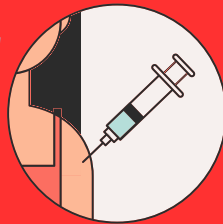




CHATting ABOUT HEALTH

VACCINATION: FACTS not FICTION

Vaccines have been protecting people from serious diseases for hundreds of years



In 1796, the first smallpox vaccine was developed using cowpox virus.

**Flu vaccines
CANNOT
give you the flu**



- They are made with dead or weakened viruses that can't make you sick.
- Side effects may seem like flu symptoms but they are actually your immune system learning to fight the flu virus.

Vaccines DON'T cause Autism



Many studies, including one that included over 600,000 people and lasted over 10 years, have found no evidence that vaccines cause autism.

Measles infection can cause brain damage and death.



Thanks to vaccines, measles cases have dropped 99%.

Learn more about vaccine-preventable diseases :
<https://www.hhs.gov/letsgetreal/learn-about-childrens-vaccines/vaccine-preventable-diseases>





Good nutrition is essential for people of all ages.

It is critical for

- infant and child growth and brain development
- healthy and safe pregnancies
- healthy aging

Tips for making healthy eating choices

Bump Up Fiber

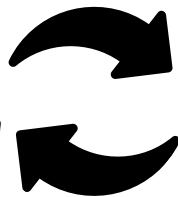


Fiber helps maintain digestive health, helps us feel fuller longer, helps control blood sugar and lowers cholesterol levels.

- Have raw vegetables for quick snacks.
- Try whole-grain cereal, like oatmeal.
- Top cereal with berries, pumpkin seeds, or almonds.
- Add beans or lentils to a salad for texture and flavor.
- Enjoy fresh fruit with a meal or as dessert

Replace Saturated Fats

Replacing saturated fat with healthier unsaturated fats can help protect your heart.



- Sprinkle nuts or seeds on salads instead of cheese.
- Use beans or seafood instead of processed or high-fat meats.
- Try canola, olive, peanut, safflower, soybean, or sunflower oil in place of butter or margarine.
- Use low-fat or fat-free dairy products in place of full-fat versions.

Aim for a Variety of Colors



Limit Added Sugars

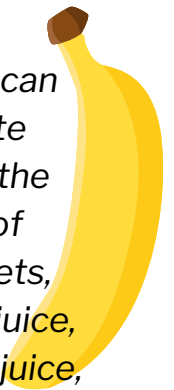
Too much added sugar in your diet can contribute to weight gain, obesity, type 2 diabetes, and heart disease.



- Drink water instead of sugary drinks.
- Use fruit to sweeten cereal or yogurt.
- Skip the flavored syrups and whipped cream in your coffee.

Add more potassium

Not getting enough potassium can increase blood pressure, deplete calcium in bones, and increase the risk of kidney stones. Sources of potassium include bananas, beets, lima beans, swiss chard, prune juice, pomegranate juice and orange juice,



Increase calcium and vitamin D

Calcium and vitamin D are important for bone health



- Cook with spinach, collard greens, bok choy, mushrooms, and taro root.
- Look for foods that are fortified with calcium and vitamin D like soy beverages, soy yogurt, orange juice, and some whole-grain cereals.

<https://www.cdc.gov/nutrition/features/healthy-eating-tips.html>

