



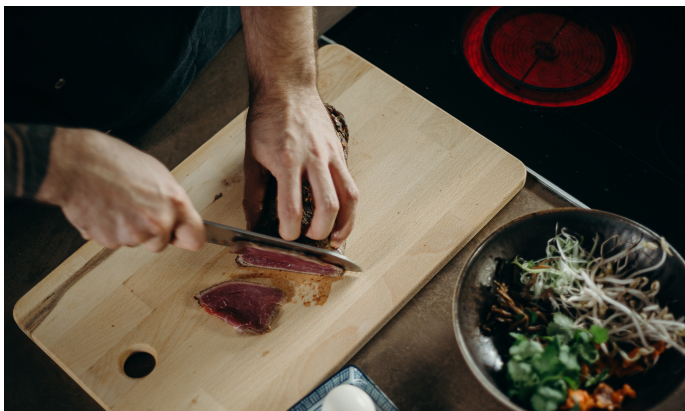
## INSIDE THIS ISSUE

CLICK ON THE STORY YOU WANT TO READ

[4 Steps to Food Safety](#)

[Culinary Commentary: 3 Surprising Benefits of Eating Dinner as a Family](#)

[Nurse's Notes: Cholesterol Education](#)



## 4 STEPS TO FOOD SAFETY

### TIPS TO FOLLOW FOR SAFE COOKING

Food safety is vital for your personal well-being. Ensuring that you are taking proper precautions while preparing meals is crucial to prevent illnesses and protect you from harmful pathogens and contaminants.

**CLEAN:** Wash your hands, before handling food and after handling uncooked meat, seafood, flour, or eggs. Wash utensils, cutting boards, and counter tops often. Rinse fruits and vegetables under running water.

**SEPARATE:** Keep raw meat, seafood, and eggs separate from ready-to-eat foods while grocery shopping, in the refrigerator, and while preparing. Its

best to have separate cutting boards for raw meat and seafood and for produce or food that won't be cooked.

**COOK:** When food is cooked to a high enough internal temperature, the heat kills the harmful germs that can make you sick. Using a food thermometer helps to ensure that the internal temperature is [high enough for consumption](#).

**CHILL:** When you are done eating make sure to put leftovers in your refrigerator right away. The "danger zone" for food is between 40° F and 140° F. To ensure that your food is being kept in a safe temperature have your refrigerator at 40° F or below and your freezer at 0° F or below.

### COMMON MISTAKES

The first mistake that consumers make is not cooking meat, chicken, turkey, seafood, or eggs thoroughly. These undercooked foods can make you sick. Another common mistake consumers make is eating raw batter or dough, including cookie dough, and other foods with uncooked eggs or uncooked flour. Uncooked flour and eggs may contain [E. coli](#), [Salmonella](#), or [other harmful bacteria](#).

If you're prone to leaving food out on the counter you may also put yourself at risk. Harmful germs can grow in perishable foods (including meat, chicken, turkey, seafood, eggs, cut fruit, cooked rice, and leftovers) if you leave them out of the refrigerator 2 hours or longer.

You also run a higher risk of food poisoning if you fall into one of the following high risk categories: Adults 65+, children under 5, those with weakened immune systems, and pregnant women.

[Chose and prepare food carefully to avoid illness.](#)

# Maddie's Culinary Commentary

Provided by OhioHealth

## 3 Surprising Benefits of Eating Dinner as a Family

*Cultivate healthy habits one meal at a time!*

- 1. More Nutritious Meals-** Families that cook and eat together at home tend to follow the [MyPlate](#) method more closely: more fruits & veggies and fiber [which can help protect against chronic disease over a lifetime.](#)
- 2. Prevents Mental Health Disorders-** Research is showing that families that eat together reduce the risk of eating disorders, addiction, depression, and reduce familial stress.
- 3. Improved Weight Management-** Children of families that cook and eat together have been shown to have a [reduced risk of adulthood obesity.](#)

## Upcoming Healthy Lifestyle Program:

Earn a **\$50 "Well Being Activity Incentive"** by attending Pantry Basics: Frozen & Canned Produce starting on October 5 from 5:00 PM until 5:45PM

Register for this 3 week course by clicking the [link](#) or scan the QR code.



## National Cooking Day is September 25

Check out these easy & nutritious [30 minute sheet pan chicken fajitas!](#)



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Schedule a nutrition counseling session with Maddie by visiting this [link](#).

# NURSE'S NOTES

FROM YOUR  UnitedHealthcare HEALTH ENGAGEMENT NURSES



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## SEPTEMBER 2023

September is **Cholesterol Awareness Month**. By managing your cholesterol levels, you can reduce your risk of heart attack or stroke.

### GOOD CHOLESTEROL VS BAD CHOLESTEROL

Cholesterol is a fatty substance in the blood. You need some cholesterol to be healthy, but too much can build up in your arteries and may cause problems. There are two types of cholesterol (HDL and LDL). LDL (“bad”) cholesterol contributes to fatty buildups in your arteries and increases risk for heart attack, stroke, and artery disease. [HDL](#) (“good”) cholesterol helps protect against heart attack and stroke by removing [LDL](#) from the body.

### WHAT ARE THE HEALTHY LEVELS OF CHOLESTEROL?

- Total cholesterol (HDL + LDL) should be between **125 to 200 mg/dL**.
- LDL levels should be less than **100 mg/dL**.
- HDL levels should be greater than **40 mg/dL** for men and greater than **50 mg/dL** for women.

Cholesterol is measured by a blood test. ThriveOn offers free biometric screenings throughout the year so you can check your cholesterol (and other biometric values). Visit [fccThriveOn.com](http://fccThriveOn.com) to learn more.

Once you know your numbers, including cholesterol, a great way to better understand them to reduce your chance of stroke risk, is by talking to one of your Health Engagement Nurses!

### HOW TO IMPROVE CHOLESTEROL LEVELS:

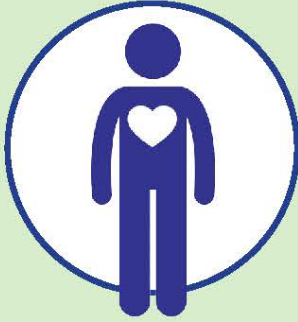
- Focus on a [heart-healthy diet](#) – limit trans fats (fried foods, margarine, etc.) and saturated fats (animal-based foods such as beef, bacon, etc.) Instead, focus on healthy fats, including olive oil, nuts, avocados, etc.
- Maintain a healthy weight – if overweight, losing weight can help lower LDL cholesterol levels and raise HDL levels
- [Exercise regularly](#) - exercise can help reduce LDL levels and increase HDL levels.
- Manage stress – [research has shown](#) that chronic stress can raise LDL levels and lower HDL levels
- Quit smoking – smoking has been shown to [negatively impact cholesterol levels](#) in a multitude of ways, including increasing LDL accumulation and decreasing the body’s ability to utilize HDL.

By speaking with your Health Engagement Nurses, Nurse Carmen or Therese, you could earn \$50.00 (*Deadline for second nurse call is 12/31/23*).

# KNOW YOUR CHOLESTEROL

## Reduce Your Risk of Heart Attack and Stroke

STEP 1



**Learn about your risk of heart attack and stroke.**



**Ask yourself ...**

Are you overweight?  
Do you exercise?  
Do you eat healthy?  
Do you smoke?



Do you have high blood pressure?

Do you have diabetes?



Has anyone in your family had a heart attack or a stroke?

STEP 2



**Talk to your healthcare provider.**



Ask about your risk for heart disease and stroke.



Get your cholesterol checked.



Know your cholesterol goal.

STEP 3



**Once you know your goal, take action!**



Follow the diet you and your provider agreed to.

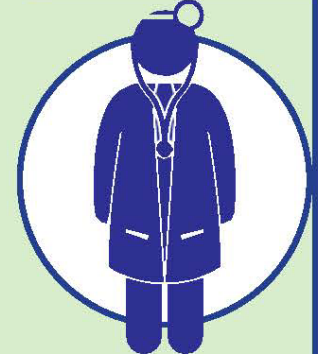


Keep a daily journal of what you eat and how many minutes you exercise.



Follow your provider's advice—if you are on medicine, take it.

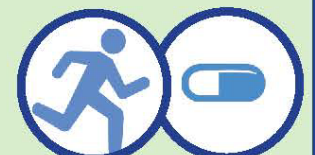
STEP 4



**Follow up with your provider to see if you're meeting your goals.**



Get your cholesterol checked again.



If you eat healthy, exercise more and take your cholesterol medicine, you are less likely to have a heart attack or stroke.



[www.learnyourlipids.com](http://www.learnyourlipids.com)

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