HEALTHY FAMILIES HEALTHY COMMUNITIES

APRIL MINORITY HEALTH MONTH

The month of April is acknowledged by many states and organizations as National Minority Health Month. In Illinois, during this annual 30-day period, community and faith-based organizations, regional and local health departments and other public and private entities are partnering to promote a variety of activities including health screenings, educational events, and health fairs. Thousands of individuals will learn more about their own personal health, and about diseases that disproportionately affect communities of color such as breast and cervical cancer, prostate cancer, heart disease, diabetes, and HIV/AIDS.

10 Leading Causes of Death for Hipsanic/Latino Population U.S., 2006 data	
1. Heart disease	6. Chronic liver disease and cirrhosis
2. Cancer	7. Homicide
3. Unintentional injuries	8. Chronic lower respiratory disease
4. Stroke	9. Influenza and pneumonia
5. Diabetes	10. Certain conditions occuring during the perinatal period
Source: http://www.cdc.gov/omhd/Populations/HL/HL.htm	

to do this month

- *eat healthier*

  eat more whole grains, fruits and vegetables

- *exercise regularly*

  take a walk before or after you eat

- *get a regular checkup*

  make it a priority to visit your physician annually

visit www.basuah.org
for a list of free health events
in your area, or text
event to 36363

Healthy recipes on back

Illinois Department of Public Health, Center for Minority Health Services • Springfield, ILL 62761 • Phone: 217-785-4311 • Fax: 217-558-718

Tilapia al horno con tomate (Baja en calorías y al alcance del bolsillo)

aceite vegetal en spray
4 tomates medianos, pelados y picados
1½ cucharaditas de tomillo
¼ cucharadita de pimienta roja
½ taza de cebolla roja, cortada en cuadritos
perejil y rodajas de limón para adornar
4 filetes de tilapia (tipo de pescado)
2 cucharadas de aceite de oliva
¼ taza de aceitunas negras sin semilla, en pedacitos
2 dientes de ajo, picados finamente
1 cucharada de jugo de limón verde

Precaliente el horno a unos 204°C. 1.
Engrase un recipiente para hornear con aceite vegetal en spray, coloque los filetes en el recipiente. Asegúrese que los filetes no queden unos encima de otros, mezcle los demás ingredientes en un tazón, vierta la mezcla de los tomates sobre los filetes repartiéndola en, forma pareja, hornee sin cubrir de 15 a 20 minutos o hasta que el pescado se pueda cortar fácilmente con un tenedor. Adorne con hojas de perejil y, rodajas de limón verde. **Sirve: 4 porciones, Calorías 265**

¿Sabia usted que?

Los tomates son miembros de la familia fruta, pero cuando se preparan y sirven como vegetales.

Las bananas contienen carbohidratos y potacio, razon por la cual es la fruta preferida de los atletas.

As part of a healthy diet, an adult consuming 2,000 calories daily should aim for:

- Fruits and vegetables: At least 4.5 cups a day
- Fish (preferably oily fish): At least two 3.5-ounce servings a week
- Fiber-rich whole grains: At least three 1-ounce-equivalent servings a day
- Sodium: Less than 1,500 mg a day
- Sugar-sweetened beverages: No more than450 calories (36 ounces) a week

Calculate your calorie goal

Your current weight x 12 = calories per day needed to maintain your current weight. To lose 1 pound per week: Cut 500 calories per day. To lose 2 pounds per week: Cut 1,000 calories per day. **Don't go under 1,200 calories per day.**

Baked Tilapia with Tomatoes

nonstick vegetable oil spray
4 medium tomatoes, peeled and chopped
1½ teaspoons thyme
¼ teaspoon red pepper flakes
½ cup red onion, diced
parsley and lemon wedges for garnish
4 tilapia fillets
2 tablespoons olive oil
¼ cup pitted black olives, diced
2 cloves garlic, minced
1 tablespoon lime juice

Preheat oven to 400°, spray baking dish with vegetable oil spray, the dish should be large enough so the fillets do not overlap. Arrange fillets in the baking dish, mix remaining ingredients in a bowl. Spoon the tomato mixture evenly over the fillets, Bake uncovered 15 to 20 minutes or until the fish flakes easily with a fork. Garnish with parsley and a lemon wedge. **4 servings, 265 calories**

Fun in the Sun Banana Split

¼ cup fat-free vanilla ice cream, ½ medium banana, ¼ cup canned crushed pineapple drained, ¼ cup fresh strawberries, 2 tablespoons sweetened whole grain cereal, ½ teaspoon coconut.
Split the banana slice in half, lengthwise. Scoop the ice cream into a bowl. Place the banana slices on opposite sides of bowl. Place pineapple on top of the ice cream then add sliced strawberries. Sprinkle with cereal and garnish with shredded coconut. You can substitute the ice cream with non-fat frozen yogurt

FOOD FACT

Tomatoes are members of the fruit family, but they are served and prepared as a vegetable.

Bananas contain carbohydrates as well as potassium, which make them the fruit of choice for many athletes.