Eating Healthier, Getting Regular Screenings and Knowing Your Numbers

Are Keys to Wellness

Mom was right when she told us to eat all of our veggies and listen to what our doctors tell us to do to maintain our good health. But, according to recent studies Centers for Disease Control (CDC), it seems that many of us are not taking mom's advice to heart.

According to the CDC, at least 88 percent of Americans failed to meet daily intake recommendations for total vegetables (this includes dark green and orange veggies) and three-quarters of Americans don't eat the two to four recommended daily servings of fruit.

That's why, during National Nutrition Month, OAOHN would like to encourage you to care for yourself and your loved ones by reminding you of the importance of eating healthier and getting regular health screenings.

The federal government has published recommended dietary guidelines. These guidelines are designed to promote general health and reduce the risk of chronic diseases and obesity.

You can start following the Dietary Guidelines for Americans by making changes in three key areas:

- Balancing Calories – Eat smaller portions
- Increasing Healthier Foods – Make half your plate fruits and veggies; make half of your grains whole grains and switch to fat-free or low-fat milk
- Reducing Sodium and Sugar – Choose foods with lower sodium content (check and compare the labels) and drink water instead of sugary beverages

Making these changes can help you keep your biometric numbers (like blood pressure, blood sugar, weight, etc.) in a healthy range.

The best way to find out if your numbers are within a healthy range for your gender, height and age is to have your annual screenings with your Primary Care Physician. Annual health screenings are 100 percent covered by your health insurance as preventive care.

Having a Primary Care Physician (PCP) who can coordinate your care is vital to your good health. If you don't have a PCP, just visit your insurance carrier's website, look for the "find a doctor" area and follow the instructions.