

health awareness



A COUNTY HEALTH POOL PUBLICATION

MARCH 2015



NUTRITION AWARENESS

When it comes to vitamins and minerals, you're probably looking for the bottom line: How much do you need, and what foods have them? The list below will help you out. It covers all the vitamins and minerals you should get, preferably from food.

Calcium

Foods that have it: Milk, fortified nondairy alternatives like soy milk, yogurt, hard cheeses, fortified cereals, kale

How much you need:

- Adults ages 19-50: 1,000 milligrams per day
- Women age 51 and older: 1,200 milligrams per day
- Men age 51 and older: 1,000 milligrams per day

What it does: Needed for bone growth and strength, blood clotting, muscle contraction, and more

Don't get more than this much: 2,500 milligrams per day for adults age 50 and younger, 2,000 mg per day for those 51 and older

Choline

Foods that have it: Milk, liver, eggs, peanuts

How much you need:

- Men: 550 milligrams per day
- Women: 425 milligrams per day
- Pregnant women: 450 milligrams per day
- Breastfeeding women: 550 milligrams per day

What it does: Helps make cells

Don't get more than this much: 3,500 milligrams per day

Chromium

Foods that have it: Broccoli, potatoes, meats, poultry, fish, some cereals

How much you need:

- Men ages 19-50: 35 micrograms per day
- Women ages 19-50: 25 mcg per day, unless pregnant or breastfeeding
- Pregnant women: 30 micrograms per day
- Breastfeeding women: 45 micrograms per day
- Men age 51 and up: 30 micrograms per day
- Women age 51 and up: 20 micrograms per day

What it does: Helps control blood sugar levels

(article is continued on reverse side)

Don't get more than this much: No upper limit known for adults

Copper

Foods that have it: Seafood, nuts, seeds, wheat bran cereals, whole grains

How much you need:

- Adults: 900 micrograms per day, unless pregnant or breastfeeding
- Pregnant women: 1,000 micrograms per day
- Breastfeeding women: 1,300 micrograms per day

What it does: Helps your body process iron

Don't get more than this much: 10,000 micrograms per day for adults

Fiber

Foods that have it: Plant foods, including oatmeal, lentils, peas, beans, fruits, and vegetables

How much you need:

- Men ages 19-50: 38 grams per day
- Women ages 19-50: 25 grams per day, unless pregnant or breastfeeding

BENEFITS CORNER

Anthem Breach

As some of you are aware, there was a recent cyber attack at Anthem. Even though CHP is an ASO (Administrative Services Only) account with Anthem, our data could have been involved in the breach. Therefore, Anthem is offering free credit monitoring and identify protection services to all CHP Members. Anthem has arranged to have AllClear ID protect your identity for 2 years at no cost to you. We urge all of you to enroll in the identity theft repair and credit monitoring services by visiting AnthemFacts.com. You should receive either an email or letter directly from Anthem regarding the cyber attack, but Anthem will not be calling members directly about this incident.

If you have questions, please contact Meredith Burcham at 303-861-0507.

- Pregnant women: 28 grams per day
 - Breastfeeding women: 29 grams per day
 - Men age 51 and up: 30 grams per day
 - Women age 51 and up: 21 grams per day
- What it does:** Helps with digestion, lowers LDL ("bad") cholesterol, helps you feel full, and helps maintain blood sugar levels
- Don't get more than this much:** No upper limit from foods for adults
- From WebMD*



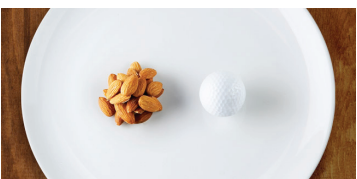
1 cup raw leafy greens = baseball



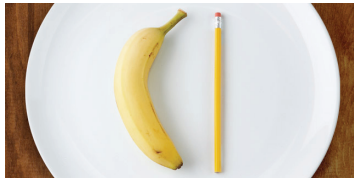
1 1/2 oz. hard chesse = 3 dice



1 waffle or pancake = compact disk



1/4 cup Almonds = 1 golf ball (about 23 almonds)



1 Banana = length of pencil (about 8 inches)

More Portion Size Plate information available at this link (<http://www.webmd.com/diet/healthtool-portion-size-plate>)