

HAPPY NEW YEAR



20 Healthy Tips for 2020

1. Eat a healthy diet
2. Cover your mouth when coughing or sneezing
3. Consume less salt and sugar
4. Prevent mosquito bites
5. Reduce intake of harmful fats
6. Drive Safe
7. Avoid harmful use of alcohol
8. Drink only safe water
9. Don't smoke
10. Practice Mental Health
11. Wash hands properly
12. Get tested
13. Practice safe and proper kitchen techniques
14. Get vaccinated
15. Practice safe medication management
16. Practice safe sex
17. Have regular check-ups
18. Be active!
19. Take antibiotics only as prescribed
20. Check your blood pressure regularly



2020 Flu Season

The flu is a respiratory illness which is caused by the influenza viruses and can infect the nose, throat, and lungs. It is contagious and can cause mild to severe illness, and at times can lead to death. According to the National Institute of allergies and Infectious diseases this current flu season is set to be on track to be one of the worst in years. This year 6.4 million people have caught the flu and 55,000 have been hospitalized.

How to Avoid the Flu this Season

- Get the flu vaccine
- Disinfect communal areas
- Avoid people who have the cold
- Wash Your Hands
- Practice proper personal hygiene



Mediterranean Diet

Best Diet recommended

According to US News and world report the Mediterranean diet is the number one healthy life style change nutrition experts are recommending for 2020.

The traditional Mediterranean diet is based on foods available in countries that border the Mediterranean Sea. The foundation for this healthy diet includes Eat more fruits and vegetables. Aim for 7 to 10 servings a day of fruit and vegetables. Switch to whole-grain bread, cereal and pasta.

Experiment with other whole grains, such as bulgur and farro. Use healthy fats. Try olive oil as a replacement for butter when cooking. Instead of putting butter or margarine on bread, try dipping it in flavored olive oil, and try to eat more seafood. Recommendation for consumption of fish is at least twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are all healthy choices. An example of an unhealthy fish option would be deep-fried fish.

Most importantly, reduce red meat consumption. Substitute fish, poultry or beans for meat. If you eat meat, make sure it's lean and keep portions small. Enjoy some dairy. Eat low-fat Greek or plain yogurt and small amounts of a variety of cheeses. Lastly, make sure to spice it up. Herbs and spices boost flavor and lessen the need for salt.

Harvard Institute and Mayo Clinic

For More Information: Please feel free to call the office for printed materials or visit

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>

References:

1. <https://www.ipollockpr.com/in-the-news/nutrition-experts-forecast-2020-will-usher-in-the-ultimate-food-revolution/>
<https://time.com/5758953/flu-season-2019-2020/>

<https://www.who.int/philippines/news/feature-stories/detail/20-health-tips-for-2020>



Promoting Good Health and
Quality of Life

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Super Foods for 2020

Fermented foods, like yogurt & kefir

Avocado

Seeds Exotic fruit, like acai, golden berries

Ancient grains

Blueberries

Nuts Non-dairy milks

Beets

Green Tea

Top 5 Eating

Recommendations from RDNS to follow during 2020

1. Eat more servings of vegetables per day
2. Increase fiber intake
3. Limit highly processed foods or fast foods
4. Limit foods with "added sugars" Choose non-caloric drinks, like unsweetened tea and coffee

