

Is Shaky Economy Changing the Way Americans Take Care of Their Health?

A survey on health and the economy conducted by TSC, a division of Yankelovich, Inc., 2008, found that most Americans (90 percent) say they are worried about the economy .

The survey consisted of telephone interview with 1,004 individuals 18 years of age or older living in the continental United States.

According to the surveys:

- One-third of Americans say yes, the economy has changed the way they take care of themselves.
 - *55 % reported they took better care of their health by exercising, eating healthier or getting regular checkups and screenings.
 - *41 percent indicated they are taking worse care.
 - 35 % say they're not going to the doctor regularly or at all.
 - 17% say they're taking their medications less often or not at all.
 - 10% say they can't afford to eat properly or are eating less healthy foods.
- 75 % indicated with today's economy they would be more likely to eat at home rather than dine out.
- 77% say that exercising and eating right would make them more productive at work.
- 63% said they believe healthy foods cost more than unhealthy foods.
- 49% said that being healthy is expensive.
- 44% said healthy meals take more time to prepare.
- 36% said they are more difficult to prepare than less healthy alternative.

Kim Hohol, registered dietician, stated ,“Eating healthy does not have to be expensive and many healthy meals and snacks are quick and easy to prepare.”

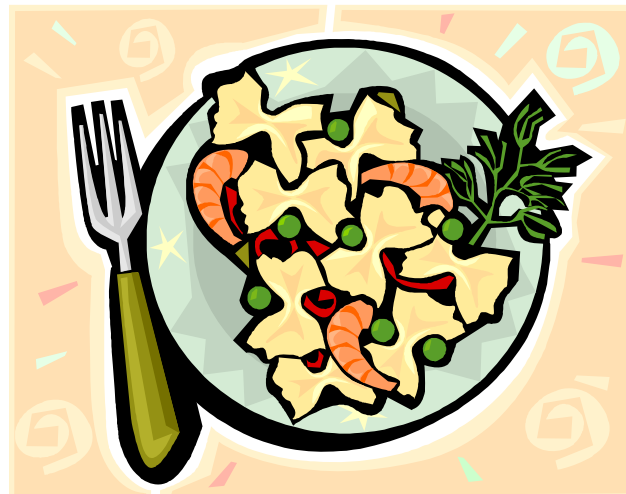
****See next column for time saving ideas to create quick and healthy meals.****

Source: www.medicalnewstoday.com

May 8, 2009

This Month

Quick and Healthy Meals



Time Saving Ideas to Help Create Quick and Healthy Meals



- Cook veggies in a microwave.
- Keep a variety of prepared foods on hand.
- Double a recipe and freeze for future meals.
- Find meals that pack variety in just one dish.
- Grate low-fat cheese 1-2 lb. at a time and freeze.
- Use leftovers from dinner for lunch the next day.
- Use quick cooking method (stir-frying, broiling, microwaving).
- Look for bags of frozen lean meats/poultry that are already portioned.
- Plan meals for the next week by placing appropriate items on the grocery list.

Upcoming Events at La Crosse County

Meet Us at the Market

La Crosse County Health Department is presenting **Meet us at the Market**

June — August, 2009



Join us at the Farmer's Market to try food samples that are in season!

Nutrition on a Budget

Tip for Eating Healthy While Saving Money

- Replace meats with beans, lentils, soy, or nuts — These are often less expensive, but are just as nutritious as meats.
- Do more “scratch” cooking using whole foods instead of processed or prepared foods.
- Drink plenty of water –use tap water instead of buying bottled water.
- Replace expensive junk foods with healthy snacks like fresh fruit or homemade treats.
- Use store brands whenever you can. Store brand foods have the same nutritional value as higher-priced national brands.
- Shop at local produce stands or farmer’s market.

Source: Cigna Medical Group Registered Dietician Kim Hohol

Do you have a nutrition question for one of your Registered Dietitians?

Feel free to submit your questions to:

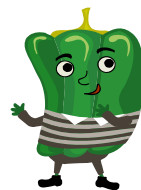
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Recipe Corner

Bean and Crispy Noodle Salad

- 1 (16 oz.) can kidney beans, drained and rinsed
- 1/4 cup honey mustard salad dressing
- 4 cups chopped romaine (about 1 head) lettuce
- 1 cup chow mein noodles
- 2/3 cup mandarin oranges, drained
- 1 green onion, chopped

Directions:

Toss all ingredients together in a large mixing bowl. Serve immediately.

Make 4 servings

Per serving:

Calories: 223

Total fat: 7 g

Carbohydrates: 35 g

Sodium: 222 mg

Fiber: 7 g



Source: Cigna Medical Group Registered Dietician Kim Hohol