



Paris
Community
Hospital
Family
Medical
Center

July 2016

Rethink your snack

staying
healthy

Snacking doesn't have to be unhealthy

The national "Rethink Your Drink" campaign encourages people to reconsider their consumption of sugary beverages, such as soda, sports drinks, and energy drinks. These drinks not only are loaded with sugar and empty calories, but also can lead to obesity, diabetes, and heart disease.

Just like sugary drinks, snacking on sugary foods can lead to similar health conditions, including unwanted weight gain.

For some people, snacking is viewed as the perfect recipe for weight gain. But it doesn't have to be. "Healthy" snacks can provide a much-needed energy boost during the day or when exercising. Additionally, healthy snacking can decrease hunger and limit overeating at meal time.

According to the American Diabetes Association, snacking is a great opportunity to fit in another serving of whole grains, fruits, or vegetables. These foods are healthier than salty snacks and sweets.

If you are not sure if a snack is healthy, the National Institutes of Health (NIH) recommends reading the Nutrition Facts label. Just like meal-time food, snack food should be low in added fat and sugar and high in fiber and water.

Pay attention to portion size when snacking, the NIH states. Nuts are a healthy snack, but the portion size should be small. Never eat straight from the package the snack came in— it is very easy to eat too many calories. Instead, measure out portion sizes beforehand and place snacks into small plastic containers or bags so they are easy to carry in a pocket or backpack. Use measuring cups or spoons if necessary to measure portion size. These pre-packaged, correctly portioned foods make great grab-and-go snacks.

Additionally, the NIH states, pairing protein and carbohydrates will help keep you feeling fuller for longer. Examples include eating apple and string cheese, whole wheat crackers with peanut butter, carrots and hummus, or plain yogurt and fresh fruit.

The Office of Disease Prevention and Health Promotion offers the following healthy snack ideas:

- "Ants on a log" (celery with peanut butter and raisins)
- Fresh or canned fruit (canned in 100% juice, not syrup) with fat-free or low-fat yogurt
- Whole-grain crackers with low-fat cheese
- Vegetable "matchsticks" (thin sticks made from fresh carrots, zucchini, or bell peppers)
- Quesadillas (low-fat cheese melted in a whole-wheat tortilla)
- Unsalted pretzels or air-popped popcorn
- Baked (not fried) tortilla chips and salsa
- Whole-wheat pita bread with hummus (dip made with chick peas)

The American Diabetes Association recommends everyone avoid mindless snacking in front of the TV or computer or while reading or driving. Stock up on healthy options so they are always available.

Ann Bogue, FNP-C



Ann is a board certified family nurse practitioner (FNP-C), who joined PCH/FMC last March. Her primary duties include caring for

patients in local nursing homes. Prior to PCH/FMC, Ann worked as a family nurse practitioner at Parke Medical Clinic in Indiana, spending most of her time in rural health clinics. Her experience includes eight years as a registered nurse for Indiana University Health. She also worked as a travel nurse in Arizona, Nevada, Colorado, Florida, and New York, and three years as a nurse at Union Hospital in Terre Haute.

Ann earned her bachelor's degree in nursing from Indiana State University, and her master's degree in nursing from Walden University in Minnesota.

Ann lives in Paris with her daughters MJ, 4, and Shane, 2. In her spare time, she enjoys spending time with family.



Good carbs vs. bad carbs

Simply put, carbohydrates are the primary source of energy for the body. They are the sugars, starches, and fibers found in fruits, grains, vegetables, and milk products.

Carbohydrates often are perceived negatively, especially when it comes to weight gain. However, carbohydrates have a rightful place in any diet and the body and brain need them to function properly.

According to the Academy of Nutrition and Dietetics, when it comes to carbohydrate intake, the type of carb and portion size is what matters most for good health.

Complex carbohydrates are referred to as “good carbs.” They offer more substantial nutrition and take longer to digest due to their complex chemical structures. That means the energy produced by them is released over a longer period and helps to keep you fuller longer. Whole foods, such as green vegetables, fresh fruits, beans, and nuts are ideal choices for good carbohydrates.

Simple carbohydrates are often referred to as “bad carbs.” This is because the sugar molecules are quickly digested, stored as glycogen in the body, and turn to fat if they are not immediately burned off as energy. Refined and processed “junk” foods fall into this category, such as candies, desserts, sugary snacks and drinks, refined breads, and other processed foods.

The Livestrong Foundation offers the following suggestions for incorporating healthy carbohydrates into a balanced diet:

- Choose whole fresh, frozen

and canned fruits and vegetables without added sugar.

- Eat whole grains, which are better sources of fiber and have other important nutrients than refined grains.
- Select low-fat versions of milk, cheese, and yogurt.
- Eat more beans and legumes. Legumes, such as peas, beans, and alfalfa, are the most versatile and nutritious foods available.
- Limit added sugars, such as those found in sugary drinks, desserts, and candy.

Additionally, the American Diabetes Association offers the following suggestions:

- Eat sweet potatoes instead of white potatoes.
- Choose whole grain breads and whole wheat pasta instead of white bread and regular pasta.
- Consume whole grain oatmeal instead of processed cereals.
- Eat brown rice instead of white rice.



Paris Community Hospital Family Medical Center

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staying healthy

PCH/FMC's Community Healthcare Programs

July & August

Stay Strong, Live Long

Ongoing

This free exercise program for seniors takes place on Tuesdays at 10 am at the Chester P. Sutton Community Center for Seniors of Edgar County. The program helps maintain and increase overall strength to make everyday tasks easier. The program is instructed by licensed PCH Rehab staff.

Clinic Closures

July 4

The Family Medical Centers in Paris and Chrisman will be closed in recognition of Independence Day.

Summer Fun Runs

July 12, 19, 26; August 2, 9

The Edgar County Bee Well group will sponsor five weeks of fun runs for kids of all ages and abilities at West Lake Park. Children who complete three of the five runs will get a free T-shirt. Sign up at ParisCommunityHospital.com/FunRuns.

Dine With a Doc

July 13

Danielle Colvin, doctor of physical therapy at PCH/FMC, will be the featured speaker at this free event for seniors from 11 am to 1 pm at the Chester P. Sutton Community Center for Seniors of Edgar County in Paris. PCH/FMC will provide a free lunch. Dine With a Doc is sponsored by Senior Education Ministries.

Medical Weight Loss Seminar

July 19; August 16

A free informational session regarding PCH/FMC's Medical Weight Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based

approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Dine With a Doc

July 20

Danielle Colvin, doctor of physical therapy at PCH/FMC, will be the featured speaker at this free event for seniors from 11 am to 1 pm (eastern time) at Victory Baptist Church, 133 S. Washington Street, Clinton, Ind. PCH/FMC will provide a free lunch. Dine With a Doc is sponsored by Senior Education Ministries.

Back to School Bang

August 6

Now in its second year, this special health and wellness expo helps prepare children for the upcoming school year. The event will take place from 9 am to 1 pm in the Family Medical Center. Snacks, giveaways, area vendors, school/sports physicals, and immunizations will be available. Normal copays for services provided will apply. Please bring your insurance card and immunization records. Appointments are recommended by calling 217-465-2606, Ext. 729. Walk-ins will be accommodated on a first-come, first-served basis.

Coaches' Cookout

August 11

All area coaches are invited to attend this free event at Paris High School. Attendees will meet the orthopedics and rehab staffs and receive education related to athletic training. Free dinner, team first aid kit, and door prizes will be available. Register by August 5. Email EFrank@pchfmc.com or call 217-465-2606, Ext. 287.

Acklin Invitational and 5K

August 27

PCH/FMC and Paris High School will sponsor this first annual event in memory of the late Dr. James Acklin. The invitational will be for local cross country teams, and the 5K will be open to the public. The event will take place at the high school.