

**Logan  
County**

# Health Matters

**May  
2015**

**THESE FRESH FOODS ARE  
NOW IN SEASON:**

<b>Blackberries</b>	◀
<b>Blueberries</b>	◀
<b>Lettuce</b>	◀
<b>Peas</b>	◀
<b>Plums</b>	◀
<b>Potatoes</b>	◀
<b>Spinach</b>	◀
<b>Summer Squash</b>	◀
<b>Strawberries</b>	◀



## How to choose the best fresh produce:

- Blueberries are packed with antioxidants, fiber and vitamin C. Berries should have a slight frosty white hue.
- Avoid squash that dull and have a tough, hard surface. Also avoid squash with discolored or pitted areas.
- Pass over blackberries with hulls attached, they were prematurely picked. Avoid berries that have mold or stickiness in containers.

## BE ACTIVE, STAY SAFE THIS SUMMER

SUMMER IS A FUN TIME FOR CHILDREN TO PLAY OUTSIDE AND WALK IN THEIR NEIGHBORHOODS, BUT KIDS CAN BE AT RISK FOR INJURY DURING THIS SEASON. TO MAKE SURE YOUR KIDS STAY SAFE, SAFE KIDS WORLDWIDE RECOMMENDS THAT CHILDREN:

- ALWAYS CROSS THE STREET WITH AN ADULT UNTIL AGE 10
- CROSS THE STREET AT CORNERS, USING TRAFFIC SIGNALS AND CROSSWALKS
- LOOK LEFT, RIGHT AND LEFT AGAIN WHEN CROSSING
- ALWAYS WALK, NEVER RUN, WHEN CROSSING STREETS
- WALK ON SIDEWALKS OR PATHS
- WALK FACING TRAFFIC AS FAR TO THE LEFT AS POSSIBLE IF THERE ARE NO SIDEWALKS
- NEVER RUN OUT INTO THE STREET OR CROSS IN BETWEEN PARKED CARS
- WEAR A PROPERLY FITTING HELMET EVERY TIME THEY RIDE A BICYCLE OR PLAY WHEELED SPORTS
- ARE NEVER LEFT ALONE IN VEHICLES
- PLAY IN SAFE AREAS, AWAY FROM STREETS AND VEHICLES

## Give New Foods A Try...

Summer is a great time to encourage your children to experiment with food. Most fresh produce is at its peak and will provide your child with a flavorful experience. Take your child shopping with you and allow them to choose one "new" fruit or vegetable for the family to try per week. Star fruit, pomegranates and other fruits are just strange enough your child will want to give them a try.

## DID YOU KNOW???

Smokers are less fit than non-smokers? To achieve peak performance, your heart, lungs and muscles need oxygen-rich blood. When you inhale tobacco smoke, carbon monoxide (just one of the 4,000-plus chemicals found in tobacco – more than 50 of which are known to cause cancer) binds to red blood cells, displacing oxygen which prevents its delivery to the muscles and other body tissues. This causes an increase in lactic acid

(the substance that causes muscle "burning," fatigue, heavier breathing, and increased soreness after exercise).

This decrease in oxygen will reduce your physical endurance, making it more difficult for you not only to do well in sports but also to do everyday things, such as walking up stairs. This decrease in oxygenation causes a

smoker's resting heart rate to be higher than a non-smoker's, as the heart must work harder to deliver adequate oxygen to the body.

For more info about quitting smoking, contact the Oklahoma Tobacco Helpline. No Judgement, Just Help:

