

The 20 healthiest foods for under \$1.00

Food prices are climbing, and fast foods and packaged foods may be low cost but that doesn't mean they are healthy. But low cost doesn't have to mean low quality. In fact, some of the most low-cost things you can buy are the best things for you.

At the grocery store, getting the most nourishment for the least amount of money means hanging out near the fruits and veggies, the meat and dairy, and the bulk grains, while avoiding the costly packaged fast food items. By doing so, not only will your kitchen be stocked with good foods, your wallet won't be bare.

1. Oats — High in fiber and complex carbohydrates, oats have also been shown to lower cholesterol. And they are cheap — a dollar will buy more than a week's worth of hearty breakfasts.
2. Eggs — A half dozen eggs usually costs about a dollar, making them one of the cheapest and most versatile sources of protein.
3. Kale — This dark, leafy green is loaded with vitamins. Like most greens, it is often a dollar a bunch.
4. Potatoes — Because we often see potatoes at their unhealthiest — as fries or chips — we don't think of them as healthy, but they are. Eaten with the skin on, potatoes contain close to half a day's worth of Vitamin C, and are a good source of potassium.
5. Apples — Apples are not pricey, and taste good. They are a good source of pectin — a fiber that may help lower cholesterol — and they have the antioxidant Vitamin C.
6. Nuts — Though nuts have a high fat content, they're packed with the good-for-you fats. They're also good sources of important fatty acids, Vitamin E, and protein. Some nuts, like pecans and macadamia, can be costly, but peanuts, walnuts and almonds, when bought in the shell, are low in cost.
7. Bananas — Bananas usually cost about 19¢ each; a dollar gets you a banana a day for a week, and they are high in potassium and fiber.
8. Garbanzo Beans — With beans, you're getting your money's worth and then some. Not only are they a great source of protein and fiber, but these beans are also high in many vitamins and minerals. If you don't like one type of beans, try others — black, lima, lentils. Though they must be soaked and cooked, the cheapest way to buy these beans is in dried form.



9. Broccoli — Broccoli has lots of good stuff — calcium, vitamins A and C, important minerals and fiber. Plus, it's low in calories and low cost.
10. Watermelon — This summertime fruit is mostly water, making it an easy way to hydrate, with a healthy dose of certain vitamins that may ward off cancer.
11. Wild Rice — It won't cost you much more than white rice, but wild rice is much better for you — low in fat and high in protein and fiber.
12. Beets — Beets' natural sugars make them sweet to the taste while their rich flavor and color make them good for the body.
13. Butternut Squash — High in both fiber and vitamins, this squash is always a good choice. When in season, butternut squash and other gourds are often less than a dollar a pound.
14. Whole Grain Pasta — Pasta is high in protein and B vitamins, plus, it's one of the cheapest staples you can buy.
15. Sardines — A can of sardines comes with lots of minerals such as calcium and iron.
16. Spinach — Spinach is perhaps one of the best green vegetables out there — it has lots of Vitamin C and iron. You can often find it year round for less than a dollar.
17. Tofu — Not just as a replacement for meat, tofu is a cheap protein source that can be used in many recipes. It's high in B vitamins and iron, but low in fat and sodium.
18. Lowfat Milk — Milk products are rich in protein, vitamins A and D, and niacin, is one of the easiest ways to get bone-strengthening calcium.
19. Pumpkin Seeds — When it's time to carve your pumpkin this October, don't throw those seeds into the trash — they're full of needed minerals and protein. Plus, they come free when you buy a pumpkin.
20. Coffee — Coffee, which is derived from a bean, may help you avoid heart disease and cancer. When made at home, coffee runs less than 50¢ cents a cup.



Your Choice Matters



Quality shut-eye makes for better health

Sleep is important for a person's health and well-being, yet millions of people suffer from lack of sleep.

A normal healthy adult needs between 6 hours and 8 hours of sleep every night. But many get considerably less than that.

Lack of sleep takes its toll in many ways. Those who do not get ample sleep are more likely to lose their sense of humor, and may not be able to control their emotions. They may also be unhappy and are more susceptible to getting sick.

Lack of sleep can also be deadly. According to the National Highway Traffic Safety Administration, driving while drowsy causes more than 70,000 accidents each year.

Studies have also linked lack of sleep to serious illnesses such as cancer, heart disease, high blood sugar and being overweight.

Are you getting the sleep you need?

Signs you are not getting the sleep you need include:

- Feeling tired when waking up.
- Waking up often and having trouble going back to sleep.
- Having trouble with your memory or paying attention.
- Needing a nap most days.
- Struggling to stay awake when inactive, such as when watching TV or reading
- Needing an alarm clock consistently to wake up
- Falling asleep after a heavy meal
- Sleeping longer on weekends

What you can do to get more sleep

Today's 24-hours-a-day world, filled with e-mail, long work hours and other distractions makes awake periods longer and sleep periods shorter, but it is important to make sleep a priority. Here are some tips on how to get a little quality shut-eye:

- Drink less caffeine (or none at all).
- Avoid alcohol.
- Drink fewer fluids before going to sleep.
- Set a regular time to go to bed, and to wake up.
- Exercise regularly, but do so at least three hours before bedtime.
- Try a relaxing routine, like a hot bath, before going to bed.



Health screenings

Throughout the year it is important to stay up to date on health screenings to make sure you are getting the best care possible.

- Yearly well child visits for children newborns - 21 years old
- Childhood immunizations (shots) on a regular schedule
- Taking care of high cholesterol
- Taking care of high blood pressure
- Taking care of diabetes
- Breast Cancer Screening (need a mammogram every 2 years)
- Diabetic eye exams (diabetics need one every 2 years)

Eye care for diabetics

Diabetics need to have their eyes checked at least once every 2 years to check for changes in the eye. To help members with diabetes get a needed eye exam, Denver Health has bought 3 new eye cameras. With these cameras doctors no longer need to dilate for the exam.

Eye Cameras in 3 Clinics

- La Casa/Quigg Newton Family Health Center, 4545 Navajo St., available on the second Friday of every month from 1 – 4 p.m.

- Park Hill Health Center, 3900 Grape St., available on the fourth Friday of every month from 1 - 4 p.m.
- Eye Clinic, 1st floor Davis Pavilion, Denver Health main campus, 777 Bannock Street, available on the first Friday of every month from 1 - 4 p.m.

Diabetes screenings are not a full eye exam and do not include testing your eyesight, or testing for glaucoma. For a complete eye exam, call 303-436-4949 to make an Eye Clinic appointment.

Breastfeeding is best for you, your baby and family

Most experts agree that breast milk is the best source of food for a baby's health. What women don't always hear about is how breastfeeding is also good for them and their family.

Breastfeeding a Baby

- Helps baby grow strong and healthy.
- Keeps baby from getting sick
- May help prevent crib death. (SIDS).
- May help prevent speech problems.
- Helps baby to grow straighter teeth.

Breastfeeding Moms

- Helps to back into shape faster.
- May help with fewer illnesses later in life.
- May help with having a reduced chance of breast cancer and ovarian cancer.
- May help with stronger bones later in life.

Family Advantages

- Breastfeeding saves money — fewer doctors' bills and no formula.
- There is nothing to get ready. It is already at the right warmth and amount.



Getting Your Blood Pressure Under Control

Finding out you have high blood pressure

Blood pressure talks about the Higher blood pressures cause harm to your body and make it harder for your heart to work well. This can lead to many health problems.



A blood pressure of 140/90 or higher is considered high. It is important to know that everyone's blood pressure varies over the course of the day. Many things including worry, cigarette smoking, physical activity, or just seeing a doctor can raise your blood pressure for a short time. High blood pressure is therefore as a rule not diagnosed until your blood pressure is high over more than one visit. Repeated blood pressure tests can either be done in the office or at home or work.

Signs

Often there are no signs that your blood pressure is not normal. On the flip side, headache, tiredness or dizziness do not necessarily mean that your blood pressure is high. You cannot tell what your blood pressure is by how you feel and drugs may not make you feel any different. The reason for treating high blood pressure is to lower your chance of more serious health problems. The higher your blood pressure is and the more other risk factors you have, (like cigarette smoking, high fats in your blood, weighing more than you should, and Diabetes) you have the more reason to lower your blood pressure and keep it down.

Treatment

Making changes in your daily life are the first steps in lowering your blood pressure. In some patients lowering salt and alcohol intake, losing weight, and exercising may be enough to control high blood pressure.

Many if not most patients will need one or more drugs to lower blood pressure. It is a good thing that there are many drugs that can control blood pressure with few side effects for most patients. These drugs work by opening your blood vessels wider, decreasing the rate and force of the pumping action of your heart, or reducing the volume of blood circulating in your blood vessels.

Once a drug is started it may be need to be adjusted by your doctor. Your doctor may also need to add one or more extra drugs to keep your blood pressure under control. Follow-up is therefore critically important. If your blood pressure is high please be sure that you see your doctor on a regular basis or report blood pressure readings from home or work so that your drugs can be adjusted.

Your Role

If your doctor has prescribed drugs to lower your blood pressure be sure to take them everyday including the day of your follow-up office visits. It is important to remember that blood pressure drugs do not cure your high blood pressure. They will however, control it as long as you take them everyday. Your blood pressure will rise again when you stop taking these drugs. If you have high blood pressure and need drugs to control it taking these drugs every day as prescribed is one of the best things you can do to keep yourself healthy.

Denver Health Medicaid Choice has a special program that allows us to find members who are late in refilling their blood pressure drugs. Members who are more than 10 days late are sent letters or called to remind them to refill and take their blood pressure drugs.

As a result more members are taking their drugs every day and controlling their blood pressure. If you have high blood pressure please join the large group of our members who have been able to control their blood pressure by taking their drugs regularly and following the basic life change suggestions.

Care Decisions

If at any time you would like to review the Clinical Criteria used in making your Case Management/UM decisions please contact Janice Tucker at 720 956-2360 or email Janice.Tucker@dhha.org.

Provider Review

Denver Health Managed Care can make available to you a provider reviewer to discuss any UM care decision. Please call Member Services at 720-956-2100 to arrange this.

Kids can get medical care and physicals at school

Avoid a long wait for an appointment in the clinic, and sign your child up for an appointment at one of Denver Health's School-Based Health Centers (SBHC). SBHCs are open to students attending on of the schools listed below. At the SBHCs, students can receive sports physicals, immunizations as well as counseling for high risk behaviors like sex, drug and alcohol abuse.

Denver Health School-Based Health Centers

- | | |
|----------------------------------|-----------------------|
| Martin Luther King Early College | JFK High School |
| Bruce Randolph Middle School | Lincoln High School |
| Kepner Middle School | Montbello High School |
| Kunsmiller Middle School | North High School |
| Lake Middle School | South High School |
| Noel Middle School | West High School |