting back into your fitness routine. Here are some tips for burning a few extra calories this fall.

**Enjoy the weather:** The fall months are a perfect time to exercise outdoors due to the cooler temperatures. And outdoor exercise doesn't have to feel like a workout. Take advantage of seasonal activities, such as raking leaves or apple picking.

**Try something new:** Fall is also a great time to try a new workout routine or join a fitness class. Many classes at local gyms and health clubs kick off in the fall.

**Get creative:** Instead of just sitting and watching your child's sports practice, consider walking around the area or asking the coach if you can participate. And while at work, consider walking outside during meetings or breaks.

This fresh, tropical salad will liven up your next family meal or get together. Great served with baked or grilled fish.

## Tropical Vinaigrette Salad

1 papaya

1 guava

1 Asian pear

¼ cup thinly sliced almonds

½ cup chopped cilantro

1 lb. spring salad mix

4 tablespoons low-fat vinaigrette of your choice

Cut papaya, pear and guava into very thin slices or cubes – whichever you prefer. Put the spring mix salad into a large bowl. Toss with dressing of your choice. Place fruit slices on top, and garnish with sliced almonds and cilantro when ready to serve.

