

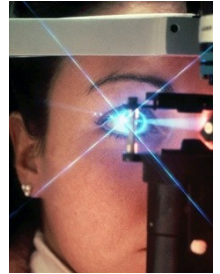
Better Sight for Life

New research reveals foods that help protect against three leading age-related vision thieves: Reduce the risk of glaucoma, cataracts, and macular degeneration.

- **Glaucoma.** Just one serving a month of kale or collard greens or more than two servings of carrots a week can reduce the risk of glaucoma by more than 60 percent.
- **Cataracts.** Adults who regularly drink orange juice and also include C-rich foods such as red and green bell peppers, tomatoes, and broccoli in their daily diet are 45 percent less likely to develop cataracts.
- **Macular degeneration.** Eating oatmeal, high-fiber cereals, and whole-grain breads cuts the risk of macular degeneration by about 39 percent. Complex carbs prevent blood sugar swings that can damage delicate cells in the center of the retina.

taken from Reader's Digest.com

provided by Olmsted County Public Health Services

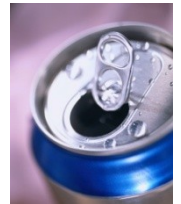


Hard Facts on Soft Drinks

Soda pop- no matter what brand or what flavor- is basically made up of flavored sugar water. In fact, a twelve-ounce can of soda pop contains an average of 39 grams of sugars. In addition to obesity and tooth decay, sugar lowers the immunity system. For five or more hours after taking in sugar, the white blood cells have a lower ability to kill bacteria. Carbonated water, the key ingredient in soda pop, is what gives pop its fizz. You wouldn't think that drinking fizzy water could harm our kids. However, research shows that when you drink a twelve-ounce can of soda, the oxygen level in your body is reduced by 25% for up to three hours. This means that drinking soda actually robs our bodies of oxygen. The caffeine in soda raises a person's blood pressure and causes dehydration. Soda also robs our bodies of calcium which can lead to osteoporosis. Instead be a positive role model to kids by drinking plenty of water instead, and make sure lots of milk and other healthy drinks are on hand to avoid temptation.

Taken from Associatedcontent.com

provided by Olmsted County Public Health Services



Snuggle Up for Reading Time

Long before his ABC's and well before kindergarten, your child begins to develop the skills he will need to read and write. He will understand and say more words himself, learn how words are used, and he will *want* to read. Whether it's a five-minute story before bed or an afternoon visit to the library, all you need to do is say "yes!" to reading together. Reading books together isn't the only way to make a difference. Show your child you reading works in his life by sharing common, everyday moments like reading recipes, magazines, or even cereal boxes. Reading together creates positive memories and builds a bond between you and your child, as well as preparing your child to learn to read and write.



Taken from talarais.org

provided by Olmsted County Public Health Services

Back To School Safety

As summer draws to a close, parents need to spend some time thinking about back-to-school safety issues. There is no "right" age for kids to start walking or biking to school alone or with a friend. Each family needs to consider the maturity of their child, how many busy streets have to be crossed, if these streets have lights or crossing guards. Parents and kids together need to map out what route to take to school. In addition to feeling comfortable with the busy streets, etc., it's very important that parents know who lives along the child's path. Encourage responsibility. Yes, adults in cars should always be on the lookout for kids in the street, especially in a school zone, but we all know this often doesn't happen. Kids should not expect cars to look out for them; they need to take responsibility and protect themselves. Don't allow your child to walk to school wearing headphones or playing a Gameboy because this will make him oblivious to his surroundings.

taken from cbsnews.com



provided by Olmsted County Public Health Services

Preventing Baby Bottle Tooth Decay

If your little one gets a lot of sweetened liquids -- including juice, formula and even some brands of milk -- the sugars from these liquids can cling to the teeth and cause "baby bottle" tooth decay.

The American Dental Association offers these preventive suggestions:

- Wipe baby's gums with a clean gauze pad after a feeding.
- As soon as the first tooth breaks through, start brushing baby's teeth. Begin flossing when baby has all of his or her teeth.
- Don't let your child take a bottle of juice, milk, formula or anything sweet to bed.
- Don't give your baby a bottle with soda or sugar water.
- Talk to your dentist about ways to give your child fluoride if it isn't in your local water supply.
- Schedule regular dental visits for your child, starting at the first birthday.

taken from healthfinder.gov



provided by Olmsted County Public Health Services