

## HEALTH And WELLNESS

September 2021 Bulletin

Claire Hill

[Cjhill65@gmail.com](mailto:Cjhill65@gmail.com) 201-321-6100

“Let Our Voices Soar”

Food pyramids sure have changed. In 1946 our nutrition chart encouraged leafy green and yellow vegetables, citrus fruit, tomatoes and raw cabbage. Also, two or more servings of potatoes, vegetables and fruit, 3-4 cups of milk, cheese or ice cream for children and 2 cups for adults. One to 2 servings of meat, poultry, eggs, dried peas and beans. A serving of bread, flour, cereals and whole grain every day, and some butter or margarine daily. Wow, a great diet, but I think there might be a weight problem.

In 2021, the Healthy Eating Plate includes drinking plenty of water, tea, coffee, with limited sugar. Limit milk and dairy to ½ cup daily. Eat a variety of whole grains, bread, whole grain pasta and brown rice, limit white bread and white rice. Choose fish, poultry, bean and nuts, but limit red meat and cheese. Avoid bacon, cold cuts and processed meats. Healthy oils, (Olive, Canola oil) but limit butter. The more veggies the better, but potatoes do not count. Eat fruits of all colors and the best advice is to stay active.

Comparing the 1946 to 2021 you can see the changes in suggested diets. The biggest changes are to limit red meats and the amount of dairy, white bread and rice.

Pass this on to your members, so we all eat a little healthier, and don't forget to drink plenty of water and to exercise.

Think about supporting **UNICEF**. Plan a Halloween themed fund raiser. Check the UNICEF website for ideas. Donations to UNICEF can make a permanent change in the life of a child. Remember UNICEF on the NJSFWC Continuing Funds form.

It may be a good time to order Red Dress pins for **Red Dress Day**, the first Friday in February. The pins are available to purchase online at the American Heart Association website. The cost is \$22.95 for 25 pins.

Clubs are leaving items for **Operation Smile** in the headquarters closet without the inventory sheet. The inventory sheet is available on the OS website. Please remember to complete one and include it with the items to be delivered by Jill McDonald.