

National Nutrition Month



Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day.

A healthy eating plan:

- Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.



Prepare, handle and store food properly to keep you and your family safe.

Play it Safe with Foods:

- Clean hands, food-contact surfaces, fruits, and vegetables when preparing each meal.
- Separate raw, cooked and ready-to-eat foods while shopping, preparing, or storing.
- Cook meat, poultry and fish to safe internal temperatures to kill microorganisms.

MIAMI-DADE SCHOOLS POLICE DEPARTMENT

"Targeting Healthy Living"

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M-DSPD Monitors a Healthy Workforce

In the continuing effort to promote a healthy workforce, the Miami-Dade Schools Police Department has acquired four (4) blood pressure monitors. The monitors will be assigned to North Operations, Central Operations, South Operations and the Investigative Division.

Blood pressure is an important indicator of health, as high pressure symptoms can mean the system is under high stress. By routinely monitoring your blood pressure, you can ascertain the status of your health.



When it comes to checking blood pressure, a normal pressure reading for an adult is 120 systolic / 80 diastolic (respectively, the highest pressure of the cardiac cycle and the lowest pressure of cardiac cycle, with one cycle being a single heartbeat and the following rest).

With these new monitors, personnel will be able to monitor their blood pressure on a routine basis.

A little attention can change your health for the better!



Nutrition for a Restful Sleep



What you eat can help or hinder your sleep, according to the National Sleep Foundation. The following tips can help you get a good night's rest.

- **DO** drink warm milk before bed. Milk contains tryptophan, an amino acid that promotes sleep.
- **DO** eat a large breakfast, medium-sized lunch and small dinner. Digesting a big dinner can prevent you from resting comfortably.
- **DO** include carbohydrates on your dinner plate. Carbohydrates help your body produce serotonin, a sleep-inducing hormone.
- **DO** try these late-night, sleep-friendly snacks: 1 cup of skim milk with 2 graham crackers or a banana smoothie made with 1 cup skim milk, vanilla yogurt and a banana.
- **DON'T** drink caffeinated coffee, tea and sodas after 3 p.m.

